

# Poe in the Know

## MyPyramid for Kids: Tips for Families

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Have Fun & Stay Healthy!

### Eat Right!

- 1 Make half your grains whole.** Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice, and lowfat popcorn, more often.
- 2 Vary your veggies.** Go dark green and orange with your vegetables—eat spinach, broccoli, carrots, and sweet potatoes.
- 3 Focus on fruits.** Eat them at meals, and at snack time, too. Choose fresh, frozen, canned, or dried, and go easy on the fruit juice.
- 4 Get your calcium-rich foods.** To build strong bones serve lowfat and fat-free milk and other milk products several times a day.
- 5 Go lean with protein.** Eat lean or lowfat meat, chicken, turkey, and fish. Also, change your tune with more dry beans and peas. Add chick peas, nuts, or seeds to a salad; pinto beans to a burrito; or kidney beans to soup.
- 6 Change your oil.** We all need oil. Get yours from fish, nuts, and liquid oils such as corn, soybean, canola, and olive oil.
- 7 Don't sugarcoat it.** Choose foods and beverages that do not have sugar and caloric sweeteners as one of the first ingredients. Added sugars contribute calories with few, if any, nutrients.

### Exercise!

- 1 Set a good example.** Be active and get your family to join you. Have fun together. Play with the kids or pets. Go for a walk, tumble in the leaves, or play catch.
- 2 Take the President's Challenge as a family.** Track your individual physical activities together and earn awards for active lifestyles at [www.presidentschallenge.org](http://www.presidentschallenge.org).
- 3 Establish a routine.** Set aside time each day as activity time—walk, jog, skate, cycle, or swim. Adults need at least 30 minutes of physical activity most days of the week; children 60 minutes everyday or most days.
- 4 Have an activity party.** Make the next birthday party centered on physical activity. Try backyard Olympics, or relay races. Have a bowling or skating party.
- 5 Set up a home gym.** Use household items, such as canned foods, as weights. Stairs can substitute for stair machines.
- 6 Move it!** Instead of sitting through TV commercials, get up and move. When you talk on the phone, lift weights or walk around. Remember to limit TV watching and computer time.
- 7 Give activity gifts.** Give gifts that encourage physical activity—active games or sporting equipment.

## Frozen Yogurt Pops

### Ingredients:

- 2- 8oz containers of your favorite low-fat yogurt
- 1 can frozen 100% juice concentrate

### Directions:

- Mix yogurt and juice. Pour mixture into small paper cups. Fill them almost to the top.
- Stretch a small piece of plastic wrap across the top of each cup.
- Using a popsicle stick, poke a hole through the plastic wrap. Stand the stick straight up in the center of the cup.
- Put cups in the freezer until the yogurt is frozen solid.
- Remove the plastic wrap, peel away the paper cup and eat your pop!



**Serves:** 8-10

**Serving Size:** 1 pop

**Prep time:** 1 to 2 hours

From [www.kidshealth.org](http://www.kidshealth.org)

Join the Healthy Grub Club!

### Inside this issue:

Safe Food Handling	2
Let's Get Physical!	3
Summer Sun Safety	4
Poe News	5
Resources &	6
Puzzle	

# Safe Food Handling

## Seven Super Steps to Safe Food In the Summer!

### Playing It Safe

During warm weather, it is especially important to take extra care and practice safe food handling when preparing perishable foods such as meat, poultry, seafood and egg products. The warmer weather may be great for outdoor picnics and barbecues, but they also provide a perfect environment for bacteria and other germs in food to multiply rapidly and cause foodborne illness, or “food poisoning”.

Follow the suggestions below to Fight BAC!® (foodborne bacteria) and reduce the risk of illness this summer.



- 1. Wash, Wash, Wash Your Hands (as in Row, Row, Row Your Boat).** Always, wash your hands with warm water and soap for at least 20 seconds before and after handling food.
- 2. Marinating Mandate.** Always marinate food in

the refrigerator. Don't use sauce that was used to marinate raw meat or poultry on cooked food. Boil used marinade before applying to cooked food.

- 3. Hot, Hot, Hot.** When grilling foods, preheat the coals on your grill for 20 to 30 minutes, or until the coals are lightly coated with ash.
- 4. Temperature Gauge.** Use a food thermometer to ensure that food reaches a safe internal temperature. (See the temperature chart below.)
- 5. Where's the Beef? Chicken and Fish?** Hamburgers should be cooked

to 160 °F, while large cuts of beef such as roasts and steaks may be cooked to 145 °F for medium rare or to 160 °F for medium. Poultry must reach a temperature of 165 °F. Fish should be opaque and flake easily.

- 6. Stay Away from that Same Old Plate.** When taking foods off the grill, do not put cooked food items back on the same plate that held raw food, unless it has been washed with hot, soapy water first. And in hot weather (above 90°F) foods should never sit out for more than one hour before going in the refrigerator.
- 7. Icebox Etiquette.** A full cooler will maintain its cold temperatures longer than one that is partially filled so it is important to pack plenty of extra ice or freezer packs to ensure a constant cold temperature. Keep the cooler out of the direct sun.



