



St. Anselm School

Class 5-1 Health Newsletter

- Home/Editorial
- | Eating Disorders
- | Interview
- | Word Jumble
- | Interview on Smoking
- | Editorial and Game
- | Research Article
- | Hygiene Research
- | Word Games
- | Hygiene Editorial
- | Alcoholism—Research
- | Alcoholism—Editorial
- | Nutrition
- | Nutrition Facts
- | Nutrition Survey
- | Nutrition Fun
- | Eating Disorder Survey

Introduction

Health is a very important topic. Most children and adults don't really know much about how to stay healthy and fit, even though knowing how to stay healthy and fit influences your life. Class 5-1 would like to share a special and detailed health newsletter with you, so that you can understand the true meaning and important information of what it means to be healthy, through reading articles and researching about eating disorders, hygiene, smoking, nutrition, and alcoholism. - Gwen

Eating Disorders: The Epidemic by: Andrew

Eating disorders have been around for as long as we know, but the human race has only become aware of the dangers in recent years, most likely due to advanced technology. Eating disorders cause much pain in victims because they are slowly killing without proper nutrients to heal and grow. I think children develop eating disorders due to a fact that they were made fun of because they were overweight. Another reason might be because they fear becoming overweight even if they never were.

A person's IQ, in my opinion, might not go down, but common sense sensibility disappear in your panic to lose weight. This is true in all main eating disorders: binge eating, anorexia nervosa, bulimia nervosa, and yo-yo dieting. I think if people with these terrible illnesses are not treated with the most seriousness and care immediately it might be too late.

Girls from the ages of 13-19 tend to have eating disorders more than anyone else probably because girls at that age care more about glamour more than at any other age. It makes them withdraw from social activities. Eating disorders are serious issues and need to be dealt with accordingly. Children do not understand the dangers of eating disorders and they need to be taught at a young age so they can be prepared. Adults do not know this either. It can only be hoped that people can realize this before it becomes an epidemic, like cancer. And it's almost as serious. We *need* to fix this problem before it's too late.



St. Anselm School

Class 5-1 Health Newsletter

Home/Editorial

Eating Disorders

Interview

Word Jumble

Interview on Smoking

Editorial and Game

Research Article

Hygiene Research

Word Games

Hygiene Editorial

Alcoholism—Research

Alcoholism—Editorial

Nutrition

Nutrition Facts

Nutrition Survey

Nutrition Fun

Eating Disorder Survey

Eating Disorders By: Gwen

There are many types of eating disorders, Binge Eating, Anorexia, Bulimia...you name it.

An Eating Disorder is a mental illness in which the person forces himself/herself to constantly vomit and feel the need to lose weight.

Eating Disorders mostly occur in young girls. In fact, one percent of all American teenagers have an eating disorder. Not only girls in America have eating disorders, but teenage girls worldwide are also effected.

- **What is Anorexia?**

The word anorexia means "without appetite." When a person has anorexia, they feel a need to lose weight. Celebrities and bullies may cause the victim to feel fat and ugly. The person will skip meals, not eat or eat and vomit all the food they eat. Anorexia is not healthy because your body will not get all the nutrients it needs. The full name for anorexia is "Anorexia Nervosa."

Believe it or not, anorexia can actually cause people to gain weight, instead of losing it because they are not getting the full nutrients their bodies need.

- **What is Bulimia?**

Some symptoms of Bulimia are weight loss, low blood pressure, dehydration, and a slow heartbeat. Eventually, Bulimia can lead to a much worse disease, O.C.D. O.C.D. is also known as Obsessive Compulsive Disorder. Experts who studied girls with Bulimia, say that they usually make excuses to go to the bathroom after meals in order to vomit what they have just eaten, withdraw from social activities, and bingeing on a variety of foods. Surprisingly they don't gain weight because the body does not get the chance to digest the food.

- **What is Binge Eating?**

Binge Eating is also called "Comfort Eating." This Eating Disorder occurs in girls from ages 13-40. Teens who binge eat consume large amounts of food, when they are mad or sad. This is a way for them to feel better and comfort themselves. After eating the food, they do not throw up, but instead look to eat more food, if they feel sick.

