

Health Drops

Be who you are but more awesome!

Mr & Mrs. Habit

The Awesome Recipe

Healthy Eating?
Reasonable Diet

Giving In Peer Pressure
Lets Learn About Stress

Mood Swings Time
November Means November

Health Drops

Just Read And It Will Be Fun



10/12/13
1.50\$

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Mr and Mrs Habit

Well Harry

Thats A good question... except I don't know the answer... ask Mrs.Habit

Dear Mr & Mrs.Habit,

I can't stop eating chocolate, sweets.

How can I stop eating junk food?

From Harry



Well lovely Harry.!The thing to stop eating chocolate and sweets is to stay away from them. Also another thing is to start in eating healthy. To do this instead of eating chocolate you can eat something else like Strawberry smoothies, like a boy called Oliver who started making smoothies, he says that it is fun making them.



Thanks Mr. & Mrs.Habit!

From Harry

Recipe

Strawberry Smoothies

To make this smoothie you need the items below.

Bananas, strawberry and
Blueberries smoothies

- 1 Ice cubes 7 cubes
- 2 Milk 200ML
- 3 Honey 3 table spoon (If you want to)
- 4 low fat milk 1 cup
- 5 Bananas 2/3
- 6 Frozen strawberry 1 cups
- 7 Blueberries 1/2 cups

The tools you need is:

Blender
Ice cubes tray
Measuring cup
knife
Spoons

Get a cutting board

Cut the fruits (strawberry and Bananas)

Pour Milk in to a measuring cup unit it get up to 300ml

Put the 300ml milk in the blender

Put the 3/4 ice cubes in the blender

Pour Apple juice in a measuring cup unit it got up to 250ml

Pour the Apple juice in the blender

Put the cut fruits in the blender

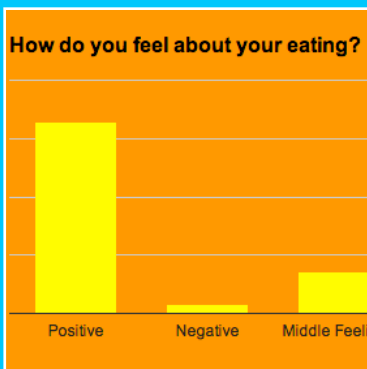
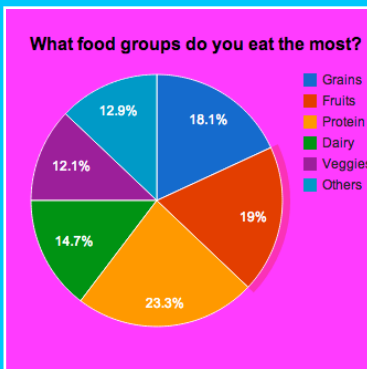
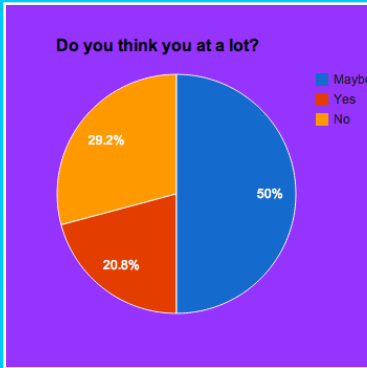
Blend until it is smooth

Pour in a cup

And Drink or do what you are doing with it



TIPS



As you can see by the graph a lot of kids aren't eating veggies, which are a really important part of your growth. Veggies like carrots can improve your sight, and onions help you have a less chance of getting cancer. **See how important Veggies are??**

Eating Habits & Lunch

We tried to find out about eating habits from kids aged 9-12 from all over the world. Here are the results:

The most eaten food group from the ages 9-12 was protein with 22% of answers. The less most chosen were vegetables and others with only 12% of votes.

A comic by: Oliver Maskell

Most kids are feeling positive about their eating. 2 are feeling a bit negative, and others are having feeling in the middle.

Most kids think they are maybe eating too much while not so many people think they are and aren't. It was almost a tie between those.



Reasonable Diet!

If you are thinking of entering a diet, it has to be reasonable. You should still be able to eat sugar and fats because your body needs them. A lot of kids these days are entering on a diet and only eating 1 meal per day. That is **WRONG**. You need at least 3 meals a day.

You can die from that. Now if you are entering a diet to get skinnier it's the same thing only you will need more exercise. But your eating habits should be healthy and reasonable. You can also change your desserts by smoothies, and fruits. You should also eat Fats, Carbs, Vitamins, Grains, Protein, and Veggies.



Tips from Ms. Jensen

CHOOSE HOW YOU WANT TO BE ...