## Safe Cooking Temperatures

### Ground Meat & Meat Mixtures

Beef, Pork, Veal, Lamb 160° F  
 Turkey, Chicken 160° F

### Fresh Beef, Veal Lamb

Medium Rare 145° F  
 Medium 160° F  
 Well Done 170° F

### Poultry

Chicken & Turkey, whole 165° F  
 Poultry Parts 165° F  
 Duck & Goose 165° F

Stuffing (cooked alone or in bird) 165° F

### Fresh Pork

Medium 160° F  
 Well Done 170° F

### Ham

Fresh (raw) 160° F  
 Pre-cooked (to reheat) 140° F

### Eggs & Egg Dishes

Eggs Cook until yolk & white are firm  
 Egg Dishes 160° F

**Leftovers & Casseroles** 165° F

### Seafood

Fin fish 145° F (or until opaque & flakes easily with fork)

Shrimp, Lobster & Crabs

Flesh pearly & opaque

Clams, Oysters & Mussels

Shells open during cooking

Scallops

Milky white or opaque & firm

**\*\*Use a food thermometer!\*\***

# Let's Get Physical!

## Physical Fitness

### What is physical activity?

Physical activity simply means movement of the body that uses energy. Walking, gardening, briskly pushing a baby stroller, climbing stairs, playing soccer, or dancing the night away are all good examples of being active. For health benefits, physical activity should be moderate or vigorous and add up to at least 60 minutes a day.

### Moderate physical activity include:



- ⇒ Walking briskly
- ⇒ Hiking
- ⇒ Gardening/yard work
- ⇒ Dancing
- ⇒ Golf (walking and carrying clubs)
- ⇒ Bicycling (less than 10 miles per hour)
- ⇒ Weight training (general light workout)

### Vigorous physical activity:



- ⇒ Running/jogging (5 miles per hour)
- ⇒ Bicycling (more than 10 miles per hour)
- ⇒ Swimming (freestyle laps)
- ⇒ Aerobics
- ⇒ Walking very fast (4.5 miles per hour)
- ⇒ Heavy yard work (chopping wood)
- ⇒ Weight lifting
- ⇒ Basketball

Everyone should aim for **60 minutes** of physical activity **EVERY DAY!!**



Some physical activities are not intense enough to help you meet the recommendations. Although, you are moving, these activities do not increase your heart rate, so you should not count these towards the 60 minutes a day that you should strive for.

### Why is physical activity important?

Being physical active is a key element of living longer, happier and healthier life. It can help relieve stress and can provide an overall feeling of well-being. Physical activity can also help you achieve and maintain a healthy weight and lower risk for chronic disease.

### Benefits of physical activity:



- ⇒ Improves self esteem and feelings of well being
- ⇒ Increase fitness level
- ⇒ Helps build and maintain bones, muscles and joints
- ⇒ Builds endurance and muscle strength
- ⇒ Enhances flexibility and posture
- ⇒ Helps manage weight
- ⇒ Lowers risk of heart disease, colon cancer, and type 2 diabetes
- ⇒ Helps control blood pressure
- ⇒ Reduces feelings of depression and anxiety

Physical activity and nutrition work together for better health. Being active increases the amount of calories burned. As people age their metabolism slows, so maintaining energy balance requires moving more and eating less.

From [www.mypyramid.gov](http://www.mypyramid.gov), June 2006

# Summer Sun Safety

**Have SAFE Fun in the Sun!**

## Sunsational Facts

We all need some sun exposure; it's our primary source of vitamin D, which helps us absorb calcium for stronger, healthier bones. But it doesn't take much time in the sun for most people to get the vitamin D they need, and unprotected exposure to the sun's ultraviolet rays can cause skin damage, eye damage, immune system suppression and even cancer.

The sun radiates light to the earth, and part of that light consists of invisible ultraviolet (UV) rays. When these rays reach the skin, they can cause tanning, burning, and

other skin damage. There are three types of ultraviolet rays: UVA, UVB, and UVC.

## Radical Rays

UVA rays cause skin aging and wrinkling and contribute to skin cancer, such as melanoma. UVA rays pass effortlessly through the ozone layer (the protective layer around the earth) so they make up the majority of the sun exposure. Tanning beds also contain UVA rays.

UVB rays are also dangerous, they can cause sunburns, cataracts (clouding of the eye lens), and immune system



damage. Melanoma, the most dangerous form of skin cancer, is thought to be associated with severe UVB sunburns that occur before the age of 20.

UVC rays are the most dangerous, but

fortunately these rays are blocked by the ozone layer and do not reach the earth.

It is very important to protect your family from these dangerous rays.

## How to Protect Your Child From the Sun



- 1. Avoid the Strongest Rays of the Day!** Avoid being in the sun for long periods of time especially from 10am to 4pm.
- 2. Cover Up!** Wear clothing that will screen out harmful UV rays.
- 3. Use Sunscreen Consistently!** There are lots of good sunscreens. Make sure when buying a sunscreen that the SPF (Sun Protection Factor) is over 15. Make sure to liberally apply sunscreen 30 minutes before heading outdoors. And reapply sunscreen every 2 to 3 hours, or after sweating or swimming (even if the sunscreen is waterproof).
- 4. Wear sunglasses with 100% UV protection!** Sun exposure damages the eyes as well as the skin.
- 5. Know about medications.** Medications can increase the skins sensitivity to UV rays.



