

## Water - It's the Healthy Drink Choice

All living things need water to live. Your body has lots of important jobs and it needs water to do them. Water helps digest the food that you eat and get rid of the waste that you make. It also helps your body fight off sickness and disease. So, the more water you drink, the healthier you can be!



Your body needs lots of water. You should drink lots of water (six, seven, or even eight glasses) every day.

### Fun Facts:

Not drinking enough water can make you sleepy or tired. So drink WATER!!

By: Thomas D., Age 11

Water is important to drink when taking part in sports, exercising or playing, or when it is hot or humid outside.

If you don't get enough water, you could become dehydrated. Dehydration occurs when the amount of water leaving the body through sweat, going to the bathroom or vomiting is greater than the amount of water taken in. So, your body needs water every day and it's a great choice.

Your body is made up of 70-75% water. So give your body the amount of water it needs and deserves!

### Joke of the Month:

☺ What did one raisin say to the other raisin?

It's **GRAPE** to see you!

August 2010

### Inside This Issue:

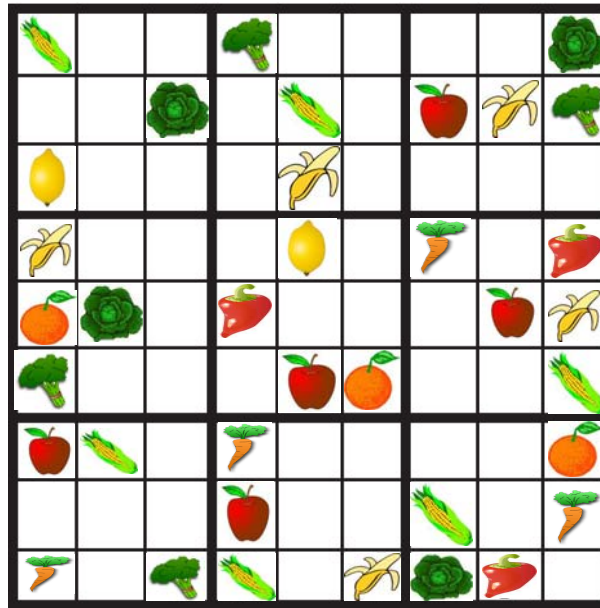
Game of the Month	2
Kid2Kid Recipes	2
Activity of the Month	3
Do you want to be a Writer?	3
Submit your Work!	4
Monthly Focus for Kid2Kid	4



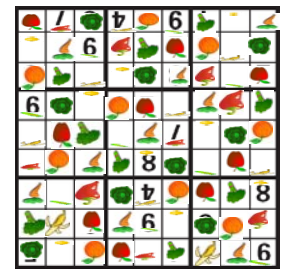
# Game of the Month: Vegetable & Fruit Sudoku

Directions: The objective is to fill the 9x9 grid with the different fruits and vegetables so that each column, each row, and each of the nine 3x3 sub-grids that compose the grid (also called "boxes", "blocks", "regions", or "sub-squares") contains all of the different fruits and vegetables. The fruits and vegetables that should make up each column, row and 3x3 sub grid include:

- |            |          |
|------------|----------|
| Corn       | Broccoli |
| Lettuce    | Apple    |
| Orange     | Carrot   |
| Red pepper | Banana   |
| Lemon      |          |



**Haley's notes:** This is just like regular Sudoku, but rather than using numbers you use fruits and vegetables. Have fun!!



Answer Key

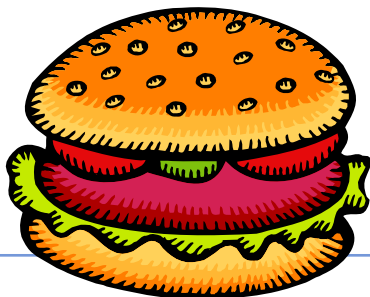
## Kid2Kid Recipes: Breakfast Sandwich

By: Lindsey M., Age 10

Lindsey says, "This is a yummy breakfast, and my mom likes it because it is healthy. I like it because it tastes good." (Haley's notes: This is really a good snack in the morning, and it is a nice change from cereal and milk all the time!)

### Ingredients:

- 1 Sandwich Thin
- 1 slice fat-free American cheese
- 1/2 cup eggs
- 2 slices turkey bacon



### Directions:

Slice the Sandwich Thin into three equal pieces. (I like to picture a clock and tell mom to cut at 12, 4, and 8.) Separate the top and bottom and set aside. Cut the cheese into thirds the same way and set aside too.

Ask an adult helper to cook the eggs and turkey bacon. Then ask them to slice each into thirds. Place your egg and turkey bacon on the bottom slice of the Sandwich Thin. Top each egg with a piece of cheese. Finish each off with a top piece, and eat super-fast, before it gets cold!


Remember to ask an adult for help when dealing with sharp or hot items!

## Activity of the Month: Sadbox

By: Zoey K., Age 9

Zoey says, "I played this at summer camp this year and I really liked it!"  
(Haley's Notes: This game looks like a lot of fun! Why don't you try it!)

To play Sadbox, draw a large box in your driveway with chalk (If you don't have a driveway, you can do this on grass with a bunch of sticks). In the center of this box draw a smaller box with a sad face in it. Along the inside of the outer box draw 16 small squares, one inside each of the four corners and the rest along the sidelines. Number them randomly from 1 to 16, not putting any numbers that are next to each other (like 1 and 2) near each other on the board. (There is a diagram to the side.) Use bottle caps as the playing pieces, the small flat ones with the

8	3	10	5	12
13				15
6				2
11				7
1	4	16	9	14

ridges.

The object of the game is to flick the bottle caps into each numbered box **in order** from 1 to 16. However, if you land in the center box which is the Sadbox, you are either out of the game or you have to start back at square 1, depending on which set of rules you decided on at the beginning of the game.

To make it harder, when you number the squares try and do it so the bottle cap has to cross the Sadbox as many times as possible.

## 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 on or before September 5th. 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 eating fruits and vegetables. Send it to [kid2kid@healthmpowers.org](mailto: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](mailto:kid2kid@healthmpowers.org).

**September-** Drink 2 - 3 servings of milk or milk products each day.

**October-** Eat 5 or more fruits and vegetables 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.