



# The Mini Page

Betty Debnam, Founding Editor and Editor at Large

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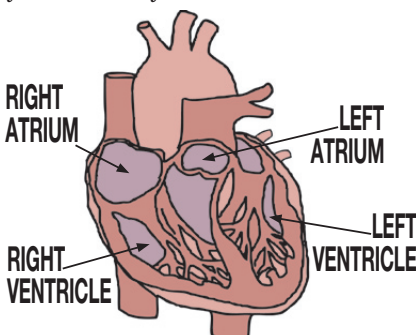
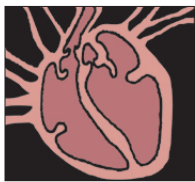
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## Taking Care of Your Health

# Put Your Heart Into It!

### How it works

The heart is a big hollow muscle in the middle of your chest. Its left side pumps harder than the right, which is why you can feel the left side beating when you put your hand on your chest.



### Putting the parts together

The heart has four parts called **chambers**. Blood comes in through the top two chambers, which are called **atria** (AY-tree-ah). The bottom two, called **ventricles** (VEHN-trih-culs), pump the blood out. In between, the blood picks up oxygen, which is necessary for our cells to work.



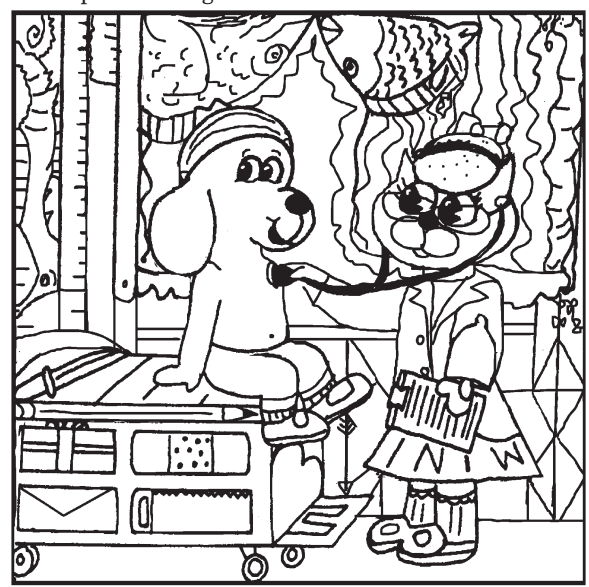
### Heart a-facts

- The heart is always working. It never rests. It works automatically, without the brain telling it to pump.
- Your heart is about the size of your closed fist.
- Arteries are the vessels, or tiny tubes, that carry blood from the heart to the rest of the body.
- Veins carry blood back to the heart to pick up oxygen.
- Your heart beats about 100,000 times a day! Kids' hearts beat about 70 times a minute.
- There are about 60,000 miles of blood vessels in your body.
- Your heart is protected by your ribcage.
- It only takes about 10 seconds for your blood to go from your heart to your big toe while you're active.



## Mini Spy . . .

- Mini Spy is listening to Basset Brown's heart. See if you can find:
- pencil
  - ruler
  - bell
  - knife
  - number 8
  - banana
  - saw
  - envelope
  - gift
  - sea horse
  - word MINI
  - toothbrush
  - fish
  - kite
  - heart
  - hamburger
  - bandage
  - caterpillar
  - frog
  - letter E
  - arrow



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## Rookie Cookie's Recipe Orange Pancakes

- You'll need:**
- 1 cup orange juice
  - 3 egg whites
  - 1/3 cup applesauce
  - 1 tablespoon fresh lemon juice
  - 1 1/4 cups whole-wheat flour
  - 2 teaspoons baking powder
  - 2 tablespoons sugar
  - 1/2 teaspoon cinnamon
  - 1/2 teaspoon salt
- What to do:**
1. Blend orange juice, egg whites, applesauce and lemon juice in a blender until well-mixed.
  2. In a separate bowl, combine flour, baking powder, sugar, cinnamon and salt.
  3. Gradually add orange juice mixture to flour mixture and stir until moistened.
  4. Coat a hot griddle with cooking spray.
  5. Pour batter to form pancakes; turn when bubbles form on top and around pancake.
  6. Serve with syrup or fresh fruit.
- You will need an adult's help with this recipe.*

