

# HEALTHY KIDS CONNECTIONS

Volume 4

## YOUR BODY & WATER

### Why do I need to drink water?

Your body needs water for many things. It keeps your digestive system flowing. It also cools your body when you get too hot. That's when you start sweating. And that's when you should drink more water, since your body is using up water to make you sweat.

### Can I just drink other drinks instead?

Other drinks have extra things that your body might not need so much of. For example, they might have sugar or caffeine. Even fruit juices have extra sugar. Water has no sugar, so it is the perfect drink when you are thirsty and playing hard.

### What if I don't drink enough water?

There is a name for when your body doesn't have enough water. It is called "dehydration." If you become dehydrated, you may feel very sick. To make sure this doesn't happen, bring water with you when you play hard. Or drink from a water fountain. When you feel thirsty, your body is telling you it needs water. So make sure you listen and give your body lots of water when you play or exercise!



## LOOK INSIDE FOR...

- ★ 5 habits of healthy kids
- ★ what is a "sweet tooth"?
- ★ don't skip breakfast
- ★ exercise helps your mood
- ★ a rumbly in your tumbly

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Need a cold drink to go with your after-school snack? Wash it down with water! It's great for your whole body and takes away thirst better than anything else.



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It isn't good to go too long without eating. If you feel hungry, go ahead and have a healthy snack between meals.

## 5 HABITS OF HEALTHY KIDS

Fit kids feel good, have lots of energy, and grow up healthy and strong. It's easy to be fit when you...

**1** Are physically active at least 60 minutes every day. It doesn't really matter what you do, you just have to move!

**2** Eat your fruits and veggies. Have five or more servings a day. Try fresh fruit and crunchy veggies as an after-school snack.

**3** Drink water instead of soda. If you like a little fizz, try seltzer. It tastes great in different flavors!

**4** Choose fat-free (skim) or 1% (low-fat) milk. It has all the good things whole milk has and is better for you. Plus, it's great for your bones.

**5** Limit fast food to once a week. Avoid "supersizing." Stick to regular or small portion sizes.

*Source: The New York City Department of Health and Mental Hygiene*

## WHAT IS a "SWEET TOOTH"?

A person who really likes sweet foods is said to have a "sweet tooth." This isn't always a bad thing. It's OK to have sweet treats once in a while. But having a lot of them can be bad for your body and your teeth.



## DON'T SKIP BREAKFAST



Eating breakfast helps your body and mind start the day out right. It can also help you focus and do better in school! Here are some quick—and yummy—ideas:

- Cereal with berries and skim or low-fat milk
- Oatmeal with raisins and brown sugar
- Whole-wheat toast with peanut butter and a banana
- Low-fat yogurt with fresh fruit
- Omelet with veggies
- Apple with peanut butter
- Whole-grain bagel with jelly

## EXERCISE HELPS YOUR MOOD

Feeling grouchy or down? Being active can help your mood! When you exercise, your brain gives off chemicals that make you feel happier. So take a walk or jog with some friends. Other fun activities you might try are...

- Jumping rope
- Playing Frisbee or tag
- Riding your bike
- Rollerblading
- Shooting hoops



## A RUMBLY IN YOUR TUMBLY

Why does your stomach growl when it's hungry?

Your body changes food into things it can use for energy. When your body is low on food, it can't make the energy it needs. So your brain and nervous system go into action. They make the muscles of your stomach walls squeeze together in order to digest food—food that isn't there.

This makes you feel hungry. Your stomach is telling you to eat some food! Until you do, gases and digestive juices in your empty stomach churn around. That's why you may hear growls.

Scientists have a name for these rumblings that are caused by moving gas. It's "borborygmi" (say BOR-boh-RIG-mee). This word sounds a lot like the noises your stomach makes when it's empty!

Source: <http://www.answers.com/topic/why-does-my-stomach-growl-when-i-m-hungry>



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Food is fuel that helps keep our bodies going. Calories in food give us the energy we need.