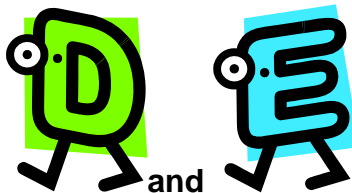


**Healthy News and Reviews
For Ages 3-7
From Grandma and the
Healthy Kids' Club
November 2007**

It is almost time for the holidays to begin! Soon, it will be Thanksgiving, a day when many people have dinner with their family and friends. The father shown above is carving a turkey. Does your family have turkey for Thanksgiving dinner? Turkey is yummy, and very good for you!



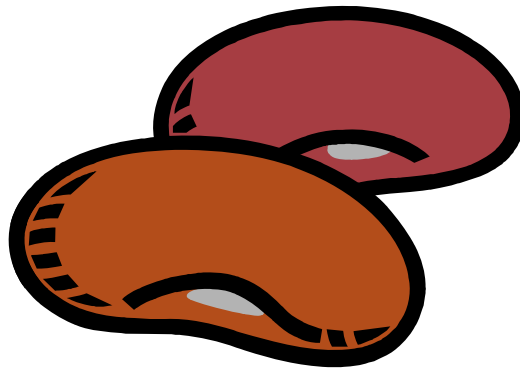
Letters "D" and "E"

The last two months, we have talked about healthy things that begin with the letters "B" and "C". This month, we will talk about healthy things that begin with the letters "D" and "E".



Dark Green Vegetables

Some of the healthiest vegetables we can eat are dark green vegetables, especially the ones that are leafy. Some of my favorites are broccoli, romaine lettuce, dark green leaf lettuce, kale, spinach, and greens such as collard greens and turnip greens. Eat some the next time your mom or dad serves them, and you can just feel yourself getting healthier!



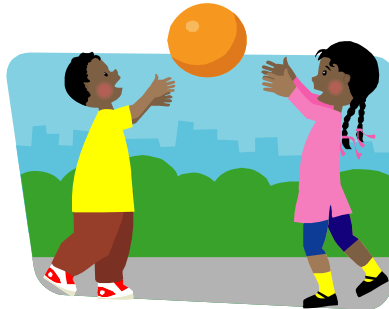
Dry Beans and Peas

Dried beans and peas are very good for you also. You should eat them several times a week if you can. Some of the best ones are black beans, navy beans, pinto beans, kidney beans, and tofu, which is bean curd made from soybeans.



“E” Is For Exercise

Exercise is something we need every day in order to have healthy bodies. The little girl and her mom shown above are skating—a fun way to get exercise!



Some other ways to exercise are

playing catch,



riding your big wheel or bike,



and pretending you are a cheerleader. What is your favorite way to exercise?

Ask mom or dad if you can go outside now and exercise!

Love,
Grandma

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