



I'm Happy & Healthy!



Stephanie Scott

TABLE OF CONTENTS

A Happy Smile	3
Let's Eat Healthy!	8
Be a Happy Helper	11
Be Wise---Exercise!	14
Watch Out for the Sun!	17



R-i-n-n-n-g---R-i-n-n-n-g---Ring!
The alarm clock rang in the bedroom.

"Silvia! Time to get up!" called Mother.

Silvia rolled over, yawned and looked at the clock. "Hmmm, I'll go to sleep for 5 more minutes." She rolled over and closed her eyes.

"Silvia! You've only got 10 minutes before we need to go out," called Mother again.

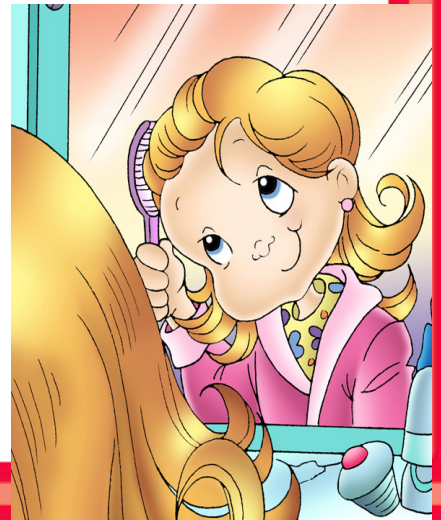
Silvia popped out of bed, grabbed her dress and tried to put it on as she ran down the stairs to the breakfast table. The sleepy-eyed, child tried to finish dressing, eat her breakfast and run out the door as fast as she could.

"I'm sorry but this is will not do. Let's go back and do the morning over again. Make your bed, wash your face, brush your teeth and hair, get dressed in clean clothes and walk down the stairs," said Mother.

Silvia got up from the table and walked back up the stairs. She looked in the mirror. Her hair was a mess and her clothes didn't match.

"I guess Mom's right," said Silvia. She changed her clothes and fixed her hair. Then she walked back to the breakfast table.

"Now you look presentable. Being neat and clean is another way for you to show love and consideration. It makes everyone happy when you put forth the effort to look nice. Now I'll drive you to school so you won't be late for school."





Wash my face, ears and feet,
Wash my hands before I eat.
After meals brush my teeth,
Clean the room and keep it neat.
Soap and water, air and sun,
Keep things clean for everyone.
Oh, how nice it feels to be clean!

It is very important to teach children early to be neat and clean. Getting each child their own set of towels, washcloths, hair brush or comb, clips and ribbons, and tooth brush and personal cup, will go a long way in inspiring them to keep clean. You can even make these items special by buying them in different colors or writing their names on the different items. By starting your child off early you will instill a good set of habits that will last their whole life.

The Purpose of Your Teeth

Find a mirror and take a good look at yourself. Now, smile. A beautiful and healthy smile is meant to last a lifetime if you take good care of yourself right now. The amount of time you spend each day on dental hygiene is an important investment in your future health. And remember, a sweet, clean smile makes others happy too! Your teeth help you to speak properly. Another important job that your teeth help you to do is to prepare food for digestion. There are different types of teeth to help you eat your food. Teeth can tear, cut, chew, grind, and crush solid food into tiny particles and pieces. By chewing your food well, the saliva, a digestive juice in your mouth mixes with it easily. Saliva begins the digestion of some of the food making it easier to swallow.

What Makes a Tooth?

Enamel covers the outside of every tooth. It is the white part that you see on top of your gums. Enamel is the hardest thing in your body. It protects your teeth from being worn away from the pressures of cutting and chewing your food. Dentine is a hard bonelike tissue which forms and shapes your teeth. The pulp is the inner part of your tooth that contains the nerves and blood vessels and cementum holds the tooth in place. The periodontal layer is a tissue between the cementum and your jawbone which connects the teeth to your jaw.

Types of Teeth:

1. incisors---cutting
2. cuspid---tearing
3. bicuspid---crushing
4. molar—grinding

The Plaque Attack!