- **What is Yo-Yo Dieting?**

Yo-Yo Dieting is an eating disorder is when the person gains and loses weight immediately. This eating disorder is called Yo-Yo dieting because the person's weight goes up and down like a yo-yo. To lose weight, people throw up and starve themselves. After days, they cannot handle life without food, so they are said to eat everything in sight.

Eating disorders are one of the worst kinds of diseases. The worst part of eating disorders is that they can be prevented. People can learn to accept one another for who they are and not what they look like.



St. Anselm School

Class 5-1 Health Newsletter

Interview on Eating Disorders with: Christine D. By: Anna

Home/Editorial

Eating Disorders

● Interview

Word Jumble

Interview on Smoking

Editorial and Game

Research Article

Hygiene Research

Word Games

Hygiene Editorial

Alcoholism—Research

Alcoholism—Editorial

Nutrition

Nutrition Facts

Nutrition Survey

Nutrition Fun

Eating Disorder Survey

Q: Why do you smoke and drink during your eating disorder?

A: It calms me during the eating disorder. It helps me forget about it.

Q: What eating disorder do you have? Why do you want to keep having the eating disorder?

A: I have the anorexic disorder. When I was young, I was the skinniest girl in the class. Then I started eating too much. Then, I stopped eating to try to blend in with everyone.

Q: What do you do when it is dinner time and someone is telling you to eat?

A: I usually give it to my dog or save it in a napkin.

Q: About how many hours do you exercise daily? How much do you eat daily?

A: I exercise about 14 hours daily and eat about 1 minute

Q: Are you thankful you have the eating disorder?

A: No.



Home/Editorial

Eating Disorders

Interview

Word Jumble

Interview on Smoking

Editorial and Game

Research Article

Hygiene Research

Word Games

Hygiene Editorial

Alcoholism—Research

Alcoholism—Editorial

Nutrition

Nutrition Facts

Nutrition Survey

Nutrition Fun

Eating Disorder Survey

Word Jumble

By: Alfred

1. Aegtni srodidre _____

Hint: a mental illness that makes the victim think he/she is too thin or too fat

2. ubiamli _____

Hint: when people eat too much and force themselves to vomit

3. xaarnoei _____

Hint: people do not eat, but exercise too much

4. nistavrota _____

Hint: when people do not eat for a long time

5. tvmiogni _____

Hint: people with bulimia usually do this intentionally

6. getnai _____

Hint: the consumption of food

7. tide _____

Hint: they usually watch what they eat

8. atedh _____

Hint: another word for dieing

9. tsmohac _____

Hint: food goes there

10. inbeg teanig _____

Hint: comfort eating

11. odfo _____

Hint: what you eat

12. dcai _____

Hint: a substance that burns the esophagus

13. alreg _____

Hint: big

14. htnei _____

Hint: not fat

15. xeceresi _____

Hint: work out



St. Anselm School

Class 5-1 Health Newsletter

Home/Editorial

Eating Disorders

Interview

Word Jumble

● Interview on Smoking

Editorial and Game

Research Article

Hygiene Research

Word Games

Hygiene Editorial

Alcoholism—Research

Alcoholism—Editorial

Nutrition

Nutrition Facts

Nutrition Survey

Nutrition Fun

Eating Disorder Survey

Interviews with Recent Smokers

By: Anthony S.

Interview with: Biagio S.

Q: Did you ever smoke and why?

A: Yes, because as a young man I thought it would make me look cool and like a big shot.

Q: Do you know the effects of smoking?

A: Yes, but back then I didn't know the effects of smoking. Some examples are lung cancer, bronchitis, and other respiratory problems.

Q: When did you give up smoking?

A: Around the late 1970s.

Q: Does anyone in your family smoke?

A: Yes, my sister (Susan Salerno), my brother (Fred Salerno), and my father (Vincent Salerno).

Q: Do you agree with no smoking in public places and why?

