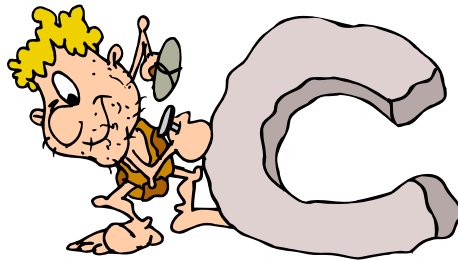




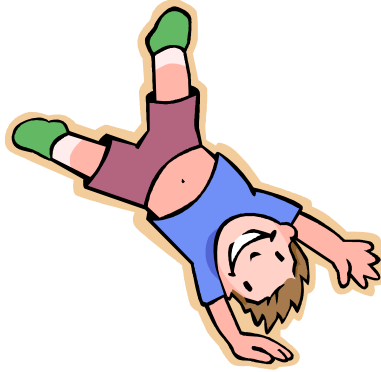
Healthy News & Reviews  
For Ages 3-7  
From Grandma and the  
Healthy Kids' Club  
October 2007

Fall is here! The boy above is jumping into a pile of leaves. Do you like to play outdoors in the fall? Ask your mom or dad if you can play outside in the yard, or go to a park or playground soon. Outdoor exercise is fun!



The letter "C"

Last month we talked about the letter B of the ABC's, and learned healthy things that start with a B. This month we're going to talk about the letter C.



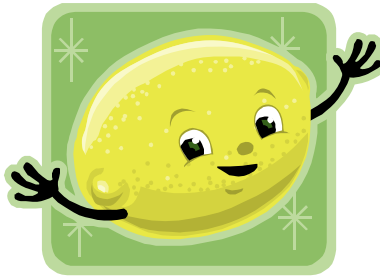
## Cartwheels

Can you turn a cartwheel? You might start by learning to turn a summersault, and then try a cartwheel. It is best to go outdoors where you have lots of space, unless you have a large playroom or other large empty area in the house. Ask your parents or a brother or sister to teach you how to turn a cartwheel. Cartwheels are fun!



## Playing catch

Many sports involve throwing and catching a ball, including basketball, football, and softball or baseball. Ask a family member to go outside and play catch with you today or sometime soon!



### Citrus Fruits

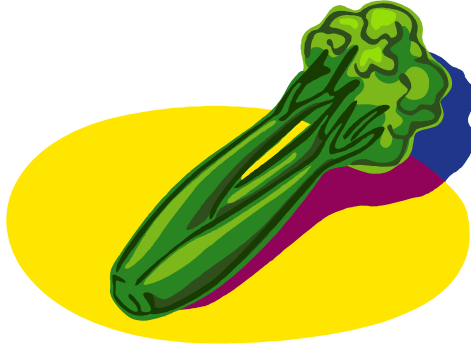
One type of foods that begin with a C is citrus fruits. The most popular citrus fruits are oranges, grapefruit, limes, and lemons. They contain vitamin C, which your body needs every day to help keep you from getting sick, or helping you feel better if you do get sick.

You can eat oranges and grapefruit whole, or use them in juice. Lemons and limes are usually used in drinks such as lemonade or limeade. Have some today!



### Cabbage and Carrots

Two popular vegetables that begin with a C are cabbage and carrots. You can eat them raw, cooked, or in salads such as coleslaw. Since you should have some leafy green and yellow vegetables every day, ask your mom or dad if you can have cabbage or carrots soon! They are yummy!!



Celery

Another green vegetable that is very good for you is celery. Long pieces of celery are called stalks. Many kids like to eat “Ants on a Log”, which are stalks of celery filled with peanut butter and topped with raisins. Have you ever eaten ants on a log? Ask your mom or dad if you can help make some for a snack soon!

Have a fun October and a Happy Halloween!

Love,  
Grandma

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