Your teeth are attacked everyday by the sugar and acid in the foods that we eat. Plaque is a sticky, clear film of harmful bacteria that forms on

our teeth. When sugar mixes with plaque, tooth decay begins. Every time you eat something plaque breaks down the sugar in your mouth and changes the sugar to acid. Once the acid gets on your teeth it attacks the enamel. After many acid attacks the enamel begins to break down your teeth causing cavities.

Experiment!

Here's an experiment you to help you see how important it is to clean your teeth. Place an uncooked egg in a glass jar. Add enough vinegar to cover the egg. Leave it in the jar of vinegar for several days. Each day write down what has happened to the egg shell.

The Decay Process

Sucrose, glucose, fructose, maltose, dextrose, lactose, corn and other grain sweeteners, molasses, and honey are all forms of sugar. Most sugars mix with plaque and cause cavities. It is important not to eat too much of these sweeteners. They also attack the calcium in your bones. All kinds of sweet foods and soda drinks wear away the enamel on your teeth. Brush your teeth three times a day with a clean toothbrush, toothpaste, and plenty of clean water.

When food is trapped between your teeth decay starts attacking your tooth. If it reaches the nerves a tooth ache occurs. Remember, a decayed tooth cannot repair itself. The decayed part has to be taken out and replaced with a filling. That's when you need to visit your dentist right away!

You should have regular check ups at your dentist's office at least four times a year. Many dentists are specialize in children's dental care and will try to make your visit fun and comfortable.

How to Brush Your Teeth

Find a watch or clock with a second hand. Time yourself as you brush your teeth. Did you finish in 1 minute? That's not enough time to take

off the plaque. You need to start again and keep brushing for at least three minutes.

1. Floss at least one time each day. Then rinse your teeth.
2. Use a soft bristle toothbrush. A stiff brush may hurt your gums. Then add a bit of fluoride toothpaste.
3. Brush your teeth vigorously cleaning one tooth at a time. Make sure you brush the inside, outside and the top of all your teeth.
4. Get a new toothbrush every four months. An old toothbrush will not get your teeth as clean as a new one.
5. Brush your teeth as soon after eating as you can.
6. If you can't brush your teeth after eating, be sure to rinse your mouth out well.
7. Always rinse your toothbrush well after using. Stand it up in a cup to help it dry quickly. Bacteria will grow on it if you leave it in a dark place.

Let's Eat Healthy!



"For today's class, we are going to study good nutrition," said Mrs. Miller. "Who knows what that is?"

"Does that mean what we eat?" asked Brian.

"Yes, it does. Do any of you have any suggestions about what we should put in our chart on the board?" she asked.

Mrs. Miller had made a chart on the wall. She listed the main food groups from the food pyramid: protein, vegetables, fruits, oils, sweets, whole grains, and milk products. "Let's start with the first row. Tell me what to put under each category." Mrs. Miller said. "Let's start with the milk products group."

"I'd like to put yogurt," said Charlie.

"And we can add cheese," added Annie. "

My favorite is ice cream!" said Brian.

"Class, ice cream is fine to eat for special occasions. You should get the type that has less sugar & chemicals in it. Sugar gives you energy but is only good for you in small amounts. The best sugars to eat are honey, raw sugar and molasses. Once it's been refined it has lost it's good qualities. Who can name some other good healthy foods for our chart?"

"I like spinach and zucchini," said Annie.

