



Buzzy BODY & BITES for Teens

Buzzy



The next time you are feeling stressed, try these activities!

1. Take your pet on a walk.
2. Snuggle with your pet.
3. Play with your pet and their favorite toy.
4. Go on an adventure! Take a drive or visit a pet-friendly restaurant or retail store.
5. Have a mini photoshoot with your pet! Then print the pictures and put them in a place where you will see them often.

Companion Animals and Stress Management

Written by Eleni Kasianides, 2022-23 Teen Healthy Living Ambassador

As we head from midterms into the final sprint before finals, stress can be at an all-time high. Personally, I find comfort in my barn, taking care of my animals. Studies have shown that playing or cuddling with our furry (or feathered!) friends releases a chemical called oxytocin, the feel-good hormone that results from that social and relational interaction with animals. This is the same chemical a mother and baby bond produces! Playing with animals also causes a decrease in blood pressure, and cortisol—the stress hormone. These three factors provide relief for your nervous system and is a great healthy coping mechanism when feeling stressed. While most studies are focused on dogs, most pets still have the same benefits! Other studies concluded that they can also decrease feelings of loneliness, increase feelings of social support and boost overall mood and mental health!

BITES



Eat Smart • Move More

Hummus

Prep Time: 15 minutes
Total Time: 15 minutes



Ingredients

- 16 ounces canned garbanzo beans, drained (save liquid) and rinsed
- ¼ cup liquid saved from beans
- ¼ cup lemon juice
- 2 tablespoons olive oil
- 1½ tablespoons tahini
- ¼ teaspoon salt
- ¼ teaspoon garlic powder
- 1 pound sugar snap peas, stringed



Directions



1. Mix all ingredients, except for peas, in a blender or food processor for 3-5 minutes until smooth.



2. Pour into a serving bowl and serve immediately with peas or cover and refrigerate.

Quick Tips

- To string peas, break off the stem and gently pull downward, removing the strings that run along the "seam" on each side.
- Did you know... 2 tablespoons of peanut butter can be used as a substitute for the tahini.
- 1/4 teaspoon of garlic powder is about 1-2 crushed garlic cloves.
- 1 pound of snap peas are approximately equal to 5 cups.

(Recipe adapted from Simple Healthy Recipes, as listed at: <https://whatscooking.fns.usda.gov/>)

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Nutrition Facts

10 servings per container	
Serving size 10 servings (115.09g)	
Amount per serving	
Calories 110	
Total Fat	5g 10%
Saturated Fat	0.5g 3%
Trans Fat	0g
Cholesterol	0mg 0%
Sodium	500mg 10%
Total Carbohydrate	10g 4%
Dietary Fiber	4g 14%
Total Sugars	5g
*Includes 1g of Added Sugars	
Protein	5g
Vitamin D 500g	0%
Calcium 50mg	4%
Iron 1mg	6%
Potassium 200mg	4%

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For a nod to the Spring Season, use the **Hummus** recipe to create **Peter Rabbit's Garden** snacks. Fill sauce cups with hummus. Poke a hole in the tops of two baby carrots. Feed a sprig of parsley into the holes. Place carrots into the hummus.

Find more recipes at eatsmartmovemoreva.org

BODY

Make your own Geocache!

Written by Lidija Westfall,
2022-23 Teen Healthy Living Ambassador

Geocaching is a popular activity and a great way to get outdoors. In this game of hide-and-seek, seekers use GPS devices to find hidden caches. To make your own geocache, start by finding an airtight container and placing small trinkets inside. Include a small notebook such as a memo pad and pen, so visitors can log basic information such as name, date of visit, and place of origin. If you'd like to make it an official geocache, you can go to geocaching.com to see the official rules. Next find a place to hide the cache (make sure to double check for permit requirements), and disguise it! If you don't want to go through the hassle of registering your geocache, try sharing its coordinates and some clever clues on social media. Check on it every so often to ensure it's in running order.

Exercise Your Mind

Bunnies on the Brain, Rabbit Fun Facts and Riddles

Written by Eleni Kasianides, 2022-23 Teen Healthy Living Ambassador

- Bunnies are not rodents, they are lagomorphs! The only other member of that family, outside of Rabbits and Hares are Pikas!
- What do you call a parade of rabbits hopping backward? (A receding hair-line!)
- Bunnies come in a range of sizes, from 3 ½ pounds to over 20! The smallest breed is a Netherland Dwarf, and the largest is the Continental Giant!
- How can you tell which rabbits are getting old? (Look for the grey hares)
- Some bunnies are trained specifically in a sport called Rabbit Hopping, which originated in Sweden during the late 1970s and was known as "Kanininghoppning" or "Rabbit Jumping!"
- Why did the bunny build herself a new house? (She was fed up with the hole thing)
- Angora rabbits are a big producer of wool, and the fiber industry loves their soft texture and dexterity for sweaters and other woolen products!

Resources

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