

MARSHALL STREET HEALTHY BULLETIN

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Students savor different apples

Marshall Street students munched on Ginger Gold, Granny Smith, and Red Delicious during the school's celebration of Apple Crunch Day.

The purpose of the day is to teach students about how nutritious apples are. The fruit provides fiber and vitamins, and comes in many varieties, according to The Food Trust. The group provides nutrition lessons at Marshall Street.

The Food Trust helped organize Apple Crunch Day. The day has become a yearly event at Marshall Street and at other schools.

Miss Allison Huang, a nutrition educator with The Food Trust, visited classrooms to teach students about apples. The lesson included an apple quiz. The classes also created graphs after tasting three varieties of apples. In Ms. Freeman's fourth grade, Ginger Gold was the most popular. Granny Smith finished second and Red Delicious was last.

Earlier in the day, a member of The Food Trust danced in an apple suit in the lobby to get students excited about Apple Crunch Day. Miss Allison said she's pleased when she sees and hears that students

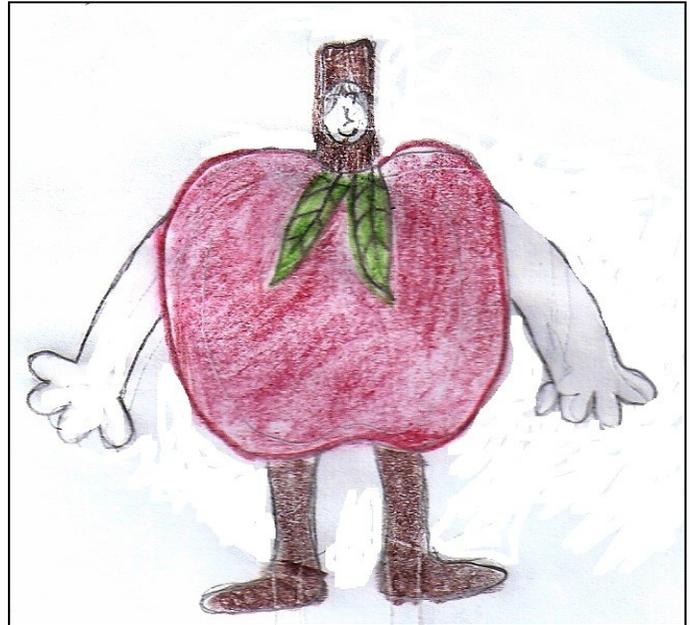


Illustration by John Bitting

are enjoying eating fruits and vegetables. She also hopes others try new types of foods. To keep healthy, kids can choose healthy snacks such as apples and baby carrots. They also should get at least 60 minutes of exercise a day, Miss Allison said.

Miss Allison said she became interested in food and nutrition when she was in college. Now she can teach others about her interest, she said.—By *Michaela Rose Johnson and Healthy Bulletin staff*

Extra candy can create colorful wreaths

Mr. James Horton knows what to do with extra sweets. He makes candy wreaths with them. They come in many shapes and sizes.

All you need are old hangers, candy, and ribbons, said Mr. Horton, who is a community volunteer. It takes about one minute to learn how to make a wreath and about 40 minutes to make a small one. Some students can make a wreath faster than he can, Mr. Horton said during a recent press conference with the *Healthy Bulletin*.

For several years, Mr. Horton has taught Marshall Street students the wreath-making craft before the holiday season. He said the wreaths can be given

as gifts or an enterprising student can sell them to make money.

Candy wreaths are just one way that children can use extra candy from Halloween or other holidays. KidsHealth.org suggested several ideas for extra candy such as sending it to soldiers overseas, using it for science experiments or putting it in goodie bags for an upcoming party. Candy can also be donated to homeless shelters or children's hospitals.

Mr. Horton said he learned how to make candy wreaths from his sister. She learned when a friend

(See *Wreaths* on Page 2)

Stay safe on Halloween and every day

To stay safe on Halloween, Marshall Street staff members suggest that children be aware of their surroundings and go trick-or-treating in groups. An adult should escort them.

Their advice is a good reminder for children to be safe whenever they are outside. KidsHealth.org calls it being "street smart." When you're street smart, you know your way around, you know how to handle yourself in tough situations, and you're able to "read people," according to KidsHealth.

Mrs. Brown, the school's new health teacher, said students should stay in a group with at least one adult. She said wear appropriate costumes and wait until you get home to eat your candy.

Ms. Jackie, who works in the after-school program, said children should wear bright clothing with reflector tape. They should also be sure they can see if they are wearing a mask. She advised that children dress properly for the weather. They should only go to houses with the lights on.

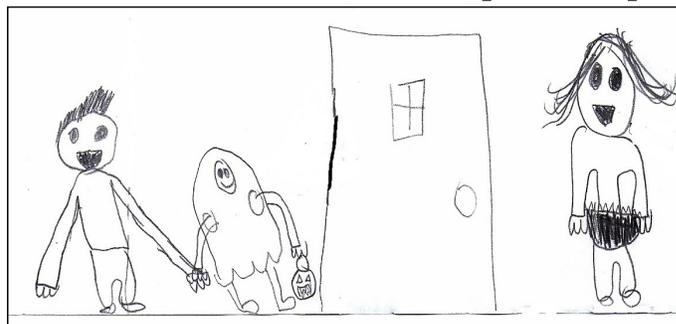


Illustration by Chaz Clark

Miss Mildred, who also works in the after-school program, added that children should never go inside someone's home. Mrs. Cummings, a member of the after-school staff, emphasized that children should always trick-or-treat with adults. They should be home by 8 p.m. When they finished trick-or-treating, children must not eat any candy before their parents check to make sure it hasn't been tampered with.

—By Healthy Bulletin staff

Taste test: Smoothie has special zing

It's fun to create new recipes.

The *Healthy Bulletin* staff recently invented a smoothie with yogurt, bananas, cranberry sauce, Craisins, pineapple-orange juice, half-and-half, and spices. Most of the staff said they liked it.

"I personally think the smoothie tastes superb," said Jorge Palau. "I would recommend this smoothie because it is delicious and nutritious." Adam Jarhale said it wasn't the best smoothie, but "it was OK."

Our recipe makes about six cups. For a healthier drink, you can lower the calories and reduce the fat by replacing the half-and-half with skim milk.

To make the smoothie, put the ingredients listed below in a blender. Be sure to get help from an adult. You must blend after adding each ingredient. If you

follow the directions, the smoothie should be a pinkish color. It smelled fruity, like bananas. Small bits of Craisins settled at the bottom of the cup.

We haven't decided on the smoothie's name. Perhaps our readers will try the recipe and send us their name suggestions. —By *Jorge Palau, Victoria Johnson, Wilchon Seward, and Adam Jarhale*

Ingredients

- | | |
|-----------------------|------------------------------|
| 2 cups of ice | 9 oz. plain yogurt |
| 2 oz. cranberry sauce | Half a banana |
| 4.5 ounces Craisins | 9 oz. pineapple-orange juice |
| A pinch of ginger | A dash of cinnamon |
| 9 oz. half-and-half | |

Wreaths make good gifts

(Continued from Page 1)

visited from Atlanta. They both had health problems and decided that making wreaths would be a good way to stay active, he said.

Mr. Horton said all types of candy can be used in the wreaths. He suggested using sugar-free candy for people who have diabetes.

—By Healthy Bulletin staff

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