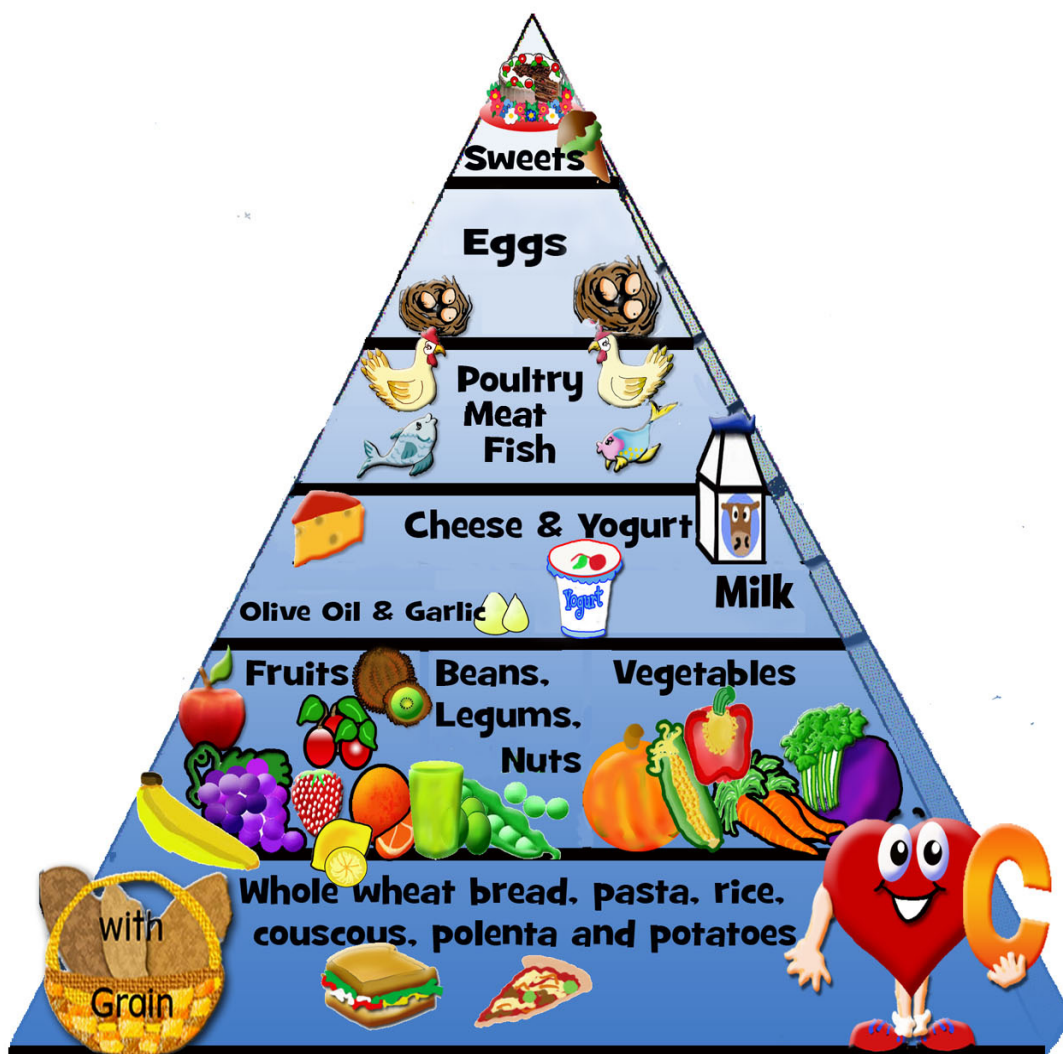
"I like beets and potatoes." added Charlie. "Me too." added Brian. "I like fish! I go fishing with my grandpa on Saturdays. It's lots of fun."

"I like pizza and fresh bread," answered Jose. "My grandma makes good pizza with lots of cheese."

"Jose, pizza has flour, which goes under whole grains and cheese which is the milk products group. Many of the good things that we eat go under several groups.



The main idea is to try to eat a well-balanced diet. It's very important to be thankful for all the good meals your parents cook for you. This week write down in your notebooks what you eat for all your meals. We will make a chart and at the end of the week and see how we do."



Carbohydrates, proteins, oils and fats, keep you going and growing that's a fact!

Vegetables & fruits are a vitamin treat, they'll protect you so you won't be weak.

Be Thankful

It is very important to teach your children the art of being thankful while eating a bit of everything at meals. This is a good habit to help them build from an early age. You shouldn't force your children to eat something they don't want to eat, but instead encourage them to eat a little, and gradually they may learn to like it.

If you want to promote good food habits set an example. Children learn best by example, so take the time to sit with together at meals and enjoy it with them. If they see you enjoying nutritious foods, they will be more likely to give healthy foods a try.

