

# PLUGGED IN

FUN FOR KIDS

A COOPERATIVE PROJECT OF THE SANTA BARBARA NEWS-PRESS AND THE EDUCATORS' ROUNDTABLE, PUBLISHED MONTHLY TO PROMOTE LEARNING AMONG YOUNG READERS IN NATURAL SCIENCE, HISTORY, TECHNOLOGY, AND ART

## This Month's Theme: "Eating the Rainbow for a Healthy You!"

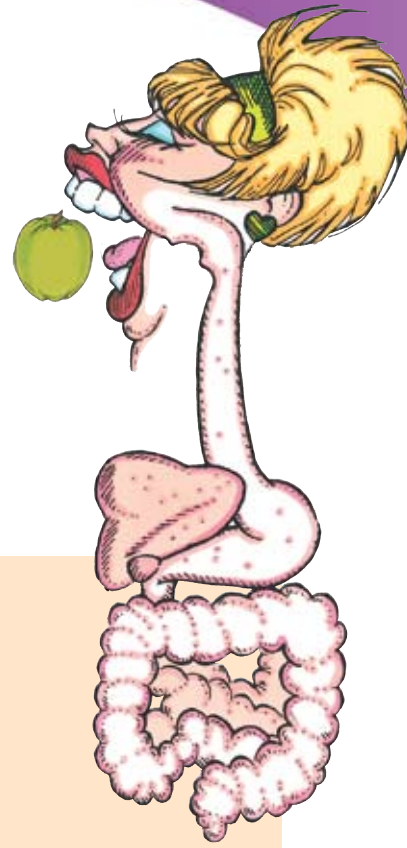
Eating healthy food every day makes a big difference in the way you feel, think, and act.

Eating food that is good for you and being active are great ways to be healthy. Try adding a rainbow of colorful fruits and vegetables to your plate each day for a total of five servings. Fruits and vegetables that are the most colorful have the highest levels of vitamins and minerals.

For information on fresh Santa Barbara produce, stop by the Fairview Gardens farm stand, visit your local farmer's market, or check out the produce department at your local grocery store.

It is very important to eat a variety of healthy foods.

Your mouth, esophagus, stomach, and intestines all work together as part of your digestive system to break down the food you eat to get the nutrients and energy you need to stay healthy. For more information on how your body works, visit [www.kidshealth.org/kid](http://www.kidshealth.org/kid) or come to Grossology at the Santa Barbara Museum of Natural History.



### Saliva Magic

Adapted from *Grossology* by Sylvia Branzei

The saliva in your mouth makes food easier to swallow, helps you taste food better, kills bacteria, and starts preparing food for digestion. Its chemicals break down starchy foods like cereals and potatoes into sugars so that your body can use them. Try the following experiment to see how this works!

#### What you need:

- 1 cracker (unsalted works best)
- Your mouth

#### What to do:

Put a mouth-size piece of cracker on your tongue. Close your mouth but do not chew. Leave the cracker there for several minutes to let the saliva do its thing. Remember, don't chew! After several minutes, swish the cracker in your mouth and swallow. How did the cracker taste?

### Peachy Freeze Smoothie

#### What you need:

- 1/2 cup milk
- 1 cup sliced peaches, fresh or canned
- 1 tsp. sugar

#### What to do:

Pour the milk into an ice cube tray and freeze it solid. Pop the "milk cubes" out of the tray and put them into the blender. Add the peaches and sugar. Put the lid on the blender and blend on high speed until everything is smooth. Pour your smoothie into serving dishes and serve right away.

## Say Yes to Eating a Rainbow of Foods Every Day!



**RED:** Tomatoes, cherries, strawberries, beets, watermelon, raspberries

**ORANGE/YELLOW:** Sweet potatoes, apricots, oranges, pineapple, carrots, summer squash

**GREEN:** Avocados, kiwi, green beans, sugar snap peas, cucumbers, broccoli, zucchini, leafy greens

**PURPLE/BLUE:** Eggplant, plums, blackberries, cabbage, raisins, purple potatoes

**WHITE/TAN:** Bananas, cauliflower, onions, jicama, potatoes, kohlrabi, garlic



GROSSOLOGY ILLUSTRATION: Jack Keely

#### PHOTO CREDITS:

- Strawberries: Heather Mathes
- Mandarins: Tiffany Cooper
- Broccoli: Tiffany Cooper
- Cabbage: Tiffany Cooper
- Turnips: Fairview Gardens

This month's page was created by the Center for Urban Agriculture at Fairview Gardens and Santa Barbara Museum of Natural History.

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