













Buzz BODY & BITES for Teens

Buzz

Here are some DIY gift ideas
to get you started:

-  Hot Cocoa Stirrers
-  Fudge
-  Apple Butter
-  Soap
-  Candles
-  Hand Knit Hat
-  Bath Salts or Sugar Scrub
-  Woven Pot Holders
-  Pocket Hand Warmers
-  Play-dough or Slime



Holiday Gifts from the Heart

By Ellie James, 2022-2023 Healthy Living Ambassador

The holidays are quickly approaching! What better time to show your friends and family how much they mean to you, and what better way than with a homemade gift from the heart. A quick Google search, or look at Pinterest, will give you lots of ideas. Find something you're good at, like knitting or art, and craft a unique handmade gift. But, you don't have to be crafty to make something they love. There are a lot of good ideas for homemade gifts that are easy to make, like putting together the dry ingredients for a favorite cookie mix in a jar or assembling a hot cocoa kit. You don't have to spend a lot of money to make something special for your loved ones. You could make a more personalized gift, perhaps writing a poem and framing it, or making photo-collaged coasters. If you're short on time, there are some great DIY gifts that don't take long to make. For example, if you like to paint, wood sliced ornaments would be a quick, easy gift anyone would appreciate. Whatever you make, your family and friends will appreciate the time, care, and love that goes into your homemade gifts!

BITES



Eat Smart • Move More

Fruit Kabobs & Yogurt Dip

Prep Time: 15 minutes

Total Time: 15 minutes



Ingredients

1 cup pineapple, cut into chunks
1 cup seedless grapes
1 cup strawberries, hulled
1 cup watermelon, seeded and cut into chunks
2 kiwis, peeled and sliced
6 ounces low-fat vanilla yogurt

Nutrition Facts

8 servings per container		1 serving (115.51g)	
Calories		60	
Total Fat 0.5g		1%	
Saturated Fat 0g		0%	
Trans Fat		0%	
Cholesterol 0mg		0%	
Sodium 15mg		1%	
Total Carbohydrate 14g		5%	
Dietary Fiber 1g		4%	
Total Sugars 12g			
Includes g of Added Sugars			
Protein 2g			
Vitamin D 0mcg		0%	
Calcium 51mg		4%	
Iron 0mg		0%	
Potassium 212mg		4%	

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

- Arrange fruit chunks on the skewers.
- Serve kabobs alongside yogurt as dip.

Find this recipe and more at
eatsmartmovemoreva.org

(Recipe adapted from Food and Health Communications, Inc., as listed at: <https://whatscooking.fns.usda.gov>)

www.eatsmartmovemoreva.org

Quick Tips

- ▶ Always wash produce before cutting.
- ▶ You can easily change this recipe by using different fruits. Try blueberries, mango, honeydew melon, or oranges.
- ▶ Most fruit peels are edible. Eating the peel provides you with more fiber and nutrients.

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For a fun holiday spin on this recipe, make **Grinch Kabobs** by stacking the following on a wooden skewer:

- 1 green grape
- 1 banana slice
- 1 hulled strawberry
- 1 mini marshmallow

BODY

Window Shopping

By Alice Milton, 2022-2023 Healthy Living Ambassador

Window shopping is a leisurely and pleasant activity many engage in, especially throughout the holiday season. The ornamental lights, holiday attire, and colorful decorations captivate many. Since this is enjoyable for most, why not focus on the exercise aspect for a moment?








Visit a local town square or city, and take a peek at the charming holiday decor the shops and streets have to offer! Try to count the snowmen, gingerbread houses, or whatever you see, to add an enjoyable challenge to the walk. Bring your loved ones along, and appreciate the decorations together. This is an activity that you can make your own!

Exercise does not have to be boring. You can sculpt it into something that suits you! Take time throughout this holiday season to go for a walk and window shop. Who knows what you can discover?!

Exercise Your Mind

Reindeer Logic Puzzle

Santa's reindeer had a race to see who would lead the sleigh this year. Medals were given to the top three reindeer. In what order did they finish?

-  Blitzen finished two ahead of Cupid and three ahead of Vixen.
-  Rudolph finished just ahead of Blitzen and just behind Dancer.
-  Only one reindeer was slower than Cupid.
-  Comet was pleased to have beaten Rudolph, but he wished that he'd also beaten Dasher.
-  Prancer, Comet, and Dasher all won medals.
-  Donner was unhappy to be in the bottom half of the results.
-  Prancer was delighted to beat Dasher.

Answer: 1.Prancer 2.Dasher 3.Comet 4.Dancer 5.Rudolph 6.Blitzen 7.Donner 8.Cupid 9.Vixen

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