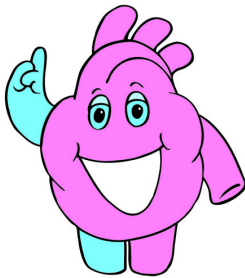


Meet Hardy Heart, the OrganWise Guy

Haley M. Powers here - your Kid2Kid Editor in Chief. I interviewed Hardy Heart, the OrganWise Guy, and this is what he had to say!



What do you do for the body?

My job is to move oxygen and nutrients all around your body through your blood. I do this by beating and pushing blood throughout your whole body.

What do you need to be at your best?

I need a low-fat diet and lots of aerobic exercise. Aerobic exercise is exercise or movement that gets me beating really fast, like running.

Fun Facts:

When eating, think color! Eating fruits and vegetables of different colors give your body lots of different vitamins to keep you healthy.

What happens if we don't do these things?

You can develop heart disease where I get sick because I don't get enough oxygen. When you eat lots of foods high in fat and don't exercise, the blood vessels that feed me can get clogged up so that parts of me can't get the blood and oxygen I need to be healthy.

So, what's the most important thing you can tell our readers?

Don't be a couch potato! Get out and play and be sure to eat lots of fresh fruits and vegetables. Try not to eat a lot of high fat foods, foods that leave a grease mark on a paper towel when you let it sit on it. Try it sometime. It is a fun experiment. I like the foods that don't leave a grease mark.

Joke of the Month:

Q: Why did the banana go to the doctor?

A: Because it wasn't peeling well.

September 2011

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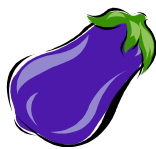

Game of the Month: Add Up the Veggies



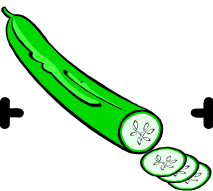


Can you identify all the vegetables below? How many have you tried?

Add up the yummy vegetables below!

1.  +  +  = _____
(broccoli)

2.  +  +  +  = _____
(pumpkin and corn)

3.  +  = _____
(eggplant and bell pepper)

4.  +  +  +  +  = _____
(carrots, cucumber, lettuce and radish)

Answer Key: 1. 3 veggies, 2. 4 veggies, 3. 2 veggies, 4. 5 veggies

Kid2Kid Recipes: Sweet Banana Salad

Ingredients:

- ⦿ 2 ripe bananas
- ⦿ About 2 handfuls of raisins
- ⦿ 1 cup fresh baby spinach
- ⦿ 1/2 tablespoon honey

Directions:

- ⦿ Cut the baby spinach and bananas into very small pieces. Have your parents help with cutting.
- ⦿ Toss the baby spinach, bananas, and raisins together with some honey in a large bowl.
- ⦿ Grab a fork.
- ⦿ Enjoy your healthy snack!



Activity of the Month: 5 Servings Tag

- ⦿ Gather a large group of your friends and neighbors.
- ⦿ Decide where the boundaries of your playing area will be.
- ⦿ Two kids will link their elbows and be "it".
- ⦿ They run around together chasing the other kids within the boundaries.
- ⦿ Each time the pair tags someone else, the person who was tagged joins elbows with the "it" pair.
- ⦿ When the group grows to 5, everyone will yell, "5 A DAY", because that's the number of servings of fruits and vegetables we need each day.
- ⦿ Start the game all over again with another pair of kids as the "it".



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 November 1st. 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, tell others how to take care of Hardy Heart. You can use words or pictures. Send your work to kid2kid@healthmpowers.org and keep an eye out for next month's issue. You may be featured!

Kid2Kid Monthly Focus

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

October: Eat or drink 2 - 3 servings of dairy products each day.

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.