

# Kids Korner



Farmer Mahlon Charles, Marietta, provides children attending Lawton's Child Care, Elizabethtown, a ride in his blue fiber glass barrel train. Mahlon built the train in memory of his grandson, Myron Charles, who at age two experienced an accidental drowning on May 2, 2000. Mahlon and his wife Hazel enjoy giving children pleasure in memory of Myron.

## Eating Right Is Basic

*Program Teaches Kids to Whip Up Cool, Nutritious Treats*

CAROLYNN MOYER  
Tioga Co. Correspondent

WELLSBORO (Tioga Co.) — What could be better on a warm summer day than a frosty cool drink? And, when that drink includes milk as a main ingredient, you get a wholesome dose of nutrition as well.

Getting kids to drink more milk and include healthy foods in the diet is one of Dawn Bowers' goals as a nutrition education adviser with Penn State Cooperative Extension of Tioga County. Through her role, she works one on one with elementary students, showing them how easy it is to create delicious, nutritious snacks. She has also teamed up with the dairy princess program in order to further the message.

"Our purpose is to find something that the kids can do. We also want to offer something that can compete with soda and sugared drinks," said Bowers. "We went into eight schools from April through June and reached more than 500 kids."

Her specialty this spring was shaker drinks made with common household ingredients.

"There are common things you can use to make these drinks," said Bowers. "You don't need a blender or electricity. All you need is a container with a tight fitting lid, ice cubes and the ingredients for the drink."

For most of her school visits, Bowers chose to demonstrate the "Chocolate Smoothie" and the "Orange Dream Shake."

The Chocolate Smoothie requires:

- 1 cup of cold milk
- 1 tablespoon chocolate syrup
- 1 scoop vanilla ice cream
- 1-2 ice cubes

The Orange Dream Shake recipe calls for:

- 1/4 cup orange juice
- 1 teaspoon sugar or maple syrup
- 1/2 cup milk
- 1 scoop vanilla ice cream
- 2-3 ice cubes

The secret is having a half full container and ice cubes. It makes the drink very frothy," she said.

Recipe sheets with these recipes and others were given to the kids as well as other nutrition information.

Besides concocting delicious shaker drinks, Bowers also totes

along nutrition educational supplies including a giant food pyramid, turkey bones and flour canisters.

"I bring in a turkey bone that has been soaking in bleach so the kids can see what a porous bone looks like. I also show them how much calcium is in your body at different ages. That's where we use the flour canisters. The flour represents the total amount of calcium in your body. I explain to them that calcium is the mineral that makes your bones hard," she said.

People are amazed when they see that a typical adult has 11 cups of calcium, at 15 years old, you have about seven cups of calcium, at age 10, three and a half cups, and a newborn has just 1/4 cup of calcium. A woman with osteoporosis has only six and a half cups of calcium.

Leona Schmouder, who teaches third grade at Liberty Elementary School, has been using the project materials for several years. "We choose about six units each year. The children learn about good nutrition and kitchen safety habits. They also learn to taste new things and actually take part in making them," she said.

In addition to preparing and tasting the shaker drinks, each year Mrs. Schmouder's class also hosts a sandwich-tasting party where kids are challenged to bring sandwiches made from something other than luncheon meat.

"We get a lot of peanut butter with anything you can think of," she said. This year we also had one student bring in cheese with green ketchup."

Sandwiches are cut into small pieces so students can sample different concoctions.

"Some kids are more daring than others. Some won't try anything," Mrs. Schmouder said.

The third graders at Liberty also spend time talking about different breakfast foods that they can prepare by themselves.

"We always go to breakfast together and talk about the different food groups in the meal. "Anything we do with food, they really enjoy."

As with any good lesson, the kids are encouraged to take the information home and share their

knowledge with others. Each lesson comes with a worksheet full of nutrition information and new recipes to try, like taco pizza.

"I encourage them to get their families involved," said Bowers. "I always ask them who is at home who can help. That way we get more people involved."



Julian Guelig and Callie Brown, Trinity Lutheran School in Wellsboro, enjoy a cool, nutritious treat.



How much calcium is in your bones at age 15? How much calcium is in an infant's bones? What about an adult's bones? Here these kids try to match the age group with the correct amount of calcium (represented by flour).



Dawn Bowers, nutrition education adviser with Penn State Cooperative Extension of Tioga County, right, shows several students the secret of making a good shaker drink.