



4-H HEALTHY CONNECTIONS

A 4-H Healthy Living Newsletter

February 2010

WHAT ARE YOU EATING?

Build Your Bone Bank!

Do you know how many bones we have in our bodies? 206! WOW!

Did you know that bones are living tissues that need to be built each day? That's right! It's important to feed our bones with high-calcium foods, especially for kids 9-19 who are growing rapidly. Kids ages 2 to 8 need 2 cups

of milk each day, while kids ages 9 and older need 3 cups daily.

Choose low-fat milk products like 1% milk and low-fat cheese or yogurt. One cup from the Milk Group equals 8 ounces of milk, 1 1/2 ounces of natural cheese or 2 ounces of processed (American) cheese.

Try to drink milk with meals to make sure you get enough calcium every day. Some vegetables like broccoli are also good sources of calcium. If you do not like milk or are lactose intolerant, try calcium fortified orange juice or breakfast cereal that is fortified with calcium to help build your bones.

GIGGLE BOX

What does the Invisible Man drink at snack time?

Evaporated Milk!

What do you call cheese that isn't yours?

Nacho Cheese!

How can you knock over a full glass and not spill any water?

When the glass is filled with milk!

Veggie Yogurt Dip

Ingredients:

- 1 package dry vegetable soup mix
- 2 cups plain low-fat yogurt

Instructions:

Stir soup mix into yogurt until well blended. Serve with raw vegetables for dipping. Store in a tightly covered container.

Makes 2 cups.

Recipe from Show Me Nutrition from University of Missouri Extension



Make a Take-it-with-You Dairy Snack with yogurt and veggies!



Karol Osborne
Extension Agent
114 N. Cedar
Tallulah, LA 1282

Phone: 318.574.2465
Fax: 318.574.9509
E-mail:

kosborne@agcenter.lsu.edu



Cow-a-bunga Calcium Challenge!

F X I T S P I N A C H S O B X A S U T O
O A N F D H V A U B H I D J R B T E O T
T D O W X G E K O T Q G X N R C I Y R I
R K R F B S E N I D R A S O O D R M T R
A M A Q D V E I J G R I C I Y M U E I R
E T C S W S R G H E X C T H I I L Z L U
H F A T F R E E F O O D T I C M Y A L B
M T M Z A Z Z I P L K L E L O Q O J A E
L U E M D F O N I L A V A T F N G E S I
C X S E E N I A I E Q C A N Z P U W D T
M T E C T A N M H D H G O W N M R Q Y U
I F E C L X I I O J V N B X I Z T I M V
A Q H E V E W W R F L K S M R R A J Z W
G O C Y P M S S E G S Q Q H R Z B U Y X
P Q F A W I Y T C O D Y M T L J E C O Z

Look for the words below vertically, horizontally or diagonally.

WORDLIST

- | | |
|---------------|-----------------|
| Almonds | Bones |
| Broccoli | Burrito |
| Calcium | Cheese Macaroni |
| Fat Free Food | Healthy Diet |
| Heart | Milk |
| Muscles | Nutrition |
| Pizza | Sardines |
| Spinach | Teeth |
| Tortillas | Yogurt |

Neat Treats!

Get your Milk Moustache with these quick snacks:

- Orange and Strawberry-yogurt shake!
- PBJ with MILK!
- Grilled cheese with tomato slice!
- Spinach Dip with low-fat sour cream and yogurt!
- Handful of almonds!

The "Udder" truth about CALCIUM

Try this experiment to find out just how important calcium is to your bones!

1. Put one small uncooked chicken bone in a jar with 1 cup vinegar. Seal the jar tightly.
2. Place another small uncooked chicken bone in a jar with 1 cup water.
3. Remove the bones after 2 days and try to bend the tip. Write down your observations.

4. Put the bones back in the jars and remove 2 or 3 days later. Try to bend the bones in the middle. Which one is softer?

Bones make up our skeleton which serves as the framework for our bodies; they hold us up so we can move and play.

In our experiment, the calcium deposits in the bone were pulled out by the vinegar making the bone less brittle.

Do you play sports?



When bones don't get enough calcium, they grow weak and are more easily injured. This is especially critical for kids playing contact sports. But it is also important for non-athletes because the bone we build when we are young lasts a lifetime!

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