

Bleckley County Primary is Rockin' the Canned Food Drive March 2011

Abbi B., a second grader at Bleckley County Primary in Cochran, GA, wrote an article about the fruit and vegetable canned food drive at her school, Bleckley County Primary. Take a look at what she had to say.



Abbi B.

brought 786 cans. The grand total was 2450 cans!

On February 11th, 2011, the students from all winning classes took a field trip to Willing Hands to deliver the cans. The winning classes from each grade level were: Kindergarten had a tie between Mrs. Hart's and Mrs. Nobles' classes, first grade had a tie between Mrs. Wade's and Mrs. Meadows' classes, and the second

grade winner was Mrs. Lucas' class. We are so proud of all the students at Bleckley County Primary

School for celebrating Healthy Heart month in such a special way!

Bleckley County Primary School celebrated Healthy Heart month by having a can food drive for Willing Hands. Each class was given a one week challenge to bring 100 cans of fruits or vegetables by the 100th day of school. The total number of cans collected was amazing!



Bleckley Primary's Students and their canned foods.

Kindergarten students brought 899, first grade students brought 765, and second grade students

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Fun Facts:

Fruits and vegetables only have one ingredient! That is one of the reasons they are so healthy for you. Make sure to eat your fruits and vegetables today!

Joke of the Month:

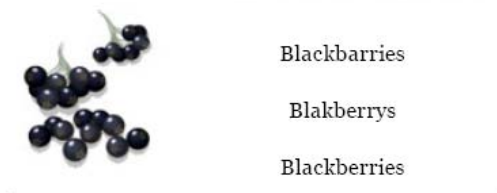
Why did the cookie go to the hospital?

Because he was feeling crummy.

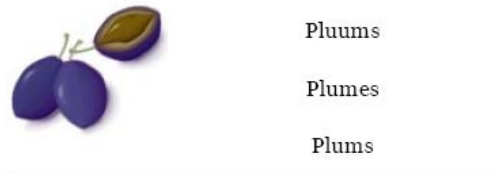


Game of the Month: Spell-It-Out, Fruit and Veggie Addition

Take a look at the fruits and veggies below. Circle the correct spelling of each.



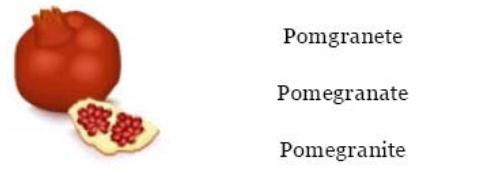
Blackbarries
Blakberrys
Blackberries



Pluums
Plumes
Plums



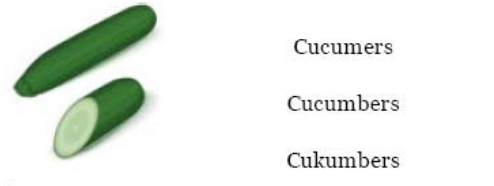
Broccoly
Broccoli
Brocoli



Pomgranete
Pomegranate
Pomegranite



Onins
Onyons
Onions



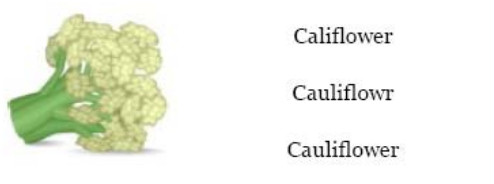
Cucumers
Cucumbers
Cukumbers



Orange
Oreng
Orang



Lettuce
Lettice
Lettus



Califlower
Cauliflowr
Cauliflower



Mushrooms
Musrooms
Meshrooms

Correct Spellings: Blackberries, Cucumbers, Plums, Orange, Broccoli, Lettuce, Pomegranate, Cauliflower, Onions, Mushrooms

By: Tara M., Age 11

Kid2Kid Recipe: Apple Salad

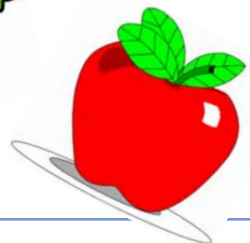
Ingredients:

- ⊙ 2 cups diced apples
- ⊙ 1 cup diced celery
- ⊙ 1/2 cup raisins
- ⊙ 1/2 cup nuts
- ⊙ 2 Tablespoons salad dressing or mayonnaise
- ⊙ 1 Tablespoon orange juice

Directions:

1. Cut up apples and celery (make sure to get your parents help).

2. Mix orange juice with salad dressing or low-fat mayonnaise.
3. Toss apples, celery, raisins, and nuts with the dressing mixture.
4. ENJOY your healthy snack!



By: Chris S., Age 9

All the Info is Found on the Food Label

The nutrition label is where you can find all kinds of information about the foods you eat. Use the spy skills below to help you find the clues needed for a healthier diet.

Spy Skill #1: Find the Facts

Look for the tiny writing in the **Nutrition Facts** label and the **INGREDIENTS** list. That is where you can find the truth about what is really in the foods you are eating.



Spy Skill #2: First Ingredient is the Biggest

Ask yourself if the first and second ingredients are good for you. If not, try to find a healthier choice.

Spy Skill #3: Watch Out for Hidden Ingredients

Two unhealthy ingredients you want to watch out for are: **partially hydrogenated oil** and **high fructose corn syrup**. If you find these items in the **INGREDIENTS** list, this is not a very healthy choice.

Spy Skill #4: Avoid Long Ingredient Lists

When you see a long list of ingredients that have big words that are hard to pronounce, it usually means that there are a lot of artificial or fake flavorings and colorings.

Look for food items with the shortest ingredient lists. These are healthier choices.

Spy Skill #5: Fiber Is Your Friend

When choosing breads, cereals, crackers or pasta, look for products made with **whole grains**.

Try to choose foods that have two or more grams of Dietary Fiber for every 100 calories. You can find Dietary Fiber on the Nutrition Facts label.

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 April 15th. 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** for limiting high sugar foods. Send it to kid2kid@healthmpowers.org and keep an eye out for next month's issue. You may be featured!

Activity of the Month- Down, Down, Down



Get a group of friends together to play. Start off with a tennis ball and throw the ball continuously back and forth until somebody drops it. If someone drops it say, "down on one knee". That person has to continue playing while down on one knee. If the same person drops the ball a second time, say, "down on two knees". If they drop it a third time say, "down on one elbow".

You can add different varieties to make this game lots of fun! Just remember, you have to stay in the same position you're in to catch and throw the ball.

Submit your Work!

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

April- Limit high sugar foods.

May- Healthy summer fun.