



# 4-H HEALTHY CONNECTIONS

A 4-H Healthy Living Newsletter

October 2009

WHAT ARE YOU EATING?

## Don't Be a Skipper

Make sure you get up early enough each morning to eat a healthy breakfast. Starting the day without breakfast makes it harder to pay attention and concentrate in school.

Kids who eat breakfast miss less school, concentrate better, solve problems more easily and perform better on school tests!

If you are not hungry first thing in the morning, get dressed first so you can eat a little later. You can also pack breakfast foods like yogurt and muffins to eat in the car, or eat breakfast at school.

Try to include foods from at least three food groups for a healthy breakfast. For example, try whole-grain cereal (Grain Group) with sliced

strawberries (Fruit Group) and low-fat milk (Milk Group).

Breakfast is a great time to feed your bones with calcium rich milk or yogurt. Mix yogurt with fresh fruit and fruit juice in a blender for a quick on-the-go smoothie treat!



## GIGGLE BOX

Why did the banana go to the doctor?  
*Because it wasn't peeling well!*

What is a vampire's favorite fruit?  
*A "neck-tarine"!*

Why did the guy get fired from the orange juice factory?  
*He couldn't concentrate!*

What do you call two banana peels?  
*A pair of slippers!*

## Morning Glory Orange Shake

Makes 4 servings

### Ingredients:

- 1 (6-ounce) can frozen orange juice concentrate
- 1 cup skim milk
- 1 cup cold water
- 1 teaspoon vanilla extract (optional)
- 10 ice cubes

### Instructions:

Mix the first 4 ingredients in a blender at high speed until well blended. Add

ice cubes, a few at a time, blending until smooth.

*NOTE: If you don't have a blender: Put the first 4 ingredients in a large jar with a tight-fitting lid. Shake until well mixed. Pour over ice cubes to serve.*



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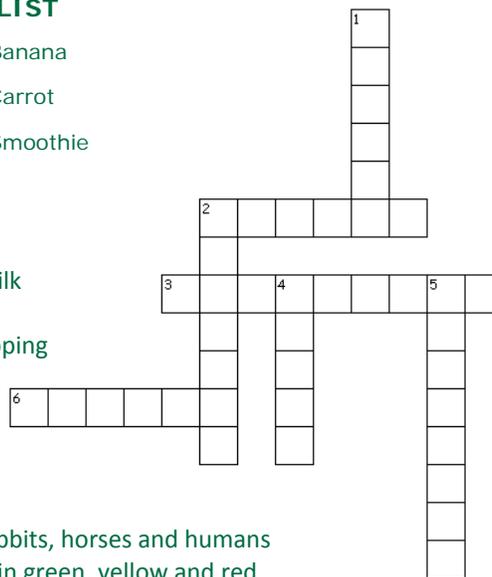


# Start the day right!



## WORD LIST

Apple      Banana  
Breakfast      Carrot  
Cereal      Smoothie  
Yogurt



### Across

2. Commonly eaten floating in low-fat milk
3. A meal that starts the day
6. A smooth dairy treat that's a great topping for fruit and cereal

### Down

1. Monkeys aren't the only mammals that munch this yellow fruit
2. An orange vegetable treat loved by rabbits, horses and humans
4. A sweet and crunchy fruit that comes in green, yellow and red
5. A cool drink blend of juice, fruit and dairy

## Neat Treats!

### Need a Grab-n-Go breakfast treat?

- Make a peanut butter and jelly wrap with a whole wheat tortilla!
- Stuff a sliced boiled egg and Canadian bacon in a whole wheat pita pocket.
- Layer whole grain cereal, fruit flavored yogurt and sliced fresh fruit in a to-go cup.
- Mix together a variety of dried fruit, nuts and whole-wheat cereals for a breakfast-style trail mix.

Fast foods are not new. They've been around a very long time.

The original 'fast food' diet was filled with fresh raw fruits and vegetables, nuts & grains and healing herbs. Think about it...how long does it take to peel a banana or grab a handful of grapes or berries?

The living enzymes in fresh raw fruits and vegetables revitalize us and help cleanse and heal our bodies. Because fresh foods are "living" foods,

our bodies can digest and use their vital nutrients quickly and easily.

We should try to eat at least 5 servings of fresh fruit and vegetables each day, more if you can!

Think of a rainbow when selecting fruits and vegetables, and try to pick one from each color. Look for foods like purple grapes, blueberries, green beans and broccoli, red tomatoes, orange carrots and cantaloupe and yellow squash and corn.

And don't forget to drink

plenty of water. Fresh fruits and vegetables contain fiber important to our digestive system. But you need water to help your body use all the great nutrients you are getting and remove the waste products from the body.



Provided by LSU AgCenter Community Nutrition Programs

This institution is an equal opportunity provider. This material was funded partially by USDA's Supplemental Nutrition Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. **To find out how to apply, call 1-888-LAHELPU or visit [www.dss.state.la.us](http://www.dss.state.la.us) to download an application for SNAP.**

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