A: Yes, because smoking in public places can cause other people to be affected by what is known as second hand smoking.

Interview with: Lisa S.

Q: Did you ever smoke?

A: Yes, as a teenager and I didn't like it. Your dad wouldn't go out with someone who smoked.

Q: What is one thing you would tell people why they shouldn't smoke?

A: It causes lung cancer which will decrease your life span.

Q: Did you ever inform anyone about the affects of smoking?

A: Yes and it was my friend Kelly, my sister in law Chris, and your dad's Aunt Susan.

Q: How do you feel about second-ha and smoking?

A: I hates it and I don't want you and your brothers to be affected by it.

Q: Does anyone in your family smoke?

A: Yes, my sister in law Chris, and your dad's Aunt Susan



St. Anselm School

Class 5-1 Health Newsletter

Home/Editorial

Eating Disorders

Interview

Word Jumble

Interview on Smoking

Editorial and Game

Research Article

Hygiene Research

Word Games

Hygiene Editorial

Alcoholism—Research

Alcoholism—Editorial

Nutrition

Nutrition Facts

Nutrition Survey

Nutrition Fun

Eating Disorder Survey

Don't Smoke— It's Not a Joke!

By: Michael

I think smoking should be banned! The companies that make cigarettes are actually trying to discourage people from smoking. This means that even though they know that they can make money from cigarettes, tobacco companies also know how badly cigarettes can affect your health.

I think most people smoke because they are curious or they think it's cool. I always see a lot of adults on the street smoking. Many older people know smoking is bad for them but are careless. They don't even care about getting cancer from smoking! Most of the younger people that smoke do not know that it's bad for them but think that everyone is doing it and that it makes them look cooler or older. In my neighborhood, I also see a lot of teenagers smoking but I see more adults

I hope smoking will be banned!

Word Search By: Keith

Smoking, Second Hand Smoke, Disease, Lung Cancer, Cancer, Tobacco, Nicotine, Cigarettes, Pipes, Smoking

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



St. Anselm School

Class 5-1 Health Newsletter

Home/Editorial

Eating Disorders

Interview

Word Jumble

Interview on Smoking

Editorial and Game

Research Article

Hygiene Research

Word Games

Hygiene Editorial

Alcoholism—Research

Alcoholism—Editorial

Nutrition

Nutrition Facts

Nutrition Survey

Nutrition Fun

Eating Disorder Survey

Smoking— The Hard Facts!

By: Mateusz

Many people smoke in the United States and all around the world. Almost all smokers start before they are 21.

26% of adults smoke in the United States.

15% of kids said a family member did this once a week.

10% said a family member did this once a month.

28% said a family member did this once in while.

24% said a family member did this once or twice.

23% said no family member had ever brought up this subject.

85% of kids said they've never tried it.

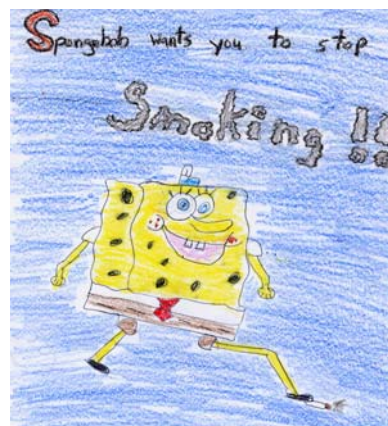
18% said one person does.

20% said two or more people do.

About 1200 people die each year due to smoking.

Why do so many people smoke? At first they may think it is cool and their friends may smoke and ask them to try it. Because tobacco has an addictive part called nicotine, it is easy to start smoking, but hard to stop. People smoke pipes, cigars, and cigarettes. Smoking can lead to lung cancer and other diseases.

Secondhand smoke is a combination of the smoke from a burning cigarette and the smoke exhaled by the smoker. This is a health hazard. Secondhand smoke is as dangerous as smoking. Some people chew tobacco. Smoking is very dangerous to your health.



