

Kids' KOrner

Kids Learn The Secret For Having A Happy Heart

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BEDFORD (Bedford Co.) —

The American Heart Association wants kids to have healthy hearts. To teach kids how to have healthy hearts, the Heart Association sometimes sends speakers to the schools to talk to the children about their hearts.

Exercise is very important and most kids get plenty of exercise by running, jumping rope, or on the playground at school.

One of the things that might make the heart not work properly is a poor diet.

Too much sugar can mean added weight. Too much weight makes the heart worker harder therefore causing it to wear out sooner.

Too much salt can bring extra water into your blood vessels. The fluid presses on the walls of the blood vessels and can cause your blood vessels to thicken. Once this happens, the blood may have a difficult time getting to the heart.

Since the heart pumps your blood throughout your body, it is very important that the arteries remain open and clear.

Too much fat can cause bumps in your arteries. Then, your arteries would look much like a bumpy bicycle path and the blood would again have a hard time getting through to your heart.

Kids can't control a lot of their diets. For instance, our parents or older brothers or sisters usually do the cooking at home. At school, we eat what the cafeteria serves.

However, the cafeteria must serve a balance diet according to the standards set by the government and by the American Heart Association. And, we can tell whoever cooks at home what we learn about a good diet.

Children do often have options when choosing snacks.

Today, most foods that comes in packages or cans have a label on them which tells how much fat, salt which is called sodium, and sugar is in them. Sugar is referred to as carbohydrates.

There are two kinds of carbohydrates. There are simply carbohydrates which include sugar, syrup, honey, molasses, jams and jelly, candy, soda pop, and most sweet desserts.

Simple carbohydrates taste good but are not really good for us. They should be eaten only once in a while.

Complex carbohydrates, on the other hand, are good for us. They are found in bread, cereal, pasta, vegetables, potatoes, fruit, juice, and milk.

Salt or sodium is found in potato chips, cheese curls, pickles, ketchup, lunchmeat, and hot dogs. There is a lot of salt in some fast food hamburgers because they put a lot of salt in the meat as well as in the ketchup and sauces they use on the meats.

Our bodies require only 1000 mg of sodium each day. One hot dog has 450 mg. of salt.

Fat is very high in fried foods, meat, nuts, whole milk, and ice cream. However, we do need

some fat and it is best to get it from eating lean meat and dairy products.

We should eat fried foods only once in a while which might be once a week.

Foods that we eat anytime and as much as we like include fruits and vegetables, bread, cereals, low fat milk, cottage cheese, chicken or turkey, fish, tuna, or lean hamburgers.

Foods which we should eat no more than once a day might include salty or sweet crackers, cheese, ice cream, peanut butter, eggs, ham, port, butter, or mayonnaise.

And, food to be eaten no more than once a week might be french fries, potato chips, cheese curls, donuts, cake, cookies, hot dogs, sausage, bacon, or sweet soda pop.

The American Heart Association has suggested some recipes which are easy to make and with only a little help, you could make yourself.

POPCORN

1 package light microwave popcorn
1/4 cup dried apples, peaches, or other dried fruit
1/2 cup unsalted pretzels
1/4 cup unsalted peanuts
1/4 cup raisins

Measure 1 1/2 to 2 cups popcorn into a bowl.

With kitchen scissors, cut dried apples, peaches, or other favorite dried fruit into 1/4 inch pieces.

Add dried fruit to popcorn.

Add pretzels, peanuts, and raisins to popcorn mixture.

Using wooden spoon, toss to mix. Serve at once.

If you like the new Mexican foods that are very popular, you should try these. They have some good dairy products in them.

MEXIDIPOLE

Vegetable oil spray
1 9-ounce can bean dip
3 green onions
4 ounces cheddar cheese (grated)
2 to 3 small tomatoes
6 tablespoons light sour cream
Sprigs of parsley

Preheat oven to 400 degrees. Spray dish with vegetable oil spray. Open can of bean dip. With rubber spatula, spread dip over bottom of dish.

Rinse and slice green portions of onions. Throw away white part. Measure 1/4 cup onion slices into a small bowl. Grate cheese if it is not preshredded. Add grated cheese to green onions and mix well. Sprinkle mixture evenly over bean dip.

Place dish in preheated oven. Bake uncovered for 7 to 10 minutes or until cheese is bubbly.

Eat with unsalted Tortilla Crisps.

If you in a hurry in the morning, you can still get all the nutrition you need for breakfast by using the following recipes.



Alice shows a boy how to listen to his own heart.

SHAKE ONE-BANANA

1 cup skim milk
1 ripe banana, peeled and cut in half
1/2 cup low-fat cottage cheese
1 1/2 teaspoons sugar
1 teaspoon vanilla sugar
3 to 4 ice cubes
Dash of ground nutmeg
Put in the blender, mix, and drink.

Or, you can use the same recipe and use 1/2 cup frozen unsweetened whole strawberries and 1/2 ripe banana, peeled, and cut in half. Add a tiny bit of orange juice or some orange flavoring.

Now that you have made these recipes, you can see how easy it is to eat right.

Million Dollar Caramel Candy Class

HERSHEY (Dauphin Co.) — The Million Dollar Caramel Candy class will be held on Saturday, February 26, from 10 - 11:30 a.m. for ages 5-7. Milton Hershey earned his "first million" by manufacturing caramel candy in the city of Lancaster. Youngsters in this class will make and wrap their own special batch of caramel candy to take home and share with others. They'll learn about Mr. Hershey's start in the candy business and how he experimented with recipes until he found one people really liked. \$6 museum members. \$9 non-members. Call (717) 534-3439 for information.



Alice brought along a bottle of cream which she asked the children to shake. After shaking for a long time, the cream turned into butter. By doing this, Alice was able to show the children how fat can form on the inside of our arteries.



Alice Corie, a registered dietitian, and a volunteer for the American Heart Association, talks to a group of boys and girls about the importance of eating a balanced diet. A dietitian is a person who studies how different types of food affect your body.