



# Buzzy BODY & BITES for Teens

Buzzy

A pretty decently sized amount of people have fairly low levels of Vitamin D. Here are some other food sources containing Vitamin D:

- Cod liver oil
- Salmon
- Swordfish
- Tuna fish
- Orange juice fortified with vitamin D
- Dairy and plant milks fortified with vitamin D
- Sardines
- Beef liver
- Egg yolk
- Fortified cereals



## Dairy Month

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Happy Dairy Month all! When we think of milk and we think of the health benefits of milk we think of calcium, right? Yes!! However not only does milk contain plenty of calcium but it also contains other important nutrients such as B Vitamins, Phosphorus, Zinc and Vitamin D3. D3 is like a master hormone, it plays a fundamental role in many bodily functions, without it our immune system is seriously debilitated. However a slightly lesser known fact about D3 is that its active form, Calcitriol, plays a key role in calcium absorption. It acts on gastrointestinal cells to increase the amount of calcium transport proteins, resulting in the increased uptake of calcium. Calcitriol also plays a role in the kidneys by increasing calcium reabsorption, thus preventing loss of calcium in the urine. While we don't completely understand Vitamin D's role in Calcium we do know that it has a significant impact on osteoblast function and stimulates the release of calcium from the bones.

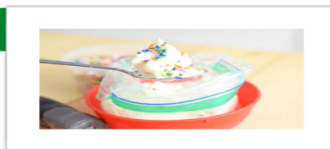
# BITES



## Eat Smart • Move More

### Ice Cream in a Bag

Prep Time: 5 minutes Total Time: 10 minutes



#### Ingredients

- 1 tablespoon sugar
- ¼ teaspoon vanilla extract
- 2 tablespoons soft fruit
- ½ cup skim milk

#### For the ice bag (not to be eaten):

- ½ cup rock salt
- Enough ice to fill up half of a gallon size plastic bag

#### Nutrition Facts

1 servings per container	
Serving size (161g)	
Amount Per Serving	
<b>Calories 100</b>	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0.1g	1%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 55mg	2%
Total Carbohydrate 21g	8%
Dietary Fiber < 1g	2%
Total Sugars 19g	
Includes 12g Added Sugars	24%
Protein 4g	8%
Vitamin D 1.2mcg	6%
Calcium 169mg	15%
Iron 0.18mg	0%
Potassium 235mg	4%

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

#### Quick Tips

- Soft fruits that work well with this recipe include: strawberries, blueberries, raspberries, blackberries, bananas, ripe peaches/pears, and canned fruit.
- If making for a crowd, place 2 or 3 ice cream bags in with the ice bag and shake. Have 4 or more gallon bags of ice working at a time.

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#### Directions

- Put sugar, vanilla, and soft fruit in a quart size sealable plastic bag. Zip to seal.
- Crush the soft fruit and mix well by squeezing the bag with your fingers. Open the bag carefully and add milk. Reseal and mix well again.
- Fill a gallon size sealable plastic bag half way with ice. Add rock salt, and shake gently to mix.
- Place the sealed quart size bag with the milk mixture inside the gallon size ice bag. Seal the ice bag and gently shake for 3-5 minutes until the mixture has frozen and turned to ice cream.
- Remove the ice cream bag and rinse the salt water off of the outside of the bag. Eat right from the bag or place the ice cream in a bowl to serve.

[www.eatsmartmovemoreva.org](http://www.eatsmartmovemoreva.org)

Find more recipes at [eatsmartmovemoreva.org](http://eatsmartmovemoreva.org)

# BODY



We all know that calcium found in dairy products helps us have strong bones, but you can also help to develop strong bones by engaging in activities that help produce pressure.

Examples include:

- Hopping,/skipping,/jumping
- Jumping rope
- Running
- Sports that involve jumping or rapid change in direction
- Other weight-bearing activities

## Exercise Your Mind

### Split the Milk! In honor of National Dairy Month, help us figure out this Legen-Dairy riddle!

You have three jugs. They can hold 12 liters, 8 liters, and 5 liters of milk, respectively. The 12-liter jug is full of milk, the other two jugs are empty. You need to split the milk in half (i.e., into two portions of 6 liters each) using only the jugs on hand. How can you split up the milk to give away exactly 6 liters, and keep 6 liters?

Answer :

In this order 12 liters, 8 liters, 5 liters

Follow these steps:

- 12-0-0
- 4-8-0
- 4-3-5
- 9-3-0
- 9-0-3
- 1-8-3
- 1-6-5
- 6-6-0

## Resources

Virginia 4-H | Facebook

[www.facebook.com/Virginia4HStateOffice](http://www.facebook.com/Virginia4HStateOffice)

Virginia Family Nutrition Program

[eatsmartmovemoreva.org](http://eatsmartmovemoreva.org)

[www.facebook.com/VaFNP](http://www.facebook.com/VaFNP)

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