A Well Balanced Diet

Children grow at different paces but all children need a well balanced diet. As parents and teachers, we must supply them with the good foods that will help them grow. We should also take care to add to their diet fresh fruits, vegetables and plenty of fresh water whenever possible. Well balanced meals supply proteins, minerals, energy for their bodies, and fiber aids their digestion.

Etiquette

Etiquette should be age appropriate and fun to learn. Teaching table manners should always be done in as positive a way as possible. Having good manners is something that we should instill in our children all year round and not just for a special dinner party or when visitors come over, or when you go out to a restaurant. These are good habits that need to be formed everyday, and as soon as possible. Teaching one rule at a time is easier for younger children to remember. The key is to start small and add from there. Put into practice one rule at a time each week to build a habit of it. As a reward take your children to a nice restaurant as it will encourage them that what they are learning is worthwhile and makes others happy.

Little Rosie and her family lived on a farm near the village. She had two big brothers that helped their father in the fields. They took care of the animals and the garden. Rosie was only five years old so she just played most of the day.

"Mommy, can I help Papa in the fields like my brothers do?" Rosie asked one morning.

"I'm sorry Rosie, but you are too small to help in the fields. But I may have a few things for you to do around the house. Would you like to help me?"

"Yes!" answered Rosie. She wanted to be a helper too.

"If you make your bed and maybe the one of your brothers too, that would be a big help for me. What do you think about that?"

Little Rosie thought for a moment. "Hmmm, I like that idea mommy. I'd like to learn how to make my own bed."

Rosie woke up the next morning. She ate her breakfast and went out to play. Mommy was in the kitchen washing the dishes. Papa and the big boys went out to the fields to work. Rosie sat on the grass playing with her dollies all morning.

Soon she began to get tired of playing the same thing. As she walked in the house she called out, "Mommy, I'm bored! What can I do now?"

"Rosie, I thought you were going to help make your bed this morning."

"Oh I'm sorry mommy, I guess I forgot," said Rosie.





There are many times each day when you and I can show
A little deed of kindness, everywhere we go.
Remember love is noticed by the things we do and say,
So let's try a little love and help someone today!

"Looks like I need to make a chart to help you remember. I'll post it on the refrigerator door. That way we can see it and remind you. Each day that you help me I'll give you a little sticker and at the end of the week you get a little prize," said Mother.

"Thanks Mommy! I'll go to my room right now and start making my bed," said Rosie.

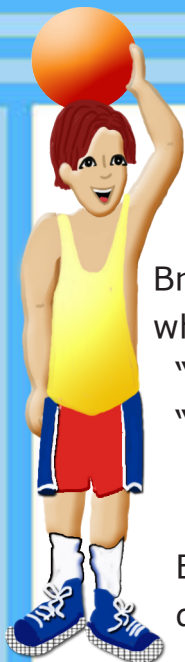
Self-Esteem

Children long to be of value in their lives. By giving them a little bit of responsibility on a daily basis builds their self-esteem. A fresh challenge can mean a lot to them. Be sure to give a lot of praise for their finished jobs even if at first it isn't done as well as you could do it. Remember that they are just children trying to be a help to you. Children will develop more self-esteem when we praise them for the efforts they do in their little chores, even if the job wasn't done as well as you would like it.

Inspiration

Many children like to have child-sized jobs to help in the home. As long as you keep it as a fun learning time and not a series of hard, boring chores. Investing in child-size equipment will make each task easier. You can invent your own titles for different chores around the home. The more inventive the names, the more they may want to do the jobs. If at some point they get tired of doing some jobs— change it! If we want our children to become “Happy Helpers” around the home we have to keep the chores simple, fun and consistent with their capabilities.

Be Wise---Exercise!



"Mom, can I go to Ricky's house?" asked Brian.

"Yes, Brian you may go but be home by dinner," said Mom. Brian walked towards Ricky's house. He passed by the park where all of his friends were playing a game of basketball.

"Hey Brian! Come and join us!" a friend called.

"Sure! But could you all wait for me? I'll be back soon. I'm going to get Ricky to play too." he replied.

Brian continued walking to Ricky's house and rang the doorbell. "Ricky, come play with us at the park. Everyone's waiting for you. We're going to play football." said Brian.

