

Student at White ES Puts HealthMPowers Info to Use

Amanda J., a 5th grader at White Elementary in Atlanta, took the knowledge she learned from HealthMPowers and really put it to use. Amanda learned about the



harmful effects of salt and used that information to create a great project for the 2010 - 2011 Science Fair. Her project focused on the use of salt (sodium) in kids' diets and how that affects childhood obesity. She did such an awesome job and won 1st place at her school!

Amanda's peers and teachers recognize her as a health leader at school not only because of her health focus with the science project, but also because of the healthy choices she makes every day and her desire to promote health to others.

Fun Facts:

Did you know exercise can train your brain? Not only is exercise smart for your heart, but it can make you smarter and better at what you do!

So when White Elementary was asked to provide a student health expert for a youth panel at the Georgia School Wellness Summit, Amanda was at the top of their list.

On the panel, Amanda told a room full of adults what she thinks schools need to do to be healthier places for kids. She also talked about how her parents and teachers influence her choices. She said that Ms. Chartier, her P.E. teacher, encourages her to make healthy choices not only in P.E., but also in the cafeteria and with exercise after school.

Amanda is a great health champion and a healthy role model for us all. Way to go!

Joke of the Month:

Knock! Knock!
Who's there?
Banana
Banana who?

Banana split with low fat yogurt, please!!!

By: Kimberly D., 2nd Grade, Eton Elementary

May 2011

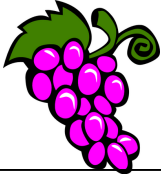
Inside This Issue:

Game of the Month	2
Kid2Kid Recipe	2
And the Artwork Competition Winners are...	3
Be a Kid2Kid Writer	3
Activity of the Month	4



Game of the Month: Fruit and Vegetable Riddle Challenge

Can you guess the answer to the fruit or vegetable riddle below?



I'm a vegetable that is good for your eyesight. I grow under the ground and have a green top. What am I?

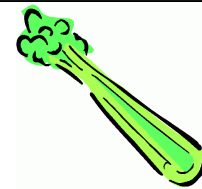
I come in long, crunchy pieces and taste good with peanut butter. I have lots of fiber and I'm green. What am I?



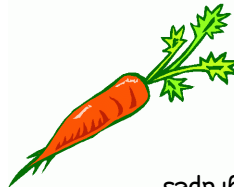
I'm a crunchy vegetable, with a lot of vitamin C and fiber. Some kids think that I look like a green tree! What am I?



Many people think that I am a vegetable, but I am actually a fruit. People like to use me to make spaghetti sauce. What am I?



I am a beautiful red color with a green top. I taste great in smoothies, on cereal, and all by myself. I am sweet and am shaped like a heart. What am I?



I come in different colors, like green and red. Before I became raisins, I was a bunch of these. What am I?

Top row-left to right: carrots, celery, broccoli
Bottom row-left to right: strawberries, tomatoes, grapes

Kid2Kid Recipe: Sweet Banana Salad

Ingredients:

- ⦿ 4 ripe bananas
- ⦿ About 2 handfuls of raisins
- ⦿ 1 cup fresh baby spinach
- ⦿ 1/2 tablespoon honey or agave syrup



Directions:

1. With your parents help, cut the baby spinach into very small pieces.

2. Get your parents to help you cut the bananas into bite size pieces. The banana needs to be ripe, meaning that it has small brown spots on the banana peel.
3. Toss the banana pieces, raisins, and spinach pieces together with some honey in a large bowl and serve.
4. It's time to eat!



By: Mandi A., Age 10

And the Artwork Competition Winners Are...

This year, several schools across the state of Georgia competed in the Healthy Art competition. Each entry included a piece of artwork that had something to do with physical activity and/or nutrition. HealthMPowers was excited to receive 30 entries!! That's awesome! Take a look below to see our winners:

1st Place: Paul B. - 5th Grade, White Elementary



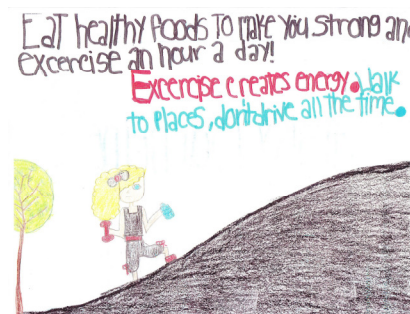
2nd Place: tie between Binta D. - 4th Grade, White Elementary and Millette G. - 5th, North Dodge Elementary



3rd Place: Tyrell C. - 2nd Grade, White Elementary



4th Place: Anaisy D. - 5th Grade, White Elementary



Congratulations to our winners! You did a great job!

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 articles and pictures to us throughout the summer. You may be featured next school year!

Activity of the Month: Ideas for a Healthy Summer

Challenge yourself to be healthy this summer. Below are some ideas from HealthMPowers to get your summer started:



- ⦿ Play for 60 minutes each day.
- ⦿ Eat five fruits and vegetables a day.
- ⦿ During each commercial you see while watching TV, do 10 jumping jacks.
- ⦿ Get your family active by going for a walk together.
- ⦿ Dance to your favorite music for at least 10 minutes.
- ⦿ Eat six servings of whole grains today.
- ⦿ Be active with your friends by playing sports or active games.
- ⦿ Find a safe place to swim, and enjoy some of your summer by swimming and playing in the pool.



Thanks for a great year!