

WHITEHALL HEALTHY REPORTER

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Congratulations, Milagros Valdez Pacheco, who drew the picture above. Turn to Page 2 to learn about her award.

Dental student urges you to take care of your teeth

Your teeth help you eat, talk, and smile.

That's why they are so important, according to JV Kracke, a dental student at the University of Pennsylvania.

In a recent press conference with the *Healthy Reporter*, Mr. Kracke shared tips about keeping teeth healthy. The tips included:

- * Brush your teeth at least twice a day—in the morning and at night.
- * Floss your teeth once a day.
- * Use a toothbrush with soft bristles and change it every three months.
- * Visit a dentist for a checkup every six months.
- * Eat a healthy diet.

Mr. Kracke explained that a healthy diet includes drinking a lot of water and limiting the amount of sugar you consume in food and drinks.

(See on *Brush* Page 2)

Special report:
Healthy Smiles

Calcium is crucial for dental health

Have you ever tasted a GREEN smoothie?

The *Whitehall Healthy Reporter* staff recently did.

Ms. Amy Deahl-Greenlaw, a registered dietitian nutritionist, recently visited with the *Healthy Reporter* to show the reporters how to make one. She also explained why the smoothie—which she calls Kale-ci-Yum—is a healthy drink.

Kale-ci-Yum has two ingredients that contain calcium. It's an important mineral.

"Calcium is crucial for healthy teeth and bones," said Ms. Deahl-Greenlaw.

But according to government health experts, most Americans don't get enough calcium because most don't eat enough foods from the dairy food group, Ms.

Nutrition
Mission

Deahl-Greenlaw said. Milk, yogurt, and cheese are three foods in the dairy group.

Tyler learned that third and fourth graders should have at least three servings from the dairy group every day to help build health teeth and strong bones.

(Please see *Tasty* on Page 2)

Tasty green drink

(Continued from Page 1)

"We learned the whey [the liquid that pools at the top of a yogurt container] is really healthy," Elaina added.

The whey contains a lot of calcium. So don't dump it out, Ms. Deahl-Greenlaw said. Stir it back into the yogurt.

You might have figured out that the Kale-ci-Yum recipe also includes the vegetable "kale." The kale makes the smoothie green. It is also a good source of calcium, Ms. Deahl-Greenlaw said.

Ms. Deahl-Greenlaw explained that another benefit of the smoothie is that it has no added sugar. Flavored yogurts often have added sugar, but plain yogurt doesn't. Added sugar puts more calories in your diet, but does not give you more nutrition.

Ms. Deahl-Greenlaw said Kale-ci-Yum gets a sweet taste from the pineapple.

What did the reporters think about the smoothie?

"It is a delicious great smoothie to have and it does not have added sugar," Asia said.

Remember, if you want to try this recipe at home, ask for an adult to help you.

Gianna summed it up: "The snack was a great way to get calcium."

Kale-ci-Yum

Ingredients:

8 oz fat-free plain yogurt

½ cup canned crushed pineapple (packed in water or juice)

1 medium ripe banana

2 cups raw kale

1 cup of ice

Directions:

(Important: Ask an adult to help you make this smoothie)

1. Wash kale and remove stems
2. Blend all ingredients in a blender
3. Enjoy

Source: Amy Deahl-Greenlaw

Whitehall Healthy Reporter

A publication of Whitehall Elementary School in the Norristown Area School District in Pennsylvania. Student staff members include Tyler Chhay, Gianna Kavash, Asia Kirtz, Ana Nuñez Luna, Perla Mancera, Elaina Rivera, and Samantha Valdon. The faculty advisor is Mrs. Peterson.

A Healthy NewsWorks® project www.HealthyNewsWorks.org

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Announcing the winners of Healthy Smiles contest

Healthy NewsWorks is proud to announce winning entries in its Healthy Smiles Poster Contest at Whitehall Elementary School.

Stella Menzies, a fourth grader, won first prize for her illustration that appeared in the winter issue of the *Healthy Reporter*. She will receive a \$25 gift card, and her picture will be part of an art exhibit organized by Healthy NewsWorks.

Milagros Valdez Pacheco, a third grader, received the honorable mention prize for her picture appearing on Page 1. She will receive a healthy cookbook.

Milagros' poster also will appear in the art exhibit. You can view both illustrations on the Healthy NewsWorks website: www.HealthyNewsWorks.org.

Congratulations, winners! And we are grateful to all the students who participated in the contest.

Brush and floss

(Continued from Page 1)

When asked what happens if you don't take care of your teeth, Mr. Kracke said germs in your mouth can sit on your teeth long enough to start causing problems. Over time, cavities—which are holes in the teeth—can form.

He said one way dentists discover if someone has a cavity is by using a special instrument called an explorer to check the teeth. They can also take special pictures, called X-rays.

If a person has a cavity, the dentist will clean the tooth and remove the germs. The dentist then will put a special metal filling in the hole.

Mr. Kracke also shared this tip: If you lose an adult tooth, you can put it in milk and immediately bring it to the dentist. The dentist may be able to put it back in your mouth. —By Healthy Reporter staff

Reporters' work to appear in book

The work of several Whitehall reporters will appear in the new book, "Leading Healthy Change In Our Communities 2016."

They are Tyler Chhay, Asia Kirtz, Ana Nuñez Luna, Perla Mancera, and Stella Menzies. Stella illustrated the book cover and Perla contributed a picture. The other students contributed writing pieces.

Classroom sets of the new book will be donated to Whitehall. You will be able to view the book online, too at www.HealthyNewsWorks.org.