



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! Well school is in session and I know that most of my readers are concentrating and focused on class work, homework and other school activities that are keeping everyone busy. Remember to choose healthy foods and get plenty of exercise to stay focused on school work and activities. 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!*

Watching Your Weight

Sources: kidshealth.org
USDA.gov

In the last 30 years, a growing number of kids and teenagers have developed weight problems. Today 1 out of 3 kids and teens between the ages of 2 and 19 are overweight or obese, which is a word that means very overweight.



Kids weighing too much can lead to illness and health problems such as diabetes, heart disease and joint problems. Everyone has some body fat, but when someone has a lot of fat it can affect not only their appearance and health but their feelings too.

These are ways to decrease your chances of being overweight.

- Eat a variety of foods, especially fruits and vegetables.
- Listen to your body. Stop eating when your stomach feels full.
- Be active, and exercise at least 3 times a week for 1 hour or more.

September Is National Food Safety Education Month

Food safety is about more than keeping your hands away from a whirring food processor blade. It means knowing how to avoid spreading bacteria, safe shopping, and more. Check out these facts on safe food preparation.



Why Food Safety Matters

Food that has not been prepared safely may contain bacteria like *E. coli*. Unsafe food can also spread food-borne illnesses like salmonellosis and *Campylobacter* (pronounced: kam-pye-low-bak-tur) infection. The good news is that you can keep on top of bacteria and food-borne illness by playing it safe when buying, preparing, and storing food.

Be Safe at the Super Market

You have your shopping list in one hand and that shopping cart with the bad wheel in the other. Where should you start, and how do you know which foods are safe? Take a peek at these tips.



- Make sure you put refrigerated foods in your cart last. For example; meat, fish, eggs, and milk should hit your cart after cereals, produce, and chips.
- Do not buy food that has expired or if it will expire before you plan to use it.
- Do not buy or use fish or meat that has a strong odor, even if the expiration date is OK.
- Place meats in plastic bags so that any juices do not leak onto foods you will eat raw.



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- Separate any raw meat, fish, or poultry from vegetables, fruit, and other foods.
- Check eggs before buying them. Make sure that none of the eggs are cracked and that they are all clean. Eggs should be grade A or AA.
- Check all fruit and vegetables. Don't buy them if their skins are broken.

Be Safe In The Kitchen

Source: teenshealth.org

After a trip to the market, the first things you should put away are those that belong in the refrigerator and freezer. Keep eggs in the original carton on a shelf in the fridge (most refrigerator doors don't keep eggs cold enough). Ready to cook but not sure how quickly things should be used, how long they should cook, or what should be washed? Here are some important guidelines.

- Raw meat, poultry, or fish should be cooked or frozen within 2 days.
- Thaw frozen meat, poultry, and fish in the refrigerator or microwave - never at room temperature.
- For best results, use a food thermometer when cooking meat and poultry.
- Scrub all fruits and veggies with plain water to remove any pesticides, dirt, or bacterial contamination.
- Remove the outer leaves of leafy greens, such as spinach or lettuce.
- Do not let eggs stay at room temperature for more than 2 hours.
- Make sure that you cook eggs thoroughly so yolks or whites are not runny.



Clean Up Safely. Even though the kitchen might look clean, your hands, countertops, and utensils you use could still contain lots of bacteria that you cannot see. *Yuck!* To prevent the spread of bacteria while you are preparing food, check out the following.

- Always wash your hands with warm water and soap before preparing **any** food.



- Wash your hands after handling raw meat, poultry, fish, or egg products.
- Use one cutting board for raw meat, poultry, and fish, and another board for everything else.
- When you are done preparing food, it's a good idea to wipe down the countertops with a commercial cleaning product. Don't forget to wash the cutting board in hot, soapy water and then disinfect it with a cleaning product.
- Wash dirty dish towels in hot water.

RECIPE OF THE MONTH

Source: familyfun.go

Homemade Granola Bars

These sweet, wholesome treats are sure to be a favorite with your family. Wrap each one in foil for an easy on-the-go breakfast, lunch box addition, or midday snack.

- 1/2 cup butter or margarine
- 1/3 cup sugar
- 1/3 cup honey
- 1/4 cup flour
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon cinnamon
- 2 cups crisp rice cereal
- 2 cups rolled oats
- 1 cup dried fruit bits
- 1/2 cup sliced almonds



Step 1: Heat oven to 350° F. Coat a 9- by 13-inch pan with non-stick cooking spray and set aside.

Step 2: Melt butter or margarine in a large pot over low heat. Remove pot from heat and whisk in sugar, honey, flour, vanilla extract, and cinnamon. Add the remaining ingredients and mix well.

Step 3: Transfer mixture to baking pan. Using a sheet or waxed paper and palms of your hands, press granola firmly into the pan, packing it to a flat and even thickness.

Step 4: Bake for 20 minutes or until golden brown. Allow granola to cool 1 hour in pan, then transfer to a wire rack to cool completely before cutting into bars. Makes 16 to 24 rectangular bars.