



**Healthy News & Reviews
For Ages 8-13
From Grandma and the
Healthy Kids' Club
November 2007**

It's almost turkey time! I love Thanksgiving, don't you? My home is always filled with my kids, grandkids, nieces and nephews, and usually one or two guests. In addition to family, we invite people who would otherwise spend Thanksgiving by themselves, such as an elderly friend who lives alone; a friend or college roommate of a niece or nephew who lives too far from their family to travel home; a newly widowed or divorced friend with no family in the area. Our family is very casual, and it doesn't take the visitors long to feel at home. Why don't you ask your parents if they will invite someone outside the family to share your Thanksgiving dinner, and see how they like the idea? You'll be glad you did!



Exercise for Cool Fall Days

Hiking is an ideal way to spend a Saturday or Sunday in the fall. If you live near a state or national park, see if your parents (or grandparents) will take you hiking soon! In the Midwest where I live, the trees are changing color and the scenery is breathtaking!

If you have a yard and the leaves are falling, get out and do some raking. Get the whole family involved for a day of shared work and fun. Raking is ideal exercise!!

A "Nutty" Recipe for Fall

On the next page is one of my favorite recipes for nut bread. As soon as fresh cranberries appear in the supermarket, I make my cranberry nut bread. It has several healthy ingredients, including whole wheat flour, orange juice and orange rind, cranberries, and walnuts. Cranberries are very healthy and contain vitamin C as well as antioxidants. Walnuts are a healthy way to get necessary fats in your diet, which you need for good brain function, heart health, and just general health.

This bread is delicious for breakfast with a glass of milk and an egg. Here is my recipe:

Cranberry Nut Bread

1 cup sifted all-purpose flour
2/3 cup sugar or SLENDA®
1 ½ teaspoons baking powder
½ teaspoon salt
½ teaspoon baking soda
1 cup whole-wheat flour
1 egg
3 tablespoons Canola oil
2 teaspoons grated orange rind
¾ cup 100% natural orange juice
1 1/3 cups cranberries, chopped
½ cup chopped walnuts

1. Preheat oven to 350 degrees. Grease a 9x5x3" loaf pan. Sift all-purpose flour, sugar, baking powder, salt and baking soda into a large bowl. Stir in whole-wheat flour.

2. Beat egg slightly in a small bowl. Stir in oil, orange rind and juice. Pour mixture into dry ingredients, stirring just enough to moisten. Fold in cranberries and nuts. Spoon into prepared pan.

3. Bake for 1 hour or until center springs back when lightly pressed with fingertip. Cool in pan on wire rack 10 minutes. Remove from pan; cool completely. Wrap and store overnight before slicing.

Here is a good recipe for a fruity dessert. It is easy and healthy!

Fresh Fruit Crisp

½ cup quick-cooking oatmeal

½ cup packed brown sugar (or SLENDA® brown sugar)
¼ cup all-purpose flour
½ teaspoon ground cinnamon
Dash salt
¼ cup Promise margarine
5 cups sliced, peeled peaches or apples
Lite Cool Whip or other lite whipped topping

Mix together the oatmeal, brown sugar, flour, cinnamon and salt; cut in Promise till mixture is crumbly. Set aside. Place the fruit in a 10x6x2" baking dish. Sprinkle oatmeal mixture over fruit. Bake at 350 degrees until fruit is tender, about 40 minutes. Serve fruit crisp warm with whipped topping.

Makes 6 servings.

The Gobons Have Landed!



The Gobons Prepare Lunch at School

In our last two issues, Kevin and Gavin were surprised by a group of aliens from outer space called the Gobons. They were from the planet Nemus, and they came to earth to prevent the earthling children from self-destructing due to their poor

eating and exercise habits.

They came back the second day and went to school with the boys, where they impressed all the students with their amazing strength and energy. After taking the children through a series of exercises, they sent them back to their classes while they went to the cafeteria to prepare a healthy lunch for the children.

The Gobons took over the cafeteria kitchen, asking the regular workers to just sit down and watch them. They moved around the kitchen in an amazingly efficient way, slicing, dicing, chopping, mixing and stirring a variety of healthy foods.

They made a delicious vegetable soup, using several different vegetables and some fresh herbs that they produced from their backpacks. Whole wheat crackers would be served with them to add fiber and vitamins.

