

# GOTWALS

# HEALTHY PRESS

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## Try these tips to reduce stress

Taking a test or playing in a big sporting game can be stressful. It can make your heart beat faster. You may get a headache. You may even lose your appetite.

While it may be uncomfortable, stress is normal. It can even be good for you, said Ms. Susan FitzGerald, a Philadelphia-area medical journalist who specializes in children's health.

Stress can help you focus your mind so you can be alert for

PSSAs or the championship game, she recently told the *Healthy Press* during a press conference.

However, too much stress can be bad for you and even harm your health, she said. For instance, it might cause people to lose sleep. Stress may even lead to heart disease, according to the American Heart Association.

Ms. FitzGerald suggested ways to help keep stress under control.

- Take a big problem that's bothering you and make it into smaller problems. In that way, you can deal with one problem at a time and you won't feel overwhelmed.
- Get a good night's sleep. Remember, before you go to bed, don't watch TV or play on the computer. Those activities will

(Please see *Ways* on Page 2)



Illustration by Betzai Zayagos

**While winter** can be a tough time a year for people who aren't fans of snow. Lead teacher Mr. Stansbery says he likes to cross-country ski in the winter and run in warm weather. Read the story on Page 3 to find out what other outdoor activities teachers like to do.

## Start healthy habits when you are young

Eating nutritious food can become a healthy habit, according to a registered dietician who recently visited Gotwals Elementary School.

"We are what we eat," Ms. Rachel Sakofs said at a recent press conference with the *Healthy Press*. She works for the Einstein Healthcare Network.

If you start eating healthy foods as a youngster, you probably will continue to eat healthy foods as an adult, she said. A healthy diet includes all the food groups—grains, dairy, proteins, and fruits and vegetables. You should also drink plenty of water.

When asked about meat, Ms. Sakofs said it is high in protein which is good for you. However, "too much meat is not good for you" because it can contain a lot of fat. Fat can build up in your blood vessels, making it difficult for blood to move freely through your body.

In fact, many people in 29 countries are not eating meat on Mondays. It's part of the Meatless Monday movement. They are skipping meat for two rea-

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# Nutrition mission: Tasting hummus

*Gotwals Healthy Press* reporters recently tasted two new snacks with carrots and celery.

They tried two kinds of hummus—classic and edamame. Hummus is a healthy dip that originated in the Middle East, according to experts.

The main ingredient in classic hummus is chickpeas. Chickpeas are a type of legume.

Edamame hummus uses soybeans. In fact, edamame is another word for soybeans.

In a vote, the *Healthy Press* reporters preferred classic hummus over edamame hummus. Of 23 students who tried the classic hummus, 18 said they liked it. Only 7 students said they liked the edamame hummus.

“The classic hummus is creamy and tastes so good,” Nyla said. Isis said she liked the classic hummus better because “it has less fat.”

According to the nutritional facts, classic hummus has 4.5 grams of fat per serving. That’s

	Edamame Hummus	Classic Hummus
<b>Size per serving</b>	<b>2 tablespoons</b>	<b>2 tablespoons</b>
Calories	140 calories	60 calories
Total Fat	9 grams	4.5 grams
Saturated Fat	1 gram	0.5 grams
Trans Fat	0 grams	0 grams
Cholesterol	0 milligrams	0 milligrams
Sodium (salt)	25 milligrams	115 milligrams
Total Carbohydrate	8 milligrams	4 grams
Dietary Fiber	8 grams	1 gram
Sugar	3 grams	1 gram
Protein	6 grams	2 grams

Sources: KidsHealth.org for edamame hummus and Cedar’s Hommus for classic.

half the amount of the edamame hummus.

Anai described the edamame hummus as “green with little black dots in it.” She said it smells like “salsa and pepper.” She liked it and would recommend it to her whole family.

However, Tamar said he does not like the edamame hummus because it tastes like guacamole.

The *Healthy Press* reporters compared the nutrition between

the two types of hummus. They noticed that edamame hummus is much richer in fiber. Fiber helps digestion, says KidsHealth.org.

Edamame also has a lot more protein. Protein helps build muscles, the website says.

The *Healthy Press* staff challenges you to compare the nutritional content of the two types of hummus that we tried. Which do you think you would like better?

—By Healthy Press staff

## In the kitchen

### Making edamame hummus

*Editor’s note: This recipe is from KidsHealth.org. It makes two to four servings. Each serving is 2 tablespoons. If you try this recipe remember to ask an adult for help!*

**Ingredients:** 1½ c. frozen shelled edamame; juice of 1 lemon; 2 tablespoons of olive oil; 1 clove garlic; ½ tsp. black pepper; ½ tsp. cumin

**Equipment:** medium pot; blender or food processor  
**Instructions:**

1. Cook edamame in a pot of boiling water for about 5 minutes. Drain.
2. Place edamame, lemon juice, olive oil, garlic, pepper, and cumin into the bowl of a food processor or blender.
3. Process until smooth, about 5 minutes. Scrape sides halfway through. Add water if necessary.
4. Sprinkle with extra cumin for garnish. Serve with fresh cut-up vegetables. **ENJOY!**

## Ways to reduce stress

*(Continued from Page 1)*

keep you awake. Instead, read a book, listen to music, write, or sing.

- Get enough exercise.
- Develop activities or routines that help you relax your body. Maybe take a warm bath.
- Eat healthy foods.

Most important, she said, children should reach out to trusted adults and talk to them about what’s making them feel stressed.