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## Meet George Takei



George Takei stars as Grandfather in the Nickelodeon TV series "Supah Ninjas." He is best known for his role as Hikaru Sulu in the original "Star Trek" TV series and movies. He has acted in many other TV shows, including "Heroes." George has been in several movies. He was the voice of First Ancestor in "Mulan" and "Mulan II." He got his start in acting when he was in college. He answered an ad and got the job **dubbing**, or speaking English lines, for a Japanese film.

George, 73, was born in Los Angeles. When World War II broke out, he and his family were held in a U.S. internment camp because his family was of Japanese descent.

He has worked to help groups promoting the arts, civil liberties and Japanese-American relations. He enjoys running in marathons.

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## Goldie Goodsport's Report Supersport: Kelly Kulick

**Birthdate:** 3-16-77 **Hometown:** Union Township, N.J.

As the new year dawned, folks were wondering how Kelly Kulick could possibly top her accomplishments of 2010. In the world of bowling, she was rolling in the fast lane. At age 33, Kulick became the first female to win a championship on the male-dominated Professional Bowlers Association tour. On the way to the title, she defeated 12-time champ Chris Banes 265-195. So move over, men. She isn't going away.

Kulick also has won eight career women's titles, including the 2010 U.S. championship. To top it all off, she was a guest at the White House on International Women's Day.

Before joining the pro bowling circuit, Kulick was a two-time Collegiate Bowler of the Year at Morehead State College, where she earned a degree in health and physical education.

Simply put, Kulick just knocks 'em down — bowling pins, that is.

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# Heart Enemies

## Too much food, not enough exercise



In 1910, when this photo was taken, most kids didn't ride buses to school; they walked or rode horses.

Only 100 years ago, there were many fewer overweight people. Many adults worked at jobs that required physical activity, such as farming. People didn't have as many choices as we do about what to eat. They ate what they could grow or what could be found nearby. There wasn't time to sit around and eat snacks — chores and other activities kept kids busy.

Today, kids may have a lot of free time. We might use that time watching TV, playing video games or using a computer. But those are **sedentary**, or sitting, activities. Our bodies don't use much energy to do those types of things.



In addition, we have a huge number of food choices, and many of our foods are not nutritious. Fast food and snacks can have hundreds of calories that our bodies don't need for energy. So those calories get stored as fat. Experts say that about 1 of every 3 children and teenagers is overweight or obese. Being overweight is hard on all parts of your body. It is the leading cause of early heart attacks.

# Put Your Heart First

Experts say it's unusual for a kid to have a heart attack. But doctors worry about the long-term damage of being overweight and not exercising enough. Many overweight kids will grow up to be overweight adults, which could lead to a heart attack, stroke or heart failure.

"The risks pick up as you take those habits with you into adulthood," one expert told The Mini Page. "It will catch up with you."

The good news is that kids have a lot of time to improve their health. The Heart Institute at Cincinnati Children's Hospital Medical Center suggests an easy way to remember to eat right and get enough exercise each day, called 5-2-1-0:

- 5 Eat five servings of fruits and vegetables every day.
- 2 Spend only two hours or less in front of a screen (TV, video games, computer).
- 1 Get at least one hour of exercise every day.
- 0 Don't have any drinks that include calories (except milk).

## Calories in ...

A **calorie** is a measurement of energy. We use this measurement to tell us how much energy is in foods. For example, a medium-sized apple has 100 or fewer calories. It's also full of vitamins and fiber, which are good for your body. A 2-ounce Snickers bar has 280 calories and 14 grams of fat, with little fiber or vitamins.

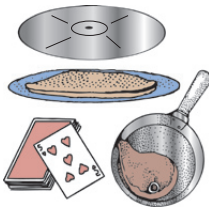
## It's all about choices

As you get older, you will begin to make more of your own choices about what you eat. It's important to learn about foods now and set good habits so that you can choose healthy foods later in life.