Illustrations by: Nicholas



St. Anselm School

Class 5-1 Health Newsletter

Home/Editorial

Eating Disorders

Interview

Word Jumble

Interview on Smoking

Editorial and Game

Research Article

Hygiene Research

Word Games

Hygiene Editorial

Alcoholism—Research

Alcoholism—Editorial

Nutrition

Nutrition Facts

Nutrition Survey

Nutrition Fun

Eating Disorder Survey

Are You Clean Enough? By: Joseph

Hygiene is the part of our every day lives. You need hygiene to stay healthy. Our newsletter will take you into the world of hygiene. We hope you will enjoy it.

Hygiene is the process of cleaning yourself. Hygiene takes care of things like bad breath. Another name for bad breath is “halitosis”. If you have bad breath a lot you should go see a doctor dentist. You can also get tips from them. If you sense you have bad breath ask someone for a mint. If they have bad breath with out insulting, then ask if they need a mint.

If you suspect you have bad breath, ask someone honest, like your mom or dad. How do you get bad breath? By eating foods like onions, garlic, and by drinking soda. You might have poor dental hygiene which can grow plaque on your teeth. Avoid foods like that to avoid poor dental hygiene.

Dental hygiene means your teeth by hygienist (hi-Jen- ist) are people who clean and polish your teeth. They examine your mouth for a sign of diseases. Hygienists will put fluorides to prevent it. Remember go to a hygienist.

Skin, hair and nails are not for beauty. They protect you. Like your skin they protect your organs, blood and everything you have in there like a barrier. Your hair protects your head from the sun, and your nails protect your fingers and your toes. So... do a favor to your body, clean them!!! **Be part of hygiene!**



St. Anselm School

Class 5-1 Health Newsletter

Home/Editorial

Eating Disorders

Interview

Word Jumble

Interview on Smoking

Editorial and Game

Research Article

Hygiene Research

Word Games

Hygiene Editorial

Alcoholism—Research

Alcoholism—Editorial

Nutrition

Nutrition Facts

Nutrition Survey

Nutrition Fun

Eating Disorder Survey

Hygiene Games

By Cristian

- | | |
|--------------|------------------------|
| 1) Collagen | 6) Nails |
| 2) halitosis | 7) subcutenecis tissue |
| 3) Elaslum | 8) Papilla |
| 4) Skin | 9) Hair |
| 5) Sebum | 10) Keratinigation |

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

soap
bacteria
teeth
periodontal
doctor
feet
hygiene
order

efet _____
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St. Anselm School

