

**Aim...Build...Choose...**  
***for good health***

**Aim for fitness...**

- Aim for a healthy weight.
- Be physically active each day.

*These two guidelines will help keep you and your family healthy and fit.*

**Build a healthy base...**

- Let the pyramid guide your food choices.
- Choose a variety of grains daily, especially whole grains.
- Choose a variety of fruits and vegetables daily.
- Keep food safe to eat.

*These four guidelines build a base for healthy eating.*

**Choose sensibly...**

- Choose a diet low in fat and cholesterol and moderate in total fat.
- Choose beverages and foods to moderate your intake of sugars.
- Choose and prepare foods with less salt.

*These three guidelines help you make sensible choices that promote health and reduce the risk of certain chronic diseases.*

<http://www.husd.k12.ca.us/Nutrition/pyramid.htm>

Healthy Choices  
Food Preparation  
Food Safety  
Physical Activity  
Youth Counseling  
Healthful Topics



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Southern University Ag Center

**EFNEP**

Expanded Food and Nutrition  
Education Program



## Tots To Teens

### Flu Season

The flu is a virus that infects the respiratory tract. It takes 1 to 2 weeks to recover completely.

In the United States the Flu season starts in October and lasts through May. Although December and March are considered the worst months.

Children are the flu's favorite target. Children are 3 times more likely to contract the flu virus. The reason for this is that they believe that children have not built up their natural immunity. When students are in school it increases their chances of contracting the virus.

**Avoid the flu:**

- get the flu shot
- take in plenty of vitamin C
- Wash hands often

**Signs and symptoms of the Flu**

- fever (very high)
- headaches
- muscle aches
- chills
- extreme tiredness
- dry cough
- runny nose
- nausea, vomiting, diarrhea
- may also occur

source: [www.flufacts.com](http://www.flufacts.com)

## Exercise & Activities

*Exercise at least 30 minutes every day!*

Each child should have 80-100 square feet available for play during outdoor play says Cheri Gioe with the LSU AgCenter.

Once outdoors children should be supervised constantly, Gioe stresses, adding that they should have access to a wide variety of activities such as:

- Playground equipment that is appropriate for the ages of children who will be using the space
- Items for digging and pouring
- Riding toys (pedaled or foot propelled)
- Areas for quiet play
- Outdoor pets
- Gardening areas
- Balance beams
- Ramps
- Sliding poles
- Bars
- Stairs
- Swings
- Trucks
- Wheelbarrows
- Plastic animals
- Natural objects such as sticks, stones, shells and pebbles
- Sandbox
- Water table
- Chalk
- Bubbles

## Kids in the Kitchen

### Nana's Homemade Soup

- 1 pkg. of soup meat
- 1 onion, diced
- 1 stalk of celery chopped
- 1 green pepper chopped
- 1 can of garlic flavored broth
- 2 cans of diced tomatoes
- 1 can of garlic flavored tomato paste
- 1 can of garlic tomato sauce
- 2 cans of mixed vegetables
- 2 cans of diced potatoes

Boil your meat with onions, peppers, and celery until it is tender. Then add the rest of ingredients and cook on a low fire for about 1 hour. At the last 30 minutes add some noodles.

