

## Kids Rule at Adult Conference

By: Haley M. Powers

Last month, I had the chance to attend the Georgia School Wellness Summit in Athens, GA. The summit was all about promoting health and wellness in Georgia schools. One of the highlights of the conference was the Youth Panel. Seven kids, of all ages, answered questions from adults concerning nutrition and physical activity in school and at home. Below are some of the notes I took and wanted to share with you.

### Who has influenced your eating and physical activity habits most and how?

- My mom, she tells me how much calories and fat are in things and she tells me to work out.
- My coaches, they tell me to eat balanced meals and have a complete nutrition plan.

### What two things do teachers need to do or not do to help you eat better (more healthy)?

- They need to offer nutritious snacks instead of junk food. They should not

## Fun Facts:

Running, walking, and biking keep your heart strong. A happy, healthy heart pumps blood and oxygen from your head to your toes.

give them [students] junk food.

- We need healthy foods, and fundraising needs to be healthier and getting them [students] motivated. A brown bag lunch day could be used for extra credit and it could be a major moneymaker.

- Teachers need to edit their diets. What we students see is what we crave.

### What two things do parents need to do or not do to help you eat better or be more active?

- Take your kids shopping with you to get the exposure, and practice what you preach.
- Think about what you feed your children.
- Parents need to control what their kids eat. They need certain nutrients and need to avoid excess fat and sugar.
- Parents need to get more involved with physical activity.
- Parents need to get exercise for themselves and not complain that they are tired.

## Joke of the Month:

- ☺ Why did the man pour veggies all over the world?

**He wanted peas  
on Earth.**

April 2010

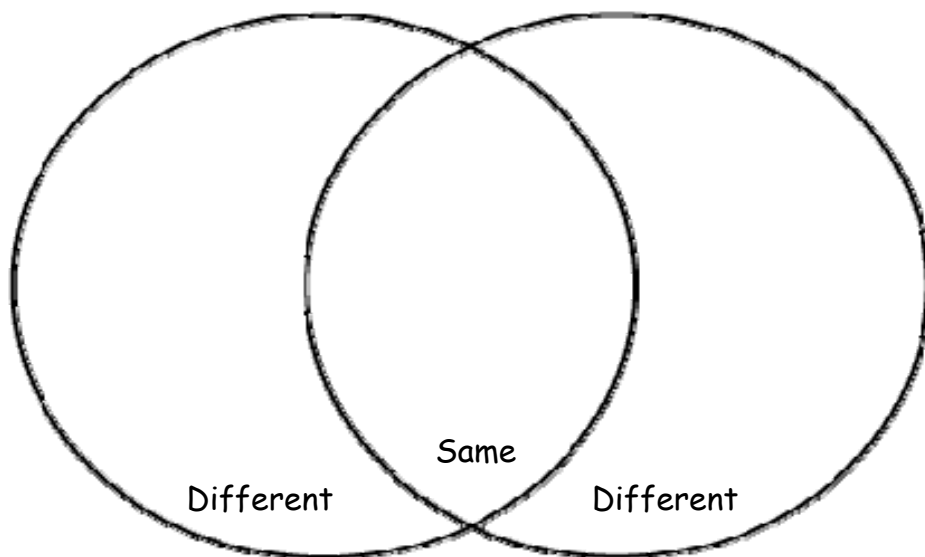
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## Game of the Month: Healthy Foods Vs. Snack Foods

A Venn diagram helps you compare two things. Compare healthy foods to snack foods. In the outer circles, write things about them that are different. In the center circle, write things that are alike. Summarize the differences and similarities on the lines below.



Summary of Differences and Similarities:

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## Kid2Kid Recipes: Frozen Yogurt Pops

### Ingredients:

One 8-oz. container of your favorite flavor of low-fat yogurt

### Utensils:

Small paper cups

Wooden popsicle sticks (available in craft stores)

Plastic wrap

### Directions:

Pour yogurt into paper cups. Fill them almost to the top.

Stretch a small piece of plastic wrap across the top of each cup.

Using the popsicle stick, poke a hole in the plastic wrap. Stand the stick straight up in the center of the cup.

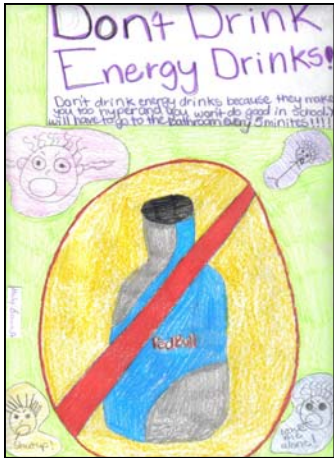
Put the cups in the freezer until the yogurt is frozen solid.

Remove the plastic wrap, peel away the paper cup, and eat your pop!



## Spotlight On: Heard Mixon Elementary Students!!!

Heard Mixon Elementary students know all about unhealthy energy drinks and how they are full of sugar. They created some awesome posters persuading students to make healthier drink choices. Take a look and see what the posters are all about! Ask your teacher if your class can create posters, ads, billboards, etc. with healthy messages.



Hailey B.



Hunter T.



Jocey E.



Madison W.



Natalie A.



Ansley J.



Nicholas S.

## Do You Want to be a Kid2Kid Writer?

Being a Kid2Kid writer is easy. Just write an article about yourself, a recipe, a health-related joke, or something you do to stay healthy and active! Send it with a picture of what you are writing about, your first name, age, and school to [kid2kid@healthmpowers.org](mailto:kid2kid@healthmpowers.org).

**Be sure to ask your teacher and parents first, though.**

Send your article to us before the end of the school year. It's that simple!

## Activity of the Month: 500

This game needs a couple of kids and a ball (you can use any kind of Nerf ball or soft ball for this activity).

One person is the thrower, and everyone else clusters about a throwing distance away from the thrower. The thrower will toss the ball in the air toward everyone else and announces a number between 50 and 500, like so: "I've got 200 up for grabs". If a kid catches it they get as many points as the thrower yelled. If someone drops it though, they lose the number that the thrower announced (negative scores are possible).

The first person to get 500 points wins and become the thrower for the next game.



## Kid2Kid Newsletter Monthly Focus

Email your articles, jokes, success stories, recipes or health activities regarding the monthly health focus to [kid2kid@healthmpowers.org](mailto:kid2kid@healthmpowers.org).

**May- Healthy summer fun.**