

Did you wash your hands?

Did you know that you can prevent the spread of germs, including the flu, by washing your hands and avoiding touching your eyes, nose and mouth?

Washing your hands is the best way to stop germs from spreading. Think about all of the things that you touched today - from the telephone to the toilet. Whatever you did today, you came into contact with germs. It's easy for a germ on your hand to end up in your mouth.

So when are the best times to wash your hands?

- ❖ before eating or touching food (like if you're helping cook or bake, for example).
- ❖ after using the bathroom
- ❖ after blowing your nose or coughing
- ❖ after touching pets or other animals
- ❖ after playing outside
- ❖ before and after visiting a sick relative or friend

Now you have the when and the why of hand washing. But did you know that a lot of people don't know **how** to get their paws perfectly clean? The next time you're told to step up to the sink and scrub up, remember these handy hints:

1. Use warm water (not cold or hot) when you wash your hands.
2. Use whatever soap you like.
3. Work up some lather on both sides of your hands, your wrists, and between your fingers. Don't forget to wash around your nails. This is one place germs like to hide. Wash for about 10 to 15 seconds - about how long it takes to sing "Happy Birthday." (Sing it quickly two times or just once if you go nice and slow.)

4. Rinse and dry well with a clean towel.

November is...

- Good Nutrition Month
- National Pepper Month
- National Peanut Butter Lover's Month
- National Sandwich Day – 3rd
- National Turkey Day – 4th
- Thanksgiving – 26th
- National French Toast Day – 28th

Brain Buzz?



Q: Does eating turkey me sleepy?

A: Not exactly. Here's why: Turkey meat contains a lot of an amino acid called L-tryptophan. Amino acids are the "building blocks" for the proteins that make up our muscles and other important parts of our bodies.

When we eat foods that contain L-tryptophan, this amino acid travels in the blood from the digestive system and later enters the brain. The brain then changes the L-tryptophan into another chemical called serotonin. Serotonin calms us down and helps us sleep. But scientists now know that L-tryptophan can really only make a person tired right away if it is eaten or taken by itself without any amino acids. And the protein in turkey contains plenty of other amino acids!

*Source: www.kidshealth.org

Perfect Pumpkin Pancakes



Pumpkin, it's not just for pies anymore!

Ingredients:

- 2 cups flour
- 2 tablespoons brown sugar
- 1 tablespoon baking powder
- 1 1/4 teaspoons pumpkin pie spice
- 1 teaspoon salt
- 1 3/4 cups lowfat milk
- 1/2 cup canned pumpkin
- 1 large egg
- 2 tablespoons vegetable oil

Directions: Remember to wash your hands!

1. Combine flour, brown sugar, baking powder, pumpkin pie spice and salt in a large mixing bowl.
2. In a medium bowl, combine milk, pumpkin, egg and oil, mixing well.
3. Add wet ingredients to flour mixture; stirring just until moist. Batter may be lumpy. (For thinner batter, add more milk.)
4. Lightly coat a griddle or skillet with cooking spray and heat on medium.
5. Using a 1/4 cup measure, pour batter onto hot griddle. Cook until bubbles begin to burst, then flip pancakes and cook until golden brown, 1 1/2 to 2 1/2 minutes. Repeat with remaining batter.

Pancakes may be served with maple syrup or applesauce.**

MAKES 6 SERVINGS

Source – www.kidsacookin.org