—By Healthy Press staff

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*Editor’s note: Ms. FitzGerald co-authored the book, "Letting Go with Love and Confidence: Raising Responsible, Resilient, Self-Sufficient Teens in the 21st Century."*

## Special report on heart health

# Teachers try to build up a sweat

Gotwals teachers know that it is important to take care of their heart.

As often as they can, they put on their exercise clothes and head out to the walking path, gym, and dance studio.

Mrs. Logan, a first grade teacher, said the activities she does to keep her heart healthy include running, walking her dog, and playing with her children. She tries to do these activities every day.

She said she knows she is giving her heart a workout when she is sweaty and out of breath. She also knows her heart is beating faster. These exercises help her stay in shape. She likes to do them with her family so they can spend fun time together.

In interviews, other Gotwals teachers also said they know they are getting a good aerobic workout. Aerobic means "with air," says KidsHealth.org. A good aerobic activity makes people breathe a lot.

Mrs. Burton, a first grade teacher, plays volleyball and takes walks for her heart health. She tries to exercise several times a week. Mrs. Burton said she also makes sure she stretches before she exercises and she drinks plenty of water.

Ms. Koch, a fourth grade teacher, said she runs six days a week at her gym. "Exercising is a lot of fun," she said.

Ms. Casey, a first grade teacher, said she keeps her heart healthy with Zumba. Zumba combines dance, music, and high-energy activity for a good aerobic workout. Ms. Casey takes classes two or three days a week. She said it is fun to dance.

Mrs. Dougherty, a second grade teacher, said she feels better when she exercises. Her favorite activity is walking around her neighborhood or on bike paths.

—By Healthy Press staff

## Staying fit by exercising outdoors

After a tough winter, many people—including Gotwals teachers and students—can resume their outdoor activities.

Ms. Redington, a second grade teacher, said she likes to play hockey outdoors so she can stay cool when she runs around and scores goals. When she is finished, she said she is tired and stronger.

Kevin, a kindergarten student, said he likes to play tag with his brother and cousin on pleasant days. He said he doesn't want to go outside when the temperature plunges. "It's going to be freezing," he said. He doesn't want to go outside when it is a rainy day because he will get wet.

Mrs. Fanelli, a second grade teacher, said her favorite season is spring because she can play tennis. Tennis is her favorite sport. She likes it because she can be outdoors in the fresh air. Mrs. Fanelli said she doesn't spend too much time outdoors in the winter. The air is too cold on her skin.

Mr. Stansbery, lead teacher, said he finds an outdoor activity in cold and warm weather. In warm weather, he likes to run. In cold weather, he likes to cross-country ski. In cross-country skiing, a person uses skis to walk quickly or run on the snow.

"It's fun and healthy," he said. "It feels smooth, quiet, and fast." —By Healthy Press staff



Illustration by Brianna Sanchez

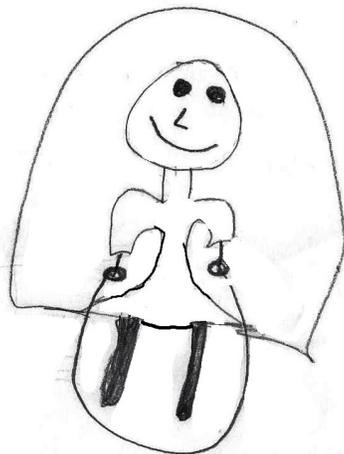
# Work out your brain! —By Healthy Press staff

Here is a challenge. Can you unscramble the following words connected to heart health? (Answers on Page 2.)

- 1) openrti \_\_\_\_\_ Builds muscle
- 2) srtiaeer \_\_\_\_\_ Tubes that carry blood away from the heart
- 3) dolbo \_\_\_\_\_ Moves through the body and carries oxygen to organs
- 4) bifre \_\_\_\_\_ Substance in fruits and veggies that helps digestion
- 5) nmitvasi \_\_\_\_\_ Tiny substances that have names from the alphabet
- 6) etssemala \_\_\_\_\_ Without meat
- 7) roeciba \_\_\_\_\_ Heart-healthy exercise that requires a lot of oxygen
- 8) ylhaeht \_\_\_\_\_ Exercising and reducing stress keep you...
- 9) tsrses \_\_\_\_\_ Taking a test or playing in a big game can cause this
- 10) wtrea \_\_\_\_\_ Important part of a healthy diet

## Some people skip meat on Mondays

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sons, according to The Monday Campaign. They want to be healthier. It's better for the environment. Eating less meat will help reduce your chances of developing diseases such as cancer, obesity, and diabetes, according to Meatlessmondays.org.

Ms. Sakofs also said that Meatless Mondays can help people's hearts because they

will eat less fat and more fruits and vegetables. Fruits and vegetables also have a lot of fiber.

Some examples of Meatless Mondays foods are vegetable chili, bean tacos, vegetable stir fry, vegetable lasagna, veggie burger, and veggie omelets.

Ms. Sakofs said eating meatless costs less and it is better for the environment.

### Answers to Brain Workout!

- 1. protein 2. arteries 3. blood 4. fiber 5. vitamins 6. meatless
- 7. aerobic 8. healthy 9. stress 10. water

The meat industry needs a lot of fuel and water to raise livestock, according to Meatlessmonday.org. That can be costly and harm the environment.

—Story by Healthy Press staff

Illustration by Yerania Reyes-Serrano

Editor's note: Meatless Monday had its origins in World War I and was revived about 10 years ago by a health advocate in association with the Johns Hopkins Bloomberg School of Public Health's Center for a Livable Future.

#### Gotwals Healthy Press

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