



# The BUZZ on Nutrition & Health

A MONTHLY NEWSLETTER FOR CHILDREN AND TEENS FOCUSING ON IMPORTANT HEALTH & WELLNESS INFORMATION

## A Message from Your Extension Agent

Hi There! It is finally here...the month of May. The end of a long school year is finally upon us. But of course my favorite time of year is just around the corner. Yes, Summer...is truly my favorite season. I will be participating in many fun activities outdoors and of course planning a mini vacation.

There will also be tons of great summer programs around the city. So please tell your parents about signing you up for at least one! Remember to continue to eat nutritious foods and exercise every day! If you have any questions please call me at 467-6575.

*Grace Guerra-Gonzalez*

Your Newsletter is Online ! Visit our Extension homepage: <http://bexar-tx.tamu.edu/>. Scroll down the left-hand column to "Cooperative Extension Program " then look for "THE BUZZ..." link on the right. *And hey, it's in color!*

## What To Do This Summer!

Summer camps are a fun filled way to spend your days away from home. Read on about two summer camps that are being offered to the children and teens of Bexar County.

### The H.S. Estelle 4-H and Youth Camp

The H.S. Estelle 4-H & Youth Camp is sponsored by the Cooperative Extension Program at Prairie View A&M University, Prairie View, Texas. It is a residential camp for boys and girls, third grade through 17 years of age. The campsite is located on 53 acres of beautiful timberland, equipped with five dormitories, two bath houses, an air-conditioned kitchen and dining hall, a pavilion, an infirmary and a three-acre lake.

### Where Is It?

The H.S. Estelle 4-H & Youth Camp is located six miles west of Huntsville, Texas, off FM 1791 on Hightower Road.

### 100 Summer Camp Scholarships Available!

100 Summer Camp scholarships are being sponsored by the San Antonio Livestock Exposition, Inc. And are available through the Bexar County 4-H office. Scholarships are on a first-come, first-serve basis and must be submitted by the camp application deadline (June 2) in order to qualify. Transportation to and from camp will be provided by the 4-H Program.

## Summer Fun



See Page 2 for **ANOTHER** fun activity for Summertime !

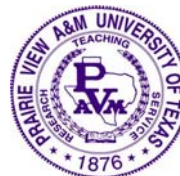
Bexar County 4-H  
2005 CAMP DATES  
(Deadline - June 2, 2005)

June 27 - July 1, 2005  
July 11 - July 15, 2005

All prospective campers must complete/provide and do the following:

- 1) Camper Application Packet
- 2) Attend Camper Orientation in San Antonio prior to attending summer camp.
- 3) Pay \$16.25 for transportation.

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## Fruit of the Month

Source: <http://www.dole5aday.com>

# Strawberries

Strawberries are the most popular berry in the United States. Although they are available year-round, spring and summer always makes us think about eating juicy, sweet strawberries. That's because strawberries grow locally in many areas of the country in the spring and summer.

**Take a close look at a strawberry. The outside flesh is covered with tiny seeds. Can you guess how many seeds are in just one strawberry? If you guessed 200 you are right!**

Strawberries have a nutrition story to tell you too! Naturally sweet and juicy, these luscious and delicious berries are high in vitamin C. They are high in folic acid and a good source of fiber.

Let's check out the facts. One serving of strawberries (that's 8 medium berries) has 160% of Vitamin C our bodies need every day. WOW, that's a lot of Vitamin C. Strawberries also contain 20% of the folic acid and 16% of the dietary fiber we need every day for good health. And, only 45 calories and NO fat!

## Fun and Easy Ways to Eat Your "5 A Day" with Strawberries

Just 8 medium strawberries count as 1 serving of you 5A Day. What could be easier or more fun than eating a handful of sweet and juicy strawberries for a snack? You can eat strawberries anytime, anywhere.

Strawberries are great straight-enjoyed right from the field to table. Or you can make beautiful and delicious strawberry creations for breakfast, lunch, dinner, snacks, and dessert.

**Breakfast:** Try making the Fruit N Juice Breakfast Shake. Also try adding sliced strawberries to cereal, top of pancakes and waffles with fresh strawberries, make a breakfast parfait with non fat yogurt, cereal and strawberries, or a breakfast blender shake with non-fat milk and yogurt.

**Lunch and Dinner:** Add strawberries to a fruit or vegetable salad, make a strawberry salsa to accompany fish and chicken dishes, use strawberries to accompany chicken and tuna salads.

**Snacks:** Add strawberries to low fat yogurt or on top of frozen yogurt, make fruit kabobs, or a strawberry shake.

## CAYLL

A Career Awareness & Youth Leadership Laboratory is an exciting educational camp. 25 Scholarships are provided, and all you pay is \$15.25. The program will be held this summer where you can explore careers in:

Ag & Natural Resources      Computer Literacy  
Human Sciences                  Health Careers

Communications

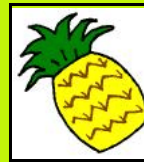
Entrepreneurship

### SIGN UP TODAY TO ATTEND CAYLL!

**WHERE:** Prairie View A&M University  
**WHEN:** June 14 - 16, 2005  
**COST:** \$100.00 per child (includes room & board) 25 scholarships are provided on a "first come-first serve" basis.  
**AGES:** Youth ages 14 - 19  
**SPONSOR:** Cooperative Extension Program, Prairie View A&M University in Prairie View, Texas  
**CONTACT:** Patrice Barnes or Pam Axtell for an application at 210/467-6575.

## Recipe of the Month

### Fruit 'N' Juice Breakfast Shake



Makes 2 servings



#### Ingredients:

- 1 very ripe, medium banana, peeled
- 3/4 cup pineapple juice
- 1/2 cup lowfat vanilla yogurt
- 1/2 cup strawberries, stem removed and rinsed

#### Utensils Needed:

Measuring cups, blender or food processor, 2 - 12 oz. glasses, straws or long handled spoons

1. Break banana into small pieces and put in the blender with pineapple juice, yogurt, and strawberries. Secure lid and blend until smooth.
2. Divide shade between two glasses and serve immediately.

Source: <http://www.dole5aday.com>



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