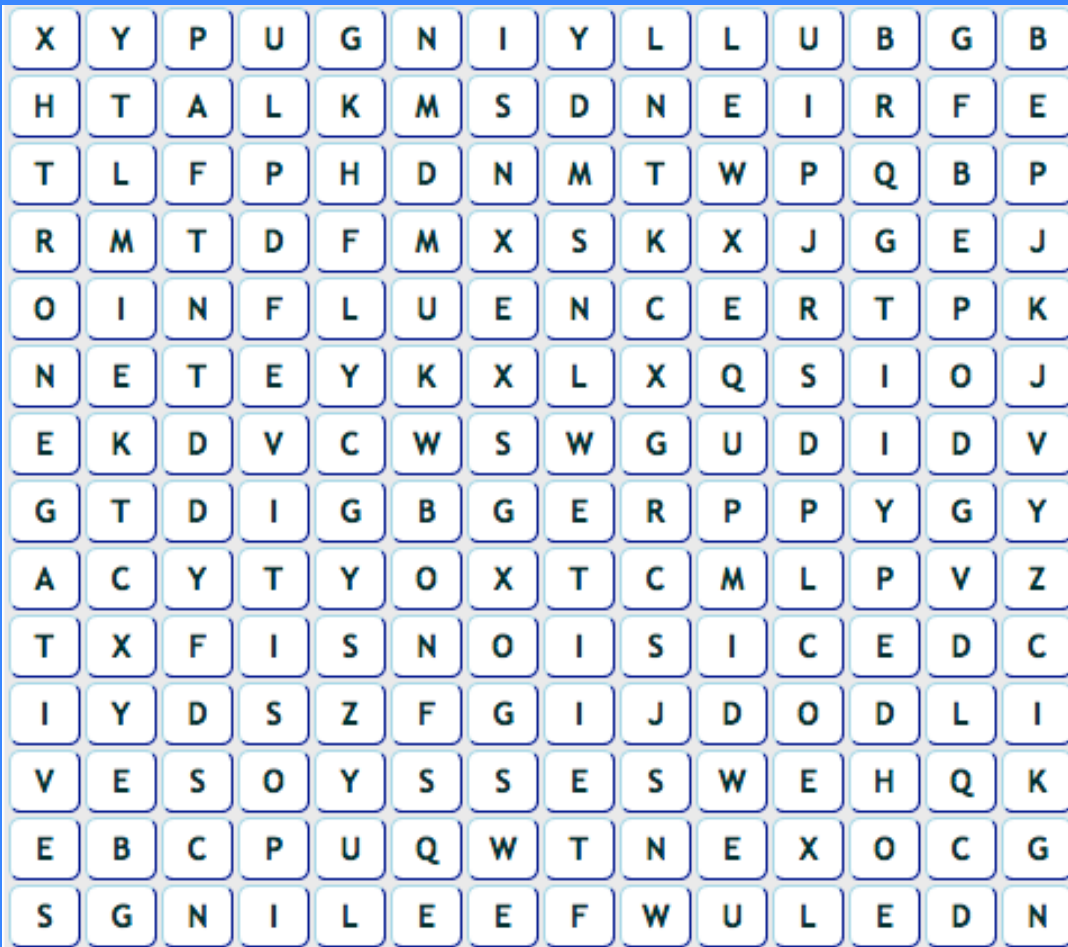
Starving



Healthy



what do you choose?



WORD

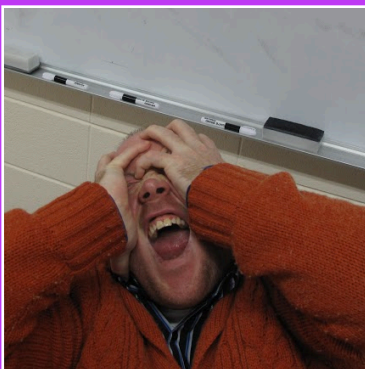
- FRIENDS
- CHOICES
- DECISIONS
- TRUST
- NEGATIVE
- POSITIVE
- INFLUENCE
- BULLYING
- FEELINGS
- TALK

Peer Pressure is something that happens everyday. Everyone suffers from it. There are 2 types of Peer Pressure: negative Peer Pressure, and Positive Peer Pressure. Negative is when you see people doing something which can be dangerous, and bad for you but they try to convince you to do it



too. Positive is when people around are doing good things and as you see them you feel like doing the same. TIPS: Try saying "no", Make good choices, and if you are getting bullied try talking to a teacher or parent or someone you trust! Don't give in to PEER PRESSURE!

STRESS



**TRY TO
TAKE A
BREAK
AND
CALM
DOWN!**

Tips about stress

1. If you are in stress you might get headaches, high blood pressure, disrupted sleep, risk for heart attacks,

loss, upset

2. ~~Stay in~~ Stay calm to recuperate

3. if you want to get out of stress is to get a warm bath or shower because it would boost your mood



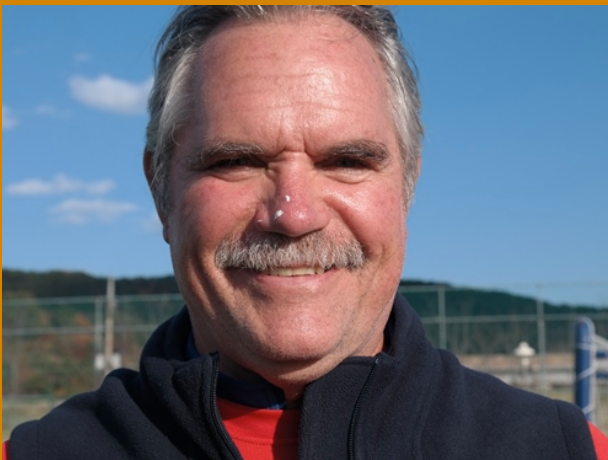
MOOD SWINGS!



November

**Hello there It is me Mr Habit
In November men and some woman
around the world grow a beard for Men
that has cancer
and If you want too do it Movember
you need to cut your beard at the start
of November and grow as much as you
can in a month!**

TEACHERS



Bibliography!

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