## Start here

- Choose low-fat proteins (meats) and dairy foods.
- Avoid white foods, such as white sugar, white bread, white rice and white potatoes.
- Eat whole grains (such as cereal) and beans.
- Watch

portion sizes. A pancake should be about the size of a CD. A 3- to 4-ounce serving of meat is about the size of a deck of cards.



## ... and calories out

Kids have to get up and exercise every day, doctors say. But you don't have to belong to a gym to get exercise. Be active by doing something you like each day, making sure to raise your heart rate. For example:

- Walk outdoors. If the weather's bad, walk at a mall.
- Does your church or school have a gym? Gather some kids to play basketball or run laps.
- At home, you can use a jump rope to get your heart pumping.
- Put on your favorite music and dance!
- Ride your bike around the neighborhood.



Playground games are a great way to get exercise during the school day.

For help with this issue, The Mini Page thanks Dr. Bob Siegel, medical director of the Center for Better Health and Nutrition, and Dr. Elaine Urbina, director of preventive cardiology, with the Heart Institute at Cincinnati Children's Hospital Medical Center.

## MIGHTY FUNNY'S Mini Jokes

All the following jokes have something in common. Can you guess the common theme or category?

- Patrick:** What do you call a plumber's new assistant?  
**Paula:** A drainee!
- Pete:** What did the plumber say to his noisy helper?  
**Patton:** "Pipe down!"
- Patience:** What is a plumber's favorite pair of shoes?  
**Parker:** Clogs!

## Basset Brown The News Hound's Heart Health TRY 'N FIND

Words that remind us of heart health are hidden in the block below. Some words are hidden backward or diagonally, and some letters are used twice. See if you can find: ARTERY, ATRIUM, CALORIE, CHAMBER, CHEST, CHOICE, EXERCISE, HEALTH, HEART, LUNG, MUSCLE, NICOTINE, OBESITY, OXYGEN, PUMP, SEDENTARY, SERVING, SMOKING, VALVE, VEIN, VENTRICLE.

BE GOOD TO YOUR HEART!

N I E V J E Z K G N I V R E S  
M M E O E O X Y G E N A Y N L  
R U U I B N C E G N U L R I G  
E H I S R E T H R D B V E C N  
B E E R C O S R O C K E T O I  
M A P A T L L I I I V R T K  
A L J U R A E A T C C S A I O  
H T Q Y M T H S C Y L E E N M  
C H E S T P Y R A T N E D E S

## Ready Resources

The Mini Page provides ideas for websites, books or other resources that will help you learn more about this week's topics.

- On the Web:**
- <http://kids.nationalgeographic.com/kids/stories/spacescience/truthaboutyourheart/>
  - [www.bam.gov/sub\\_yourbody/yourbody\\_energyequation.html](http://www.bam.gov/sub_yourbody/yourbody_energyequation.html)
  - <http://kidshealth.org/kid/htbw/heart.html>
- At the library:**
- "How Does Your Heart Work?" by Don L. Curry

## NEW! The Mini Page Book of States

The Mini Page's popular series of issues about each state is collected here in a 156-page softcover book. Conveniently spiral-bound for ease of use, this invaluable resource contains A-to-Z facts about each state, along with the District of Columbia. Illustrated with colorful photographs and art, and complete with updated information, The Mini Page Book of States will be a favorite in classrooms and homes for years to come.



To order, send \$15.99 (\$19.99 Canada) plus \$5 postage and handling for each copy. Make check or money order (U.S. funds only) payable to Universal Uclick. Send to The Mini Page Book of States, Universal Uclick, P.O. Box 6814, Leawood, KS 66206. Or call toll-free 800-591-2097 or go to [www.smartwarehousing.com](http://www.smartwarehousing.com).

Please send \_\_\_\_\_ copies of The Mini Page Book of States (Item #407-8549-4) at \$20.99 each, total cost. (Bulk discount information available upon request.)

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