



Stan & Fran's Health Hints



May 2009



Food for sports and fun days



Help your school offer healthy choices at their sports day or fun day this year. It's important to provide lots of hydration and some energizing snacks for kids during these action-packed days. Here are some suggestions:

Snacks	Beverages	Food Safety Tips
<ul style="list-style-type: none"> ✓ Watermelon slices ✓ Orange slices ✓ Banana halves ✓ Small apples ✓ Cheese Strings ✓ Whole grain crackers ✓ Frozen yogurt tubes ✓ Single serve vanilla ice cream cups 	<ul style="list-style-type: none"> ✓ Water ✓ 100% fruit juice ✓ Chocolate milk* <p>* Did you know that chocolate milk is a great drink after strenuous activity? It provides carbohydrates, protein, electrolytes and fluid that the body needs. Best of all, kids love it. Remember to keep it cool before serving.</p>	<p>Wash hands, prep surfaces, knives, serving utensils and containers with soap and water before starting any food preparation.</p> <p>Keep fruits, vegetables, meats and dairy products cool before serving. (TIP: Use coolers with ice packs.)</p> <p>Wash the outside of fresh produce before slicing.</p>



Over 80 percent of learning activities involve vision

Since a child's eyes are constantly in use in the classroom and at play, undiagnosed vision concerns can seriously affect a child's abilities, success, and confidence at school.

Because vision changes can occur quickly during childhood and may not have any signs, children should be examined regularly throughout the school years. The earlier vision problems are identified the more successfully they can be treated. Children in kindergarten will be screened at their school by Interior Health vision screeners.

All children can receive free eye care examinations (optometrist and ophthalmologist) under the B.C. Medical Services Plan. However, some eye care doctors may charge a small user fee. Please call ahead to inquire.



Keep your child's eyes safe and healthy

- 👁 Do not let your child play with sharp items (darts, scissors, or sharp toys).
- 👁 Protect children's eyes from flying objects.
- 👁 Keep children at least 3 metres (8-10 feet) from the TV.
- 👁 Wear a wide-brim hat and sunglasses (99-100 percent UVA and UVB protection) with a wrap-around design to cover eyes.
- 👁 Eat fruits and vegetables.



For further information, go to <http://www.interiorhealth.ca/choose-health.aspx?ID=198>