They took thin slices of deli turkey and wrapped them around string cheese sticks to provide protein.

Dessert was a bowl of fresh strawberries with a spoonful of low-fat whipped topping.

Glasses of skim milk completed their healthy lunch.

Although many of the children did not usually eat vegetables, the soup smelled so good and they were so hungry because of the exercises the Gobons had led them through that they couldn't resist trying it. It was actually delicious, as were the other items served to them. They went back to class satisfied and ready to learn.

The Gobons Teach the Bullies A Lesson

There was a group of bullies at Kevin's school who liked to pick on smaller children, and they decided to try and frighten the Gobons away. They waited until a few of the younger Gobon children were out on the playground without the adults, and then they came stomping over, trying to look tough.

Although the Gobon children were slender and their muscles were not as well-developed as the adults, the bullies had underestimated their strength and energy. They had also forgotten that the Gobons could fly, using their hair to propel themselves off the ground.

The bullies gathered around one of the smaller Gobon children, and the leader bully, Herbie, got right in his face and tapped him on the chest. "Listen little alien," he said. "Go back where you came from. There's not enough room on this earth for you and us! Go back to Nemus or else!"

"Or else what?" the little Gobon said.

“Or else you’ll be REAL sorry!”
Herbie threatened with a growl.

“No, I think you are the one who is going to be sorry,” the Gobon said. Without another word, he grabbed Herbie under both arms, and using his hair to propel them, lifted both of them about 10 feet into the air.

“Put me down!” Herbie screamed!

“Not until you apologize for your bad behavior!” the Gobon said.

Herbie just looked terrified, but that was only the beginning. All of a sudden, the Gobon turned them both upside down, so they were suspended head-first high up in the air.

At that point, Herbie was starting to turn purple. Afraid of landing on his head, he screamed “Ok, I apologize! I’m sorry we bothered you! Can’t we just be friends?”

“I guess we can”, the little Gobon said. “If you promise to behave yourself and NEVER bully anyone again, I’ll let you down. Is it a promise?”

“It’s a promise,” Herbie squealed. “Now please put me back down on the ground safely!”

The little Gobon turned them both upright in the air, and then lowered them slowly to the ground.

The bullies and the other children watching them all decided that they would start eating healthier foods and getting lots of exercise so that

they would someday be as strong and energetic as the Gobon children.

Next Issue....more fun and games with the Gobons!

Featured Products for November

Dance it off! and Dance Yourself Thin!! DVD’s—by Prevention Fitness Systems

Get a good workout to lively dance music. Both DVD’s have FREE SHIPPING by U.S. First Class Mail within the USA.

www.grandmashealthykidsclub.com/videos.html

Hip Hop for Kids DVD

Learn basic hip hop dance steps and get a good workout at the same time!

www.grandmashealthykidsclub.com/videos.html

Save 20% on any DVD through November 1 with coupon code SAVE20

Yum Yum Dishes—if you are starting your Christmas shopping early, these dishes make a unique gift for mom, grandma, teacher, or your favorite adult! Not available in stores! Buy sets of 4 or individual

dishes. Everyone needs a Yum Yum dish!

Save 15% on Yum Yum dishes through November 1 with coupon code SAVE15

www.grandmashealthykidsclub.com/yum.html

To use your coupon code, do this:

- Select DVD's or Yum Yum dishes and click "add to cart"
- On the next page, go to the empty box at the bottom, type in your coupon code, then click "redeem coupon". You will see the new price immediately.
- Continue to shop or complete your order.

Dig-Jump Skipping Rope

Digital jumping rope tells you how many times you have jumped. Keep improving your own record and get healthier at the same time! Many athletes jump rope to improve their energy and cardiovascular health.

www.grandmashealthykidsclub.com/other.html

Thought for the Day

"The tragedy of life doesn't lie in not reaching your goal. It lies in having no goal to reach." – Benjamin Mays

Set some goals for yourself today. Write them down. Put a date beside each one when you expect to achieve it. You may amaze yourself!

Have a wonderful November and a Happy Thanksgiving!

Love,
Grandma

For permission to reprint any part of this newsletter, send an e-mail to info@grandmashealthykidsclub.com