"Oh Brian, I'm watching my favorite show on TV. Come in and watch it with me."

"OK," said Brian. He didn't want to hurt his friend's feelings so he sat down with him to watch the show. A few minutes later Ricky's mom walked in the room.

"Why Brian, I didn't know you were here," she said.

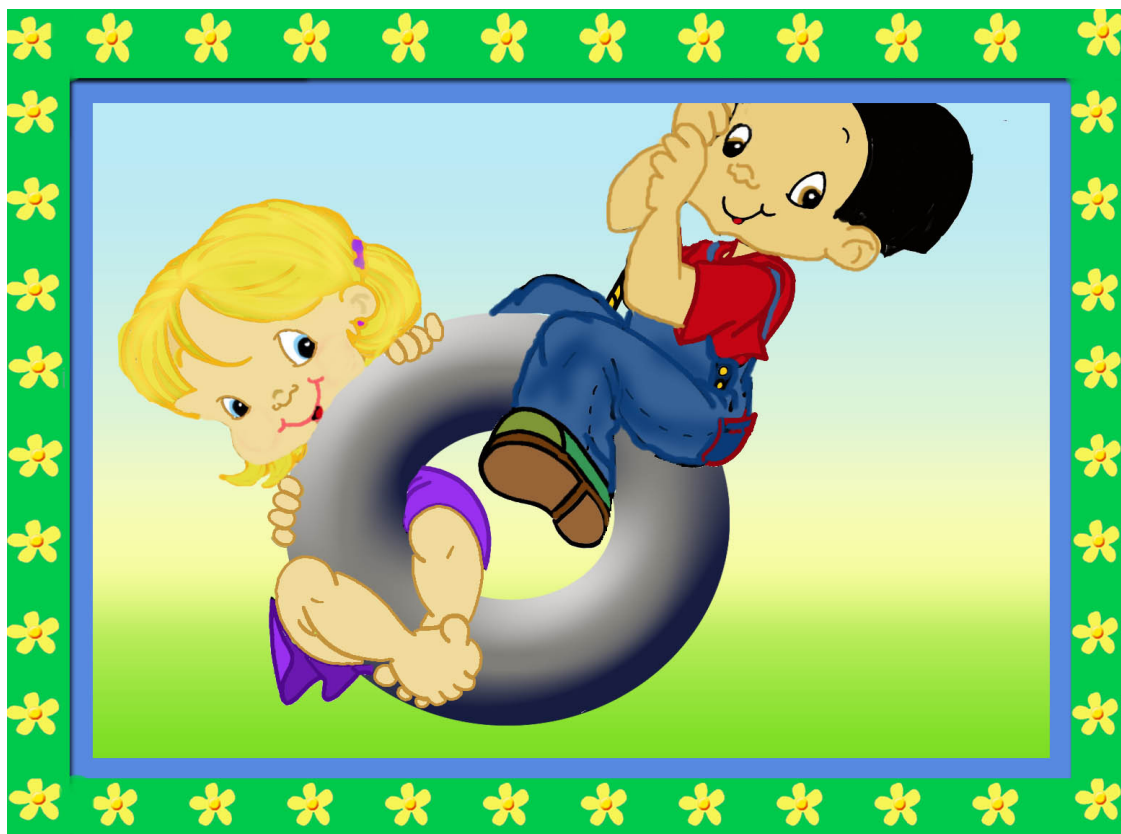
"Ricky, why don't you and Brian go out to play?"

"Mom, I'm watching my favorite show," he whined.

"You watch that show everyday. But you don't have Brian here everyday and it's such a nice day too. We all need lots of fresh air and exercise. So why don't we all go to the park?"

Brian, Ricky and his mom walked across the street to the park. The boys met their friends and made new teams while Ricky's Mom joined the other mothers for a quick jog around the park.





We can share the things that our friendship brings.
Oh, it's really so much fun!
What are friends for? They can bring such joy,
Every girl and boy should have at least one.

Exercise!

Exercise helps you look and feel healthier Exercise helps your circulation. It makes you feel refreshed and your mind alert! A lack of exercise causes waste material to collect in your body. Then your body doesn't work well and you may feel unhappy, tired and unwell. Not getting enough exercise also makes your heart weak. It rests your mind so you can think better and you are able to sleep better at night.