# WHAT'S AT THE POE CENTER?

Have YOU heard?

## Wholesome Routines

Wholesome Routines is a comprehensive school based nutrition and physical activity program for elementary students in North Carolina. The goals are to promote healthy eating and physical activity, help overweight students reach normal weight status for their age group, and reduce risk factors for students identified at risk or diagnosed with type 2 diabetes.



The Poe Center is partnering with the Duke Heart Center and Fitness Forward's Drive 2 Fitness Program in an effort to achieve more healthy lifestyles in our youth by fostering behavior changes. Wholesome Routines will be introduced for the 2006-2007 school year in the in the following North Carolina counties: Greene, Johnston, Tyrrell, Washington, Franklin, Durham, Harnett, and Wake.

The Wholesome Routines program offers students interactive nutrition and physical activity lessons conducted by health educators, in classrooms and at the Poe Center. This comprehensive health education program also works with teachers, parents, school food service providers and local health care providers to ensure

that messages around nutrition and physical activity are comprehensive, and integrated in the students' total learning environment.

## Summer Camp has Started!

Poe's Healthy Habits Camp offers campers fun, hands-on recreational activities along with interactive classroom/theater lessons. Our camp programming include topics such as physical activity, nutrition and a great adventure through the human body. Campers are having a blast on the United States' first health related playground where kids can navigate through our Healthy Choices Maze or take up climbing on our Nutrition Climbing Wall.



For more information on Poe's Healthy Habits Camp, please contact Brenda Enevoldsen at (919) 231-4006 ext. 301.

pyramid in order to better guide American's food and life-style choices.

The Food Guide Pyramid changes have rippled throughout programs at the Poe Center. Educators have enthusiastically hit the books themselves, gathered new materials, and developed activities to teach others how to understand the new pyramid. We are excited to now have a Nutrition and Physical Activity theater featuring the new and improved Food Guide Pyramid. Students have fun learning how to let the pyramid guide their choices by participating in activities and games!



## Feature Presentation

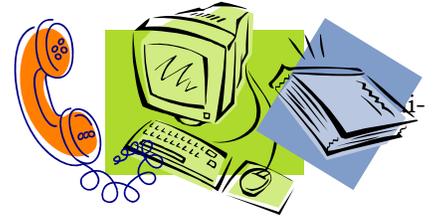
As we may all know, the Food Guide Pyramid was recently changed. One year ago, the USDA released a redesigned

The Poe Center is pleased to announce the addition of three full-time health educators with expertise in the areas of Nutrition, Physical Activity, and Family Life!

**Resources & Puzzle**

## Additional Resources:

The following websites and phone numbers may be used as additional resources & can provide valuable information:



### The Alice Aycock Poe Center for Health Education

A site that gives web users a look at health information in an interactive and fun format. Topics include nutrition, dental health, drug education and growth and development. An interactive website aimed at addressing health and medical issues for parents, teens, and kids.

[www.poehealth.org](http://www.poehealth.org)

(919) 231-4006

### The United States Department of Agriculture

An interactive website aimed at improving the nutrition and well-being of Americans of all ages.

[www.mypyramid.gov](http://www.mypyramid.gov) or [www.usda.gov](http://www.usda.gov)

### The American Academy of Pediatrics

Whether you're looking for general information related to child health or for more specific guidelines concerning a pediatric issue, here you'll find information regarding the Academy's many programs and activities, policy statements and practice guidelines, publications and other child health resources, and more.

[www.aap.org](http://www.aap.org)

### The American Dietetic Association

The American Dietetic Association serves the public by promoting optimal nutrition, health and well-being. ADA's website provides timely, science-based food and nutrition information you can trust.

[www.eatright.org](http://www.eatright.org)



Any correspondence regarding Poe news and press may be directed to:

The Alice Aycock Poe Center for Health Education  
 Attn: Alison Brown  
 224 Sunnybrook Road, Raleigh, NC 27610  
 (919) 231-4006 x 306  
[a.brown@poehealth.org](mailto:a.brown@poehealth.org)

### Summer Sweets Puzzle

Find & circle the following words that are SWEET AND HEALTHY in the puzzle below:

watermelon, cantaloupe, honeydew, peach, strawberry, blueberry, cherry

O	W	R	Y	C	S	E	E
K	A	Z	R	H	T	P	B
E	T	X	R	E	R	U	Z
V	E	W	E	R	A	O	G
F	R	C	B	R	W	L	N
F	M	E	E	Y	B	A	K
W	E	N	U	I	E	T	V
F	L	H	L	E	R	N	E
S	O	J	B	L	R	A	J
M	N	B	N	B	Y	C	L
H	O	N	E	Y	D	E	W
H	C	A	E	P	H	D	T