

WHAT ARE YOU EATING?



4-H HEALTHY CONNECTIONS

A 4-H Healthy Living Newsletter

September 2009

Get your grains the RICE way!

Grains are an important part of the human diet. Most of the calories we need for energy come from grain products.

Rice is a naturally nutritious grain that is low in calories and goes with almost everything. Plus, it has no sodium, no cholesterol and no

fat! And rice gives us more than 15 super vitamins and minerals, not to mention energy to fuel our physical activity.

Brown rice is a 100% whole grain, whereas white rice has had the bran layers removed. The USDA suggests making at least half of your

grains *whole grains*.

Louisiana is the nation's 3rd largest rice producer. Did you know that we grow rice right here in Northeast Louisiana?

Remember, September is Rice Month in Louisiana!

So, have a RICE day!

GIGGLE BOX

What's the worst thing about being an octopus?

Washing your hands before dinner!

Why did the student eat his homework?

The teacher told him it was a piece of cake!

What did the hungry computer eat?

Chips, one byte at a time!

Happy Trails Rice Mix

Ingredients:

- 2 cups cereal rice squares
- 2 cups cereal corn squares
- 2 cups puffed rice cereal
- 1 cup dried banana chips
- 1 cup dry roasted peanuts
- 1 cup chocolate chips or candies
- 1 cup seedless raisins



Instructions:

In a large bowl, combine each of the ingredients: mix well with a wooden spoon. Store in a tightly covered container.

Makes 10 servings.

Snack-on-the-go!

Divide your trail mix into 10 plastic storage bags!

4-H Portfolio Tip: Keep a record of all the foods you prepare and take pictures of your activities. Save them in a shoebox, scrapbook or journal.



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Germ-Buster Wordsearch!

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

Look for the words below vertically, horizontally or diagonally.

WORDLIST

BACTERIA	CAMPYLOBACTER
CLEAN	E. COLI
FINGERNAILS	FOOD BORNE ILLNESS
GERMS	HANDS
HAND WASHING	HEALTHY
INFLUENZA	SAFETY
SALMONELLA	SHIGELLA
SOAP	TWENTY SECONDS
WATER	WRIST

Neat Treats!

Fire up your **BRAIN POWER** with these quick snacks:

- Cheddar cheese and whole wheat pretzels
- 100% fruit juice and fresh fruit smoothie
- Graham crackers, dark chocolate and marshmallows
- Peanut butter and apple slices

Join the Scrub Club!

Everyone's talking about hand washing these days! We know that proper hand washing can keep us safe from some nasty food borne illnesses like salmonella, shigella, E. Coli and campylobacter. Washing our hands often and correctly can also help us prevent catching and spreading influenza.

Influenza is what is commonly called the flu. Not only does it make us feel awful, it can be pretty serious.

Remember these important hand washing tips:

- Use warm water
- Lather up with soap
- Scrub for 20 seconds or more
- Clean under nails, back of hands and up to wrist
- Rinse and dry

Aim to wash your hands often, at least 4 or 5 times a day, before meals, when visiting the restroom, and after coming in contact with lots of people (like at break).



Play games, get some cool poster and sticker downloads, and learn more hand washing tips at:

<http://www.scrubclub.org/home.aspx>

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 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 to download an application for SNAP.**

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