Class 5-1 Health Newsletter

Home/Editorial

Eating Disorders

Interview

Word Jumble

Interview on Smoking

Editorial and Game

Research Article

Hygiene Research

Word Games

Hygiene Editorial

Alcoholism—Research

Alcoholism—Editorial

Nutrition

Nutrition Facts

Nutrition Survey

Nutrition Fun

Eating Disorder Survey

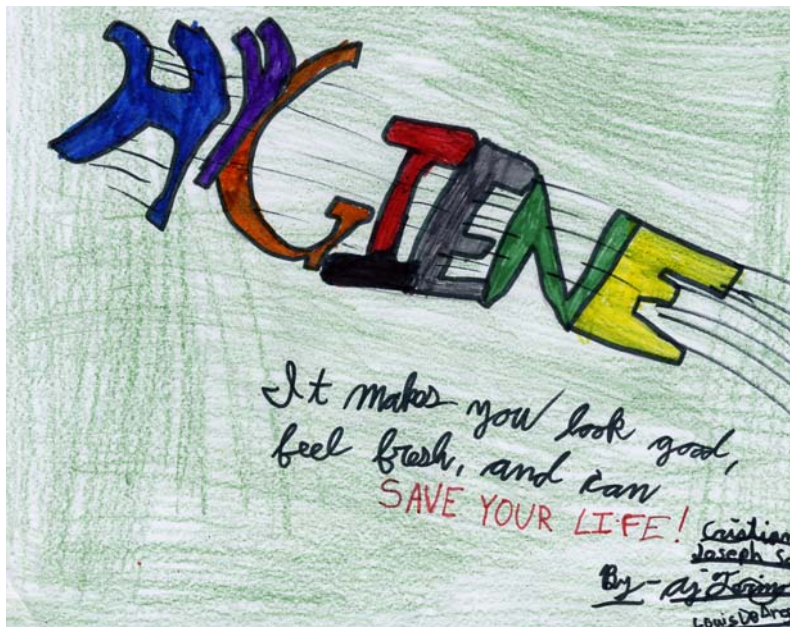
Hygiene Editorial

By: Louis

My group was really happy doing this report on hygiene. My group picked hygiene because we wanted to know more about cleaning our body parts using substances that are useful to a human body. These products will keep your insides and even your outsides healthy.

There are many products to use for good hygiene. Some products that my group learned about are soap, deodorant, toothpaste, toothbrushes and much more we enjoy using.

In our boys' bathroom, sometimes there is no soap to use for washing our hands. That is not proper hygiene. This could lead to people getting sick. If you don't wash your hands, you could get a lot of germs on your hands. This is why you should use hygiene. I also liked working with my friends at my table. It has been a pleasure to work with them. This concludes our presentation. I hoped you liked our project on hygiene.



By: Anthony F.



St. Anselm School

Class 5-1 Health Newsletter

Home/Editorial

Eating Disorders

Interview

Word Jumble

Interview on Smoking

Editorial and Game

Research Article

Hygiene Research

Word Games

Hygiene Editorial

● Alcoholism—Research

Alcoholism—Editorial

Nutrition

Nutrition Facts

Nutrition Survey

Nutrition Fun

Eating Disorder Survey

Alcoholism, How it harms you.

By: Kaylee

“Alcoholism is a serious disease in which people have an overwhelming desire for the mental and physical effects of drinking alcoholic beverages”. When drinking alcohol it can affect your body. You might be asking your self how and why it can affect your body. Well drinking alcohol might make you forget thing and your may also be affected. Alcohol adds stress to your heart and affect your brain cells.

By drinking alcohol you can also get diseases: hypoglycemia and liver disease which can kill you. When you drink alcohol there are usually four main symptoms. The four main symptoms are: craving- the strong need to dink in spite of serious consequences inability- not able to stop drinking once you start to physical tolerance- the need to consume increasing amounts to feel its affect, physical dependence- occurs when people’s bodies become so accustomed to alcohol that they have with drawl symptoms after they stopped drinking.

Why do people drink? Drinkers under the legal age start to drink because it makes them feel relaxed and happy. If you drink too much alcohol you will get a hangover, you can go under a coma or do something you might regret in the future. Alcohol can also make you feel clumsy and not be able to walk a straight and you may trip over anything. “Alcohol can stop medicines from working or the change”. When you drink alcohol with other drugs it can be very risky.

Alcohol travels everywhere in the body within minutes of entering the blood stream. When you drink it is possible to go under depression, depressant slows down the functions of your body and brain. Some health problems caused by long-term drinking are: damage to the brain, stomach, intestines, and heart and liver problems. The common alcohol drinks that alcoholics use are wine, beer, and liquor.

The impact of drinking alcohol is greater on young people because their bodies are smaller. Not everyone should drink but people still do. Many people want to say no but they can't say no because there is a lot of pressure on you. My advice to drinkers is to just say NO!

Women who are pregnant should not drink alcohol; the affects of drinking alcohol can be their baby having mental and physical defects. This can be deadly for that baby that the mother is about to have. If the baby does not die, it risks the chances of Fetal Alcohol Syndrome (FAS). To some up my research article, there are many bad effects of drinking alcohol, so just say no!



St. Anselm School

Class 5-1 Health Newsletter

Home/Editorial

Eating Disorders

Interview

Word Jumble

Interview on Smoking

Editorial and Game

Research Article

Hygiene Research

Word Games

Hygiene Editorial

Alcoholism—Research

Alcoholism—Editorial

Nutrition

Nutrition Facts

Nutrition Survey

Nutrition Fun

Eating Disorder Survey

What I think about alcohol

By: Bianca

I think alcohol is bad for you. You can get diseases from drinking alcohol such as lung disease, hypoglycemia, and liver disease.

