



The weekly Healthy Kids page provides health tips on nutrition, exercise and more.



# PRESENT: Healthy Kids

## Nutrition



Perhaps you've decided to eat healthier this year. Don't think of these healthy changes as "going on a diet." Instead, think of these smart choices as a new, healthier lifestyle. You can do this by forming new habits. For example, if you decide to eliminate sugary drinks completely, it only takes a few weeks until this becomes what you're used to. Here are the steps to making a healthy permanent change. We'll use the sugary drink change as an example.



- > Decide you're going to switch from soda to water.
- > Start by substituting one drink per day to water.
- > Every few days increase the amount of water and decrease your soda intake.
- > After 3-4 weeks, this change will become a habit.

When you automatically reach for water instead of soda, it has now become a lifestyle change!

**Learning Standards:**  
HPE 1, HPE 2, HPE 5, NH 1, NH 5

## Healthcare Careers

### Cheryl Crayton, Assistant Director of Clinical Operations



**Where do you work?** I work for BJC Behavioral Health.

**Where did you go to school?** I graduated from University City High School and received a BA in

sociology from Spelman College and an MSW from Clark-Atlanta University. I'm currently attending Cohen Institute pursuing a doctorate in Christian counseling.

**What does an assistant director of clinical operations do?** I supervise the staff who works closely with adults and children with mental health and substance abuse (drugs/alcohol) issues. Part of my job is to make sure that the staff has the resources and training they need to provide our clients with the best possible care.

**Why did you choose this career?** I have always had a heart to help people. In 9th grade I took a Career English class and learned about psychiatric social work and knew instantly that was what I wanted to do, help people with mental health problems. As an ordained minister, I view social work as my first "calling" (assignment from God).

**What is your favorite part of the job you have?** I enjoy interviewing new graduates, and being able to offer them their first job opportunity. I also am committed to diversity in the workplace, ensuring that our staff reflects the community that we serve.

**Learning Standards:** HPE 6, NH 3

## Exercise



Let's make a game out of exercise! First, locate either a deck of cards or two dice. Next you'll need to make a list of different types of exercise: jumping jacks, sit-ups, lunges, etc. Write each exercise item on a small



piece of paper or index card and fold into a small square. Put these squares into a bowl.

Take turns rolling the dice (or drawing a card) and selecting an exercise from the bowl. The total number on the dice or card tells you how many of the exercise you must

do. Face cards (king, queen or jack) should all count as the number 10. Aces are "wild" and you can do as many as you want! To really challenge yourself, have one person roll the dice and the second can select the exercise. See who can complete the exercise challenge first!

**Learning Standards:**  
HPE 2, HPE 4, HPE 5, NH 1

## And...

### IS IT THE FLU?



How can you tell if you just have a cold, or if you have the flu? The one biggest difference is the presence of a fever. A fever can mean that you are actually suffering from the flu. Other flu symptoms include fatigue, body aches and sore throat. Check with your nurse or

doctor if you think you may have the flu. And remember to stay away from others, cover your sneeze/cough and wash your hands to avoid getting others sick!

**Learning Standards:**  
HPE 2, HPE 3, NH 1, NH 7

## Healthy Snacks

### Peanut-Butter Granola Balls



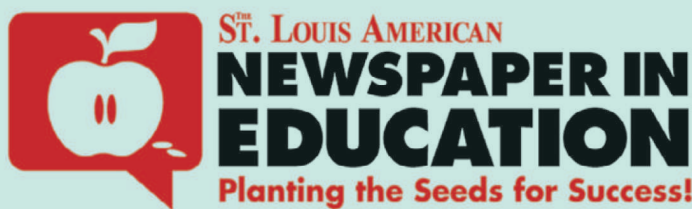
**Ingredients:**

1/3 Cup Honey, 2 Tbsp Unsalted butter, 1 Cp Crisp rice cereal, 1 Cup Old-fashioned rolled oats, 1/4 Cup raisins

**Directions:**

In small saucepan over medium flame, heat honey, peanut butter and butter until smooth. Remove from heat, stir in cereal, oats and raisins. Drop by tablespoons on lined cookie sheet and refrigerate until set. Store in refrigerator for up to a week.

Content—Cathy Sewell • Design—Beth Sharpe



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## Kids got cabin fever?

Spring classes at the Saint Louis Zoo are a sure cure!



Whether you want to learn more about turtles, penguins, apes, or big cats, the Zoo has a class for you! Our programs are designed to help individuals of all ages and abilities learn through experience, involvement and discovery. Programs include live animals, guided tours, and exciting activities and experiences for the whole family. Programs available for homeschoolers and scouts too!

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