

Eat 5 a Day, the Right Way!

An apple is red. A banana is yellow. A plum is purple. But how do colors relate to health? Different colors of fruits and vegetables have different nutrients. So grab your paint and be prepared to draw a healthy rainbow!



Red: Red helps keep your heart healthy and your brain strong. Apples and beets are examples of red. Red=Smart!

Fun Facts:

Fruits with a lot of vitamin C, like oranges, will help your cuts heal faster.

Orange/Yellow: They help your eyes and protect your immune system. Pineapple and corn are yellow!
Yellow=Not Sick!

Green: They help you have strong bones and teeth! Examples are pears and lettuce. Green=Strong!

Blue/Purple: These keep your brain working. These include blueberries and purple grapes. Blue/Purple=Brain Power!

White: These keep your heart healthy. Bananas and potatoes are white fruits and veggies. White=Heart Health!

Joke of the Month:

☺ What did one eye say to the other eye?

**Between you and me,
something smells.**

October 2009

Inside This Issue:

Game of the Month	2
Kid2Kid Recipes	2
Activity of the Month	3
Do you want to be a Writer?	3
Submit your Work!	4
Monthly Focus for Kid2Kid	4



Game of the Month: "Scrambled Fruits"

It's important to eat five servings of fruits and vegetables every day! Unscramble the fruit words below. This will give you suggestions of healthy things you can eat as a snack, or as part of a meal!

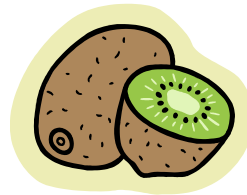
1. Inppapeei _____

5. papple _____

2. mereltnoaw _____

6. ranego _____

3. iikw _____



4. sbyrtrrwea _____

Answers: 1. Pineapple, 2. Watermelon, 3. Kiwi, 4. Strawberry, 5. Apple, 6. Orange

Kid2Kid Recipes

Banana Pops

Serves around 4

Ingredients:

- 3 bananas
- 6 Popsicle sticks
- 1/4 cup natural peanut butter, softened
- 1/4 cup chopped peanuts or walnuts, granola, crispy rice cereal, or sunflower seeds



How to Make:

1. Peel the bananas.
2. Ask a grown-up to cut them in half, widthwise, and push a Popsicle stick through the cut end of each half.
3. Spread peanut butter on the bananas, and then roll them in the nuts, cereal, or seeds.
4. Wrap them in waxed paper and freeze for three hours.

www.cookie-mag.com

Activity of the Month: "Down, Down, Down"

You need:

- ☉ Tennis ball
- ☉ 3 or more friends

How to Play:

In this game, each person tosses the ball in a circle. When someone drops it, everyone says "Down on one knee!" The person who dropped the ball gets on one knee. If the same person drops it again, it is two knees. Three is one elbow, four is two elbows, and five is chin. Remember, you have to catch the ball in the position you're in! Once two people are on their chins, everybody stands back up and the game begins again.



This game is a lot of fun and a lot of laughs!

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.

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

Send your article to us on or before October 30th. It's that simple! Don't worry if you don't see your article right away, it may show up in a future newsletter or on our website.

Submit your Work!

In this space, **make an advertisement, draw a picture, or write a story about why it's important to eat five fruits and vegetables every day.** Send it to kid2kid@healthmpowers.org and keep an eye out for next month's issue. You may be featured!



Kid2Kid Newsletter Monthly Focus

Email your articles, jokes, success stories, recipes or health activities regarding the monthly health focus to kid2kid@healthmpowers.org.

November- Reduce screen time to 2 hours or less every day.

December- Give the gift of health to others. Encourage healthy eating and exercise.

January- Limit high fat foods.

February- Exercise or play for 60 minutes every day.

March- Read food labels.

April- Limit high sugar foods.

May- Healthy summer fun.