I think you should only drink alcohol on occasion; if you drink it all the time you can get sick, you can get serious diseases, or you can even die! You should not drink alcohol everyday!

If you think that it is cool to drink alcohol you are wrong. You might think it is cool because you might have a family member or a friend that drinks. When you are around them a lot, it's possible you would like a drink because you look up to them or want to be like them. Even if this happens you shouldn't drink.

a	m	o	c	c	l	f	g	m	s	h
l	l	q	s	t	v	w	l	m	t	a
c	s	c	o	n	t	r	o	l	v	h
w	l	t	o	l	s	o	o	m	e	g
k	t	u	l	h	m	m	m	s	t	o
n	s	t	m	o	o	d	e	f	a	v
u	n	i	e	s	b	l	l	c	d	e
r	e	f	g	h	y	i	l	c	d	f
d	i	z	z	y	m	h	v	s	p	o
i	s	w	y	z	r	a	e	b	m	c
t	u	v	q	q	l	x	r	t	d	p

Words

1. Alcoholism
2. Coma
3. Mood
4. Control
5. Clumsy
6. Liver
7. Dizzy
8. Hangover
9. Urge
10. Drunk

Word Search by Kristen



By: Gabrielle



St. Anselm School

Class 5-1 Health Newsletter

Home/Editorial

Eating Disorders

Interview

Word Jumble

Interview on Smoking

Editorial and Game

Research Article

Hygiene Research

Word Games

Hygiene Editorial

Alcoholism—Research

Alcoholism—Editorial

● Nutrition

Nutrition Facts

Nutrition Survey

Nutrition Fun

Eating Disorder Survey

Nutrition

By: Gabriella

Did you ever stop to think about the importance of nutrition and what it could do to you? Your answer is probably no, so that's why you should read this article, to make you aware of the dangers of being unhealthy.

Nutrition is a part of our everyday life. It helps you with all your physical problems; especially if you get overweight from eating too much junk food!

Important facts

- Two hours & fifty-six minutes of television a day for one year is about forty-four days of television straight!
- Food labels help you compare foods to see which product is healthier.
- Internet surfing, video games, and television can make you fatter. People between the ages of nine and twelve are mostly overweight.

How to maintain a healthy diet

Do you have problems staying healthy? Are you struggling for a better body? Well, today is your lucky day because this diet will guarantee you to lead a more fit and healthier life.

<u>Groups</u>	<u>Information</u>	<u>Examples</u>
The bread –cereal group.	This is the main source of energy.	Bread, pasta, and grain.
The meat-poultry group.	It provides iron and muscle building proteins.	Beans, chicken, and steak.
Vegetable- fruit group.	This group provides vitamins C & A.	Apples, oranges, and broccoli.
Milk-Cheese group.	It provides bone strengthening calcium.	Cheese, yogurt, and milk.

Good Habits: Playing Catch, Climbing stairs, and even talking a lot is a good habit.

Bad Habits: Fast food, drinking soda, and riding elevators, instead of running up the stairs.

Always try to stay healthy or it may lead to serious problems!



St. Anselm School

Class 5-1 Health Newsletter

Home/Editorial

Eating Disorders

Interview

Word Jumble

Interview on Smoking

Editorial and Game

Research Article

Hygiene Research

Word Games

Hygiene Editorial

Alcoholism—Research

Alcoholism—Editorial

Nutrition

Nutrition Facts

Nutrition Survey

Nutrition Fun

Eating Disorder Survey

Stay Healthy & Be Happy

By: Kathleen and Shelby

Nutrition is a part of your everyday life whether you are young or old. Nutrition is defined as food & nourishment. Nutrition is staying healthy and fit. The healthier we eat the more vitamins we get for our bodies. Have you ever thought how important it is? Without nutrition you can become very sick and eventually die.

