



The BUZZ on Nutrition & Health

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

A Message from Your Extension Agent

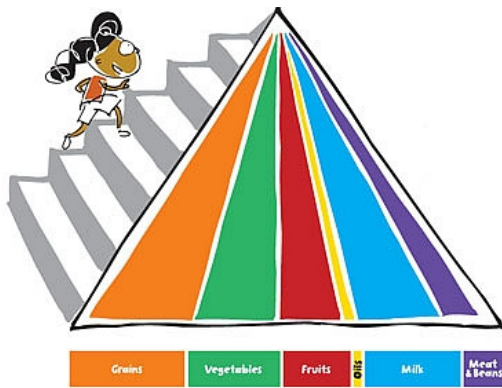
Hey, y'all! School has already started for most of my readers. Starting school means that it is back to a routine that includes school activities, homework and, of course, staying fit and healthy. Read on for some tips to get you back in gear for a great school year. If you have any questions or want more information, 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!*

FOOD GUIDE PYRAMID REVIEW

Remember that eating a variety of foods is a great way to stay on track. Eating plenty of fruits and vegetables is important too. Following the Food Group Pyramid is a great way to keep your diet in check. Also, remember to exercise daily.



These tips and ideas are the starting point.

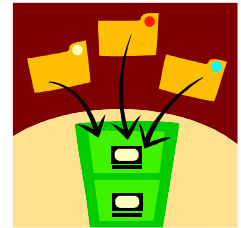
Tips that will help you:

- Make half your grains whole
- Vary your veggies
- Focus on fruit
- Get your calcium rich foods
- Go lean with protein
- Find balance between food and exercise
- Keep food safe to eat

Source: <http://kidshealth.org>

You probably know the basics by now, but here's a helpful refresher.

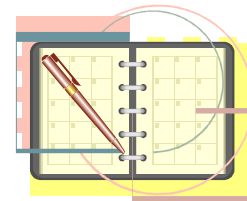
- **Get organized.** Organization is the first step. It makes everything else a little easier.



Keep your assignments and class information together in binders, notebooks, or folders that are organized by subject. You might want to set up a file drawer at home to keep track of assignments, and other things you want to hold on to.

- **Plan ahead.** Don't leave things until the last minute. You will only end up working twice as hard to do half as well. Nerves and anxiety make it hard to stay focused.
- **Set deadlines.** At the beginning of each school year, make a calendar of due dates. Make sure you know what all of your assignments are. If you are not sure, ask the teacher!

Include school activities on your calendar, such as team practices, drama rehearsals, etc. This will help you see when things might hit crunch time later in the semester.



STAYING FOCUSED ON SCHOOLWORK

Learning how to focus and get something done is about more than just good grades. It is the foundation for success in life. Mastering the skills of getting organized, staying focused, and seeing work through to the end will help in just about everything you do.



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- **Set your space.** You need a good workspace that is clean, orderly and quiet enough to focus. An ideal place to focus is your bedroom, a study, or any other room where you can get away from noise and distractions. It's best to study at a desk or table where you can spread your work out. You will also need a chair that is comfortable. It should support your lower back and allow you to keep both feet on the floor in front of you. To make studying less of a strain on your eyes, be sure you have enough light.



If you need more tips on staying focused, ask a teacher, school counselor, or a parent for help. It's their job to assist in your learning.



Source: <http://kidshealth.org>

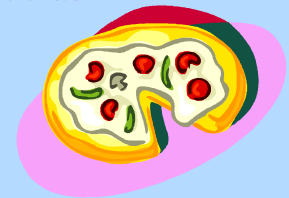
- **Stay focused.** One way to keep your concentration is to take breaks. Make sure they are scheduled ones. A 15-minute break after 45 minutes of studying can help your mind stay fresh and focused.



- **Get It Done!** In summary, here's a quick checklist of things that can help you focus.
 - DO know your deadlines.
 - DO make a calendar of stages and final due dates.
 - DO include social events on this calendar for time management.
 - DO understand the assignment and expectations.
 - DO give yourself a quiet place to study with all the materials you need.
 - DO give yourself brief breaks.
 - DON'T put work off until the last minute; you'll be too frantic to focus.
 - DON'T do your homework late at night or in bed.
 - DON'T let yourself be bored. Find the aspect of the project or paper that interests you. If you are dying of boredom, then something is not right.

RECIPE OF THE MONTH

Tiny Pizzas



Prep Time: about 15 min.

Ingredients:

- 1 standard-sized bagel, cut in half
- tomato sauce
- shredded mozzarella cheese
- toppings like diced green pepper, chopped onion, or chopped tomato (whatever you like)
- seasonings like oregano, basil, and pepper

Utensils:

- oven (you'll need help from your adult assistant)
- knife (you'll need help from your adult assistant)
- baking sheet

Directions:

1. Preheat the oven to 325°.
2. Spread tomato sauce on each bagel half.
3. Sprinkle the shredded cheese all over the tomato sauce on each half.
4. Add your favorite toppings.
5. Put a light sprinkling of seasonings on each half.
6. Put your bagel halves on the baking sheet.
7. Bake in the oven on low heat for about 5 to 8 minutes. You'll know they're done when the cheese is bubbly.
8. Let cool for a minute, and enjoy your tiny pizzas!

SERVES: 1

Source: kidshealth.org