



Healthy Hints



Providing Children Healthy Meals for Strong Minds

P.O. Box 1167

Kitty Hawk, NC 27949

Phone: 252-480-0036

E-mail: foodforthoughtobx.org

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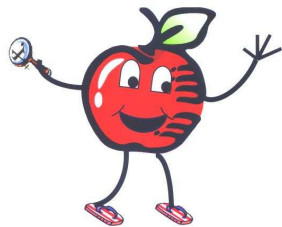
Wash Your Hands Before Each Meal

Hi, I'm Big Red, your friendly healthy food detective. Won't you join me in helping folks learn how to eat right to build strong minds and bodies?

Our job is mighty big. To be a healthy Food detective, you need to know how to eat right—which food and how much, and the right

amount of fun exercise each day.

In each issue of **Healthy Hints**, we will talk about a specific issue, have a good time with some fun facts, a fun activity and a fun recipe for you to try at home. So, let's



get started!

Today's subject is how to wash your hands.

Fun Facts

- What you can't see CAN hurt you.
- Your hands LOOK clean, but there could still be germs there.
- Good hand-washing gets rid of these germs.
- That's why it is so important to wash your hands before you eat.

Did You Know How to Wash Your Hands?

1. Turn on the warm water.
2. Wet your hands up to your wrists.
3. Put soap on your hands.
4. Scrub the front and back of your hands, wrists, and all your fingers.
5. Continue to wash your hands for 20 seconds.
6. Rinse your hands under warm running water.
7. Dry your hands.

Try This!

Here is an experiment to show you why good hand-washing is important.

Mix 1/2 cup cooking oil and 1 teaspoon of cinnamon in a small bowl. Pretend the cinnamon are germs that we usually can't see. Rub a small amount of oil on your hands. Look at those "germs"! Now, try three different ways to remove them.

1. Run your hands under cold water for 3 second. Did the cinnamon come off?
2. Now, rinse your hands under water without soap for 20 seconds. Are all the cinnamon "germs" gone yet?
3. Now, wash your hands with soap and warm water for 20 seconds. How many "germs" are left on your hands? Which way got rid of the most "germs"?

HOW LONG IS 20 SECONDS??

It takes about 20 seconds to sing the "A-B-C" song. (If you sing really fast, you may have to sing it twice!).

Or, try singing the "Itsy Bitsy Spider" that lasts about 20 seconds too.

What other songs take about 20 seconds to sing? Find a clock with a second-hand and time yourself singing different songs.

Riddle: What is the longest part of a meal for an octopus?



Answer: Washing its hands before eating!

Inside Story Headline

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new prod-

uct.

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So,



Caption describing picture or graphic.

when you're finished writing your newsletter, convert it to a Web site and post it.

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or

an editorial. You can also profile new employees or top customers or vendors.

"To catch the reader's attention, place an interesting sentence or quote from the story here."

Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message



Caption describing picture or graphic.

you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are

also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.

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Primary Business Address

Your Address Line 2

Your Address Line 3

Your Address Line 4

Phone: 555-555-5555

Fax: 555-555-5555

E-mail: someone@example.com

Your business tag line here.

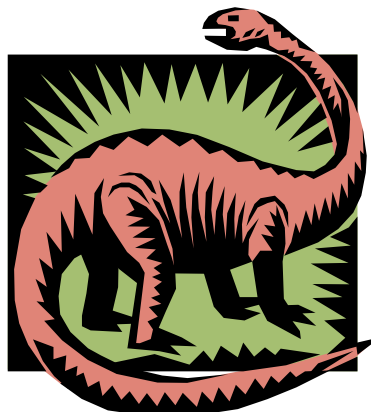


This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

Back Page Story

Headline



Caption describing picture or graphic.