Stay Healthy

There are many ways to be healthy and stay fit. One way is to exercise. Thousands of kids are overweight. Kids are overweight because they don't eat the right food; they do not exercise, and enjoy eating junk food. If kids keep this up they will become overweight adults and probably develop serious health conditions such as lung cancer or even a heart attack which will lead to their death. But there is a way to fix this problem. Kids should exercise, eat the right food, and try to get up and do something. If you are a kid, please try to do these things

The Four Food Groups

There are four major food groups that will help you stay healthy. The first group is fruits and vegetables. They provide excellent servings of potassium and vitamins A&C. The second group is grain group. It is the main source of energy. The third group is the meat and poultry group. This provides iron, muscles, and protein for the body. The fourth group is the dairy group. It provides lots of calcium for strong bones.

Food Labels

You also have to pay attention to food labels. It is very important to see how many nutrients are in a product, this way you know what to eat

Conclusion

You should always stay healthy and fit or it could lead to many problems. Have an apple instead of a bag of chips. Eat healthy and be happy!

Fun Facts by Jennifer

Here are some good nutritious fun facts for you to read about.

- Did you know that one slice of pecan pie has more fat than 12 cheese burgers, and 10 cups of pudding?
- Did you know potato chips are more fattening than ice cream and most candies?
- Did you know that some ice cream contains milk and others have ice?
- Did you know whole milk contains 99 grams of fat
- Did you know gum takes 7 years to digest!
- Did you know 2 hours of T.V. a day is 44 days in a year!
- Did you know most kids are over weight?
- Did you know you need sugar in your body (but you shouldn't eat it that much).
- Did you know some fruits contain a lot of sugar it may be natural sugar but it's still bad?



St. Anselm School

Class 5-1 Health Newsletter

Home/Editorial

Eating Disorders

Interview

Word Jumble

Interview on Smoking

Editorial and Game

Research Article

Hygiene Research

Word Games

Hygiene Editorial

Alcoholism—Research

Alcoholism—Editorial

Nutrition

Nutrition Facts

● Nutrition Survey

Nutrition Fun

Eating Disorder Survey

Nutrition Survey

By: Jennifer

Do you eat healthy? Do other people eat healthy? If you don't you are not the only one. I did a survey to find out just how many people do eat healthy. My first survey question was what snack do you usually eat when you get home? Mostly every one chose chips, the most fattening on the list. Did you know that chips have more fat and calories than ice cream? You probably didn't think so because chips are made from potatoes, but it's true. Next time when you get home choose fruit not chips or ice cream.

My second question was, "How many servings of veggies do you eat a day?" 2. You should eat 4-5 servings but instead you have 1-2 a day. Vegetables are a part of your daily diet and you should have at least 3 servings of it to keep you healthy.

My third question was "Do you care about your health?" Most people answered yes, I mean of course you care about your health. If you said you care about your health than you should try to eat healthy and exercise. If you said no than I suggest you start to care before you become an over weight adult.

Next I asked do you get the daily nutrition you need? This question came out to a tie between yes and sometimes. The good thing is that even if you only get it sometimes you're still getting the nutrition but if you want to have energy and be in tip top shape I suggest you get it every day.

My 5th question was do you take vitamins every day? Mostly every one said yes. That's great that you get a vitamin every day. Vitamins are minerals that give you energy and help fight certain diseases, they also keep you from catching colds.

My 6th question is do you like healthy food? Mostly everyone answered yes. That is great because if you like it you will eat it and as you know eating healthy is good for us. If you don't like it than you should try to find a different healthy food you never tried before. Who knows maybe you will find a great new dish. My 7th question was what is your favorite fruit/veggie? Most people chose lettuce which is the healthiest on the list. Lettuce is a really good veggie for you because it is green. The green veggies contain the most vitamins and minerals. My 8th question was how many hours of T.V. do you watch? Mostly everyone chose 3-4. Not the best answer it should be just 1-2. Did you know that 2 hours of T.V. a day is 44 days! So get off the couch and do something healthy for you.

That was my last question, so there you have it, now you know how to keep healthy.



