

Eat a healthy snack: Choose fruit

Fruit is a great choice for a healthy snack. They are a good source of vitamins, and they're naturally sweet. Eating fruit can help keep your body healthy and may even help protect you from some types of cancer, says an article on the Academy of Nutrition and Dietetics' website eatright.org.



There are many ways to enjoy fruit. You can eat fruit fresh, frozen, dried, or even canned. If you eat canned fruit, the article says to make

sure it's packed in 100 percent juice. Trying fruit in different ways is a way to add more to your meals and snacks.

If you're looking to try different fruits, think tropical. The academy's article "Go

Veggies are tasty too

Vegetables are an important food group, but many kids don't eat enough of them. Some kids are picky eaters and shy away from trying new vegetables.

The American Academy of Nutrition and Dietetics says there are fun ways to help kids taste new foods. Their article "Explore Produce with Kids" suggests going with your family to farmers' markets and grocery stores.

(Please see **Taste** on Page 2)



Illustrations by Kyla Kelly (left) and Catherine Sabatina (above)

"Tropical with Fruits," has some examples. (Cub reporters listed some on Page 3.)

Cub reporters share research findings on fruit.

About this newspaper

Welcome to the first Cub Reporter edition of the *Healthy Panther Post*.

This issue was reported by second-grade students and focuses on nutrition and healthy eating. You will find articles, book reviews, and pictures on the topic.

For the past three years, MaST seventh graders have published the *Healthy Panther Post* for the middle school in partnership with Healthy NewsWorks, a health journalism program.

We hope you enjoy the work of MaST's newest reporters.

Taste new veggies! You may like them!

(Continued from Page 1)

When you shop, say the names of the vegetables you see. If you spot a vegetable that looks tasty, ask your parents to buy it. Having a choice can make it more exciting to try something new.

Another smart tip, the article says, is to pick vegetables that are different colors. Eating many colors helps your body get different nutrients. If a vegetable isn't in season, check the freezer section for frozen ones.

You can also ask your parents questions about how vegetables taste and how they are cooked. If the store has samples, give them a try. You can make shopping fun by playing a guessing game to see how many different vegetables you can find.

After you bring your vegetables home, there are many yummy ways to eat them. You can also mix them into sauces or soups. This is a tasty way to add new flavors to your meals, according to an article on the website kidseatincolor.com.

Here are some other tasty ideas. Dip celery into yogurt, ranch dressing, salsa, or guacamole for extra flavor. You can add vegetables to sandwiches for extra crunch. —By Cub Reporters in Mrs. Boyle's and Ms. Blackadar's classrooms

Add vegetables to your sandwich so gets the sandwich an extra flavor and a little crunch when you bite into the sandwich.



Illustration by Allie Chen

"I don't like tons of vegetables. But I do eat about five vegetables a day."

—Lucy Gil, 2nd grader

"I don't like many vegetables....I do have a favorite vegetable and it's broccoli."

—Saul Corniel, 2nd grader

"I like vegetables because they are good for you. I usually eat them for dinner."

—Penelope Creighton 2nd grader

Book helps younger students explore fruit

The Fruits We Eat

Written and illustrated by Gail Gibbons

This book is about fruits and the different kinds of fruits that are grown around the world.

The cub reporters in Ms. Anhalt's second-grade class liked the book because they enjoy eating fruit.

They recommend this book to friends

and younger grades because it would be a great way to learn about fruits.

*MaST Community Charter Healthy Panther Post
Cub Reporter Edition*

This is a publication of MaST Community Partnership School-Byberry in Philadelphia. This newspaper was created by second-grade students in the classrooms of Mrs. Boyle, Ms. Blackadar, Ms. Myers, and Ms. Anhalt. Mrs. Pendergast is principal for grades K to 4.

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Reporters say fruits are delicious

Have you heard of these tropical fruits?

- Papaya is a tropical fruit that gives you important nutrients like vitamin A.
- Loquats are small fruits about the size of kumquats, and they also have vitamin A.
- Guavas are full of vitamin C and folate. Guavas also have fiber, which helps your body digest food. You can eat guavas fresh or blend them into a smoothie.



Illustrations by Savannah Andriszak (left) and Stephanie Haydar (right)

What second graders say

I like to eat fruit because they taste good and they are juicy. I eat about two fruits every day.

My favorite fruit is apple because it has good taste.

—Gurtej Guru

I like to eat fruits because they taste yummy. I eat about six fruits per day. My

favorite fruit is oranges because they are juicy.

—Logan Deng

I like to eat fruits because it is healthy. I eat three fruits every day. My favorite fruit is watermelon because it has a lot of juice.

—Sean Gallagher

Working together to make a new meal

Chicks and Salsa

Written by Aaron Reynolds

Illustrated by Paulette Bogan

This book is about animals who are tired of eating the same food every day. One day, the rooster looks through the window and sees the farmer's wife watching a cooking show. Instead of their usual food, the animals work together to make Mexican food.

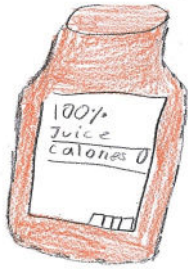
Second-grade cub reporters in Ms. Blackadar's classroom think the book is

very funny because the animals do strange and silly things. It made us laugh when the animals yell "olé" while making the food. The animals act funny, which makes the story entertaining to read.

Cub reporters recommend this book to their friends and family because it's fun to read. They also think people of different nationalities might enjoy this book because it shows part of Mexican culture.

Cub reporters said that readers of all ages will enjoy this book.

Check The Back
Before drinking



Illustrations by Jeremiah Gomez (left) and Francis Agnoni (right)

Tips about beverages

Second-grade reporters learned what nutrition experts say about choosing drinks.

* Milk and water are your healthiest beverage options.

* If you drink juice, make sure it's 100% juice. Only drink one small cup a day.

Tomatoes are used in many recipes

Tomatoes for Neela

Written by Padma Lakshmi

Illustrated by Juana Martinez-Neal

This book is about a girl named Neela who is using tomatoes to make pasta sauce with her mom. They also use tomatoes to make different types of food.

Ms. Myers' cub reporters said the book is great. The reporters enjoyed the part where Neela is able to cook with her Amma. They also loved the book because it has recipes for tomatoes. Tomatoes are delicious and healthy.

Cub reporter Sean Gallagher said, "I liked how Neela makes different kinds of

foods with tomatoes." Lorenzo Lopez and Margaret Sanford both said they enjoyed how the book gives a lot of information about tomatoes and taught you how to make food with tomatoes.

At the end of the book, there is also a recipe for a dish with tomatoes. Ian Soroka said he enjoyed the book because "it has recipes and I like to cook recipes with my dad."

Cub reporters recommend this book to children and parents. Some students will be able to read this book on their own while others will need their parents to help read the story.

Book teaches kids about vegetables

The Vegetables We Eat

Written and illustrated by Gail Gibbons

This book is about different kinds of vegetables and how they grow and what parts we eat. It shows readers how to make a garden and how vegetables grow on farms. The book also gives information on how food gets from farms to the store. "This book showed me some vegetables I'd like to try," said Noah Toth.

Cub reporters from Mrs. Boyle's second-grade class liked this book. It gave a lot of information in interesting ways with nice

pictures that gave us even more information. "I liked this book because it taught me about new vegetables that I'd never seen before," said Ismael Noor. Another reporter, Viviana Chen said, "I liked this book because it taught me how to grow vegetables in a garden."

Cub reporters would recommend this book to kids in grades kindergarten to second grade so they learn all about vegetables, how vegetables grow, and how they get to eat them.