

## Keep their smiles intact

### *Mouthguards key for kids*

**Do you and your children have smile protection when playing all sports?**

Mouthguards work like shock absorbers. They help prevent painful and costly mouth injuries.

Thousands of people every year suffer from injuries to teeth, lips, tongue and cheeks.

### **Where can you get a mouthguard?**

A mouthguard made for you by your family dentist gives the best protection and comfort.

Sporting Goods stores sell pre-formed mouthguards for you to fit at home.



*If your children play sports, be sure to get proper mouth protection for them. Mouthguards can help prevent painful—and costly—mouth injuries.*

## Maintaining the energy

### *Children need meals or snacks throughout the day*

To give your child energy and nutrients throughout the day, encourage them to eat a meal or snack every 3-4 hours. Snacks can be very simple to make, and healthy too.

When making a snack, choose foods from at least two of the four food groups from Canada's Food Guide. The four food groups are: Vegetables and Fruit, Grain Products, Milk and Alternatives and Meat and Alternatives.

Some easy snack ideas include:

- Berries and yogurt
- Apple and peanut butter
- Whole grain crackers and cheese
- Red and green peppers with hummus
- Half a sandwich and milk
- Fruit salad and almonds

To make a healthy snack the easy choice keep sliced veggies and fruit in the fridge!

Here's a simple recipe:

### **Yogurt Parfait**

$\frac{3}{4}$  cup (175 mL) low fat yogurt

$\frac{1}{2}$  cup (125 mL) fresh fruit or berries

$\frac{1}{3}$  cup (75 mL) high fibre cereal

**Directions:** Mix together or layer in a cup



*Consult Canada's Food Guide for ideas on snacks for your kids. But you can never go wrong with an apple...*

For more information and snack ideas please visit [www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-healthy-snacking.pdf](http://www.albertahealthservices.ca/SchoolsTeachers/if-sch-nfs-healthy-snacking.pdf)

## Dancing and exercise: Natural partners

Here are some dance-related activities that can give you and your friends a workout while having fun...

- Start the music and move around the room to the beat.
- Mirror the movements of a partner.
- In a big group, all members of the group can try to follow the movements of one leader.

- Each leader can choose how the others will move for 16 beats of music.
- Move in a way that works out your heart.

Is your face red?

Are you breathing heavy? Are you having a hard time holding a conversation? These are all signs you are working hard!