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Class 5-1 Health Newsletter

- | Home/Editorial
- | Eating Disorders
- | Interview
- | Word Jumble
- | Interview on Smoking
- | Editorial and Game
- | Research Article
- | Hygiene Research
- | Word Games
- | Hygiene Editorial
- | Alcoholism—Research
- | Alcoholism—Editorial
- | Nutrition
- | Nutrition Facts
- | Nutrition Survey
- Nutrition Fun
- | Eating Disorder Survey

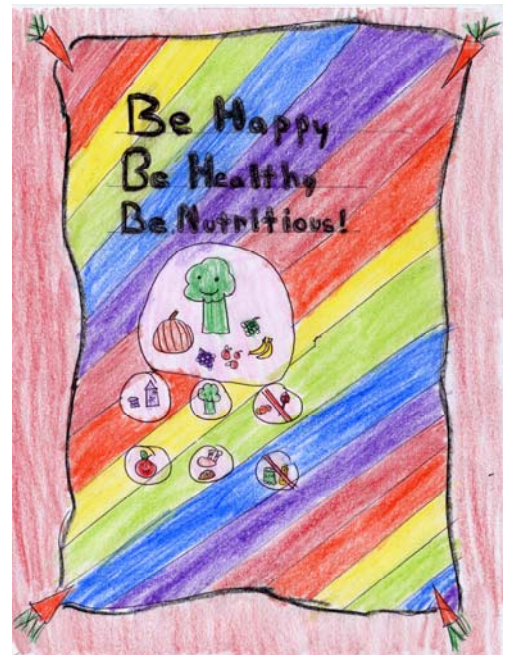
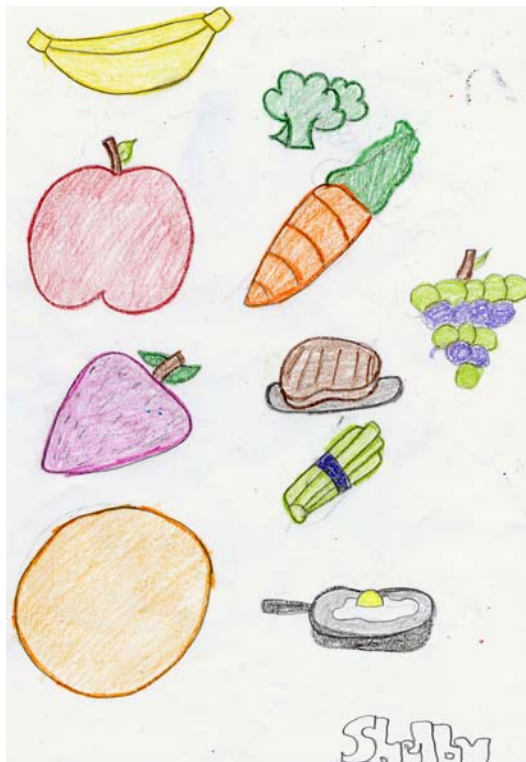
Word Search

By: Susanna

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

WORD BANK

- NUTRITION
- BONES
- FRUIT
- FATS
- MILK
- CARBS
- VEGETABLE
- MEAT
- FOOD
- FOOD LABEL



By Susanna



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Alcoholism—Editorial

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● Eating Disorder Survey

Eating Disorders Survey: By Damian

How Informed About Eating disorders are you?

1. Do eating disorders occur on boys or girls?

A. Boys

B. Girls

2. When do eating disorders occur?

A. 14-18

B. 6-14

3. Where do eating disorders occur?

A. United States of America

B. England

4. Do you know anyone with an eating disorder?

A. yes

B. no

5. What will happen if someone vomits because of an eating disorder?

A. They will be happy.

B. They will burn their esophagus.

6. What does 'eating disorders' mean?

A. No appetite

B. Not hungry.

7. Which is more common?

A. Bulimia

B. Anorexia

8. Do people with binge eating disorders eat too much or don't eat?

A. Don't eat too much.

B. Don't eat a lot.

9. Is binge eating bad for you?

A. yes

B. no

