



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



Nutrition



In our “Super-Size” world, we can easily lose track of what an actual serving size means. When reading labels on a food or drink product, you can determine the nutrients, sodium, fiber, sugar and calories of a serving size. But be careful; just because it looks like one small bottle of soda — it

Nutrition Facts	
Serving Size 1 bottle (12oz)	
Amount Per Serving	
Calories 150	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Polysaturated Fat 0g	0%
Monounsaturated Fat 0g	0%
Trans Fat 3g	0%
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 42g	14%
Dietary Fiber 0g	0%
Sugars 41g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

may not be considered one serving size. For example, a 20-oz bottle contains 2.5 servings. So if the bottle states “110 calories per serving,” that means the entire bottle contains a total of 275 calories! Remember to watch those serving sizes and you’ll have better control over what you’re eating and drinking.

Learning Standards: HPE 2, HPE 4, HPE 5, NH 1, NH 2, NH 3, NH 5

Healthcare Careers

Gayla Jackson, M.D.
Primary Care Doctor



Where do you work? I am a primary care doctor for BJC Medical Group/Primary Care North County.

Where did you go to school? I graduated from Bonner Springs High School, Bonner Springs, Kansas. I then earned a Bachelor of Science in Business Administration and Accounting from the University of Kansas, a Master of Science in Accounting from the University of Oklahoma and a Medical Degree from the University of Kansas.

What does a primary care doctor do? Because I am a primary care doctor, I help people with a variety of medical problems. In order to provide the best care for my patients, I order tests and I prescribe needed medications.

Why did you choose this career? I chose my career because I like helping people. I help them manage diseases like diabetes and high blood pressure, and I also help them to feel better when they are sick.

What is your favorite part of the job you have? My favorite part of my job is getting to know my patients and developing a relationship with them. I also enjoy going to community events, like health fairs, to help educate people about what they can do to be healthier and feel better.

Learning Standards: HPE6, NH3

“Questions or comments? Contact Cathy Sewell csewell@stlamerican.com or 314-289-5422

Exercise



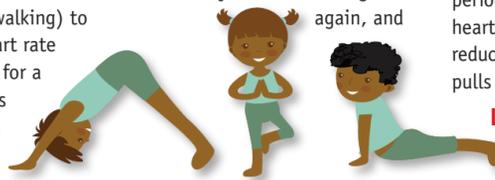
It’s important that before you embark on any kind of exercise to remember two things: warm up and cool down. Start with some slow stretches and movement (like walking) to increase your heart rate a little. Warm up for a good five minutes before increasing your heart rate.

Secondly, when you are finished with any kind of strenuous (very active) exercise, take some time to cool down. You can slowly stretch your arms and legs again, and

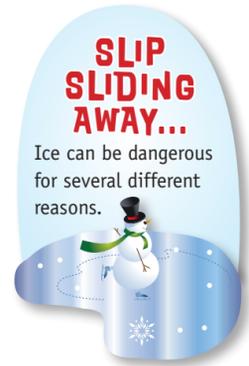
continue with reduced speed movements until your heart rate begins to slow down.

This warm-up and recovery period is important for your heart health. It also helps to reduce the amount of muscle pulls and strains.

Learning Standards: HPE 2, HPE 5, NH 1



And...



Ice can be dangerous for several different reasons.

> NEVER walk on a “frozen” pond, lake, river or any other body of water. Just because it looks frozen does not mean it is safe.

> If you are with someone that falls through the ice, first run (or call) for help. Do not try to go out onto the ice to help your friend. You can fall through the ice too.

> When walking on ice-covered roadways or sidewalks, take baby steps. Walk carefully and slowly.

> Also — remember to look up! Icicles injure numerous people every year. If you see large icicles forming over your front steps, ask your parents to use a broom handle to knock them off to the side before they break loose from your gutters.

> What other ice hazards are there?

Learning Standards: HPE 2, HPE 5, HPE 7, NH 5, NH 7

Healthy Snacks

Cracker-wiches

Ingredients:

- 8 Saltine crackers
- 4 Tbsp Peanut butter
- 2 Large Strawberries
- 1 Tbsp Honey (optional)

Directions: Spread peanut butter on four of the crackers and top with sliced strawberries. Drizzle with honey and top with the other crackers to make four cracker-wiches.



COMMUNITY PARTNERS

Join Zoo ALIVE: Active Leaders in Volunteer Education!

The Saint Louis Zoo is currently accepting applications for Zoo ALIVE, our teen volunteer program. High school students 15 and older may apply. As a Zoo ALIVE volunteer, you can share your love of animals with our diverse audiences by helping with classes, camps, overnights and special events. Volunteers can also participate in group conservation activities, camping trips and more. This is a year-round program for dedicated and responsible teens.



For more information, visit stlzoo.org/ZooALIVE.



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February 22
9:30am-4:30pm

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For more information, details and times, please go to: slsc.org/scifest