Aerobics

When you stay active for 15 minutes or more, these exercises are known as “aerobic”. Riding a bike, hiking, skating, swimming, playing basketball, football, and jumping rope are all aerobic exercises.

Exercises Around the Home

You exercise when you do jobs around the house. Tasks such as sweeping and mopping the floor, weeding a garden, washing the car, taking your dog for a walk are not only exercising your muscles but also helping your family.

Fresh Air and Sunshine

When you are active you take deep breaths of air as you exercise. Your body gets the fresh oxygen that it needs. Outdoor exercise, sun and fresh air helps your body to produce enough vitamin D for you skin. Fresh air and sunshine bring a healthy color back to your skin after you have been sick.

Smoking!

One of the worst things anyone can do to their lungs is to smoke! Smoking is a bad habit. Nicotine which is found in cigarettes is used to kill insects. When a person smokes they breathe nicotine into their lungs, blood vessels and body. Healthy lungs turn from a nice pink color to a gray-black color. A person becomes short of breath and may soon get lung cancer.

Figure This!

Did you know that you inhale and exhale about 1,000 times an hour? You breathe in about 1 cup of oxygen each time you inhale. How many cups would you breathe in one day?



"Carrie, it's a sunny day! Perfect for a picnic at the beach with your friends," called Gabi.

It was Carrie's turn to host the play group. Belle, Artie, and Patrick would be coming over to play. Soon they rang the bell.

"Hi everyone, I hope you brought your swimsuits because today we are going to the beach!" said Carrie.

Gabi picked up the picnic basket and out they marched towards the beach.

"I'm going to make a sand castle," Belle said.

The others played in the waves all morning. Poor Belle! Her moat sprang a leak and the walls were washed away by the waves. She added more sand but the walls couldn't stand the force of the waves. Nothing worked.

"I need help!" Belle called out. "Every time I have a side finished, the waves come to wash it away. I'll never build a nice castle!" Gabi quickly called all of the children together.

"I think that if we all help build the sand castle that we'd be able to beat the waves. What do you think?" Everyone agreed.

The boys got the pails, shovels, and shells together and started digging in the center. Belle and Carrie filled plastic cups with sand to make the walls stronger. Gabi dug a moat around the castle. Soon they were done!

"Look at that! The waves can't wash our castle so easily when we all work together," said Carrie.

"That makes us a united team!" added Patrick.





Look at how your body's made: eyes & ears & arms & legs.
 Each part needs the other one to see & hear & catch & run.
 As a team we do it better, that's the way to get things done,
 Everybody helping everyone.

The Balancing Act

Fresh air and sunshine are necessary for good health. But too much of one thing can overload your body's system. Too much sun can burn your skin. The sun's ultraviolet rays are the strongest between 10am and 3pm during the hot summer months. The ultraviolet waves are even stronger when you are close to water or sand, such as at the pool or beach. If you go swimming between 10am and 3pm be sure to use sunscreen. Snow also reflects the rays of the sun. Cloudy days as just as harmful as sunny days because the sun's ultraviolet rays penetrate through the clouds.

SunScreen

Watch out for the sun! Over exposure to the sun can cause skin cancer in later years. The closer you live to the equator and the fairer your skin, the more protection you need for your skin. Your face, ears and shoulders are prone to sunburns. Be sure to use a good sunscreen cream before you go out on sunny days.

Wet Skin & Dry Skin

Did you know that wet skin burns faster than dry skin? Water on your skin forms into tiny beads which act like tiny magnifying lenses. These lenses concentrate the ultraviolet rays on your skin and cause you to burn unless you use sunscreens.

Skin Care

Your skin is continually exposed to sun, wind, heat, cold, humid or dry air. You should drink enough liquids to replace the moisture loss from evaporation. Drinking 6-8 glasses of clean water a day will help your skin and body function well. To keep your skin soft there are many creams and lotions that you can buy. Olive oil and lanolin are some of the purest creams for your skin. Olive oil is full of vitamin A, D, E and C.

