

Stretch's Corner for Kids



Word match game

Match each word with the correct definition.

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| _____ 1. DNA | A. These special cords are made of tough tissue and attach your muscles to your bones. |
| _____ 2. HORMONES | B. Deoxyribonucleic acid — it is found inside the billions of cells that make up your body. |
| _____ 3. FLOSS | C. The study of food and how it works in your body. |
| _____ 4. NUTRITION | D. Special chemicals your body makes to help it do certain things — like grow up! |
| _____ 5. TENDONS | E. The good ones help your body, and the bad ones can make you sick. |
| _____ 6. BACTERIA | F. When you do this, you keep the dentist away, because you are cleaning small pieces of food from your teeth and gums. |

Breakfast on the go

Ingredients

3/4 cup fruit-flavored yogurt
1/3 cup oat bran
1/3 cup sliced peaches, canned in light syrup
1 tablespoon dried cranberries

Directions

Layer peach slices in plastic cup. Next, layer the yogurt on top of the peach slices. Sprinkle dried cranberries on top of the yogurt. Top with oat bran. Serve immediately or cover and refrigerate until ready to eat.

Frozen yogurt pops

Ingredients

1 (8-ounce) container of your favorite flavor of yogurt

Directions

Pour yogurt into paper cups. Fill them almost to the top. Stretch a small piece of plastic wrap across the top of each cup. Using a Popsicle stick (can be found in craft stores), poke a hole in the plastic wrap. Stand the stick straight up in the center of the cup. Put the cups in the freezer until the yogurt is frozen solid. Remove the plastic wrap, peel away the paper cup and eat your pop!

Perfect peachy freeze

Ingredients

1/2 cup milk
1 cup sliced peaches (they can be either fresh or canned)
1 teaspoon sugar

Directions

Pour the milk into an ice cube tray and freeze until solid. Pop the “milk cubes” out of the tray and put them into the blender. Then put the peaches and sugar into the blender. Put the lid on the blender and blend on high speed until everything is all mixed together and very smooth. (Have an adult help you.) Pour your Perfect Peachy Freeze into serving dishes and serve right away.

Think green, go green, be green

What does it mean to be green? Being “green” means you are taking special steps to protect the environment. There is a lot you can do to be green and make the Earth — the water, air and land — a better place for people to live.

Reduce! When you use less of something, you are helping the Earth. For example, a shorter shower means using less water. Some other things you can do to reduce are:

- Shut off lights when you're not in the room.
- Turn the water off while brushing your teeth.

- Unplug chargers for your cell phone and MP3 player when you aren't charging them.

Reuse! Instead of throwing away something you don't need, find someone else who does need it. If you have grown too tall for your pants, give them to your younger sibling or a friend. You can also:

- Use washable utensils instead of plastic forks and spoons.
- Drink tap water instead of bottled. If you do have a bottle of water, fill it up with tap water several times until the bottle can't be used anymore.

- Organize a swap with your friends. Have everyone bring unwanted toys, books, clothes and anything else and exchange them.

Recycle! Recycling is so easy. All you need to do is separate glass, cans, plastic and paper into different bins and have your parents take it to a recycling center. Recycled goods are crushed, broken down and turned into new items that people can use, instead of going into a landfill.

Don't forget to get outside and enjoy the environment!