



# *Tips to keep you healthy!*

**By Junior Girl Scout  
Troop 3724**

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Topics researched and submitted by:

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*Tips for a  
healthy YOU!*

\*All entries were submitted into this booklet as written per girl scout, no extra editing was done.

# Healthy Eating

By Holly Donoghue

Did you know that over 300,000 deaths per year are caused by poor nutrition and lack of physical activity . But you can stop it! Here are three healthy tips, Make SMART choices from every food group. 2, Find a balance between food and physical activity. 3, Get the most nutrition out of your calories . Here is a diet for a healthy lifestyle eat juice fruit, veggie , whole grains , and fat free milk and milk products. Also lean meat , fish beans and nuts. The amount children and teens should get of physical work is 30 minutes. Some sports you can play to stay fit are soccer , jumping rope. running is good and crunch's are great. Thank you for listening to my speech!!!! =)

## Fruits and Veggies





## Taking your kids to the Doctor

Taking a child to the doctor's office can be scary! The doctor's office can seem cold, and frightening. Before going, talk to the child about what goes on at the doctor's office.

Explain what they do, how they do it. Talk to the child about what a doctor does, like listening to the child's heart and lungs with a stethoscope. Describe what the purpose is and why they pay special attention when listening to the heart. This will make it easier to go to the yearly visit to see your doctor for a well child check up. The doctor will check your height and weight and your blood pressure, your heart rate and your temperature; these are called your vital signs. They will also check your ears, eyes and throat and feel your spine. They will ask you questions about how you are feeling, and if you have any problems. Once a year the doctor should check your blood levels. This is called a CBC or complete blood count. They will have you give a urine sample in a cup to check for any infections.

If the child asks questions, answer them to the best of your abilities, most of the questions will be easy enough to answer. The more they know the more comfortable they will feel.

When leaving the doctor's office, summarize what happened in the appointment. Things like, "The doctor said you are a very healthy" or "The doctor is giving you medicine to make you feel better".

Going to the doctor should be a good experience and not scary and done at least once a year!

are any cavities

**flossing** — involves using a piece of waxy string called dental floss to get in between your teeth and remove food particles that your toothbrush can't reach

**fluoride treatment** — a gel or foam applied to teeth that makes them strong and helps prevent cavities

**orthodontist** — a doctor who specializes in correcting the shape or positions of your teeth

**plaque** — a thin, sticky layer containing bacteria that grow on your teeth Going to the dentist every six months will make sure you always have a beautiful smile!!

## What Does the Dentist Do?

The dentist is a doctor who is specially trained to care for teeth. When you visit for a checkup, your dentist will look at your teeth and gums to check for any problems. The dentist also wants to make sure your teeth are developing properly as you grow. It's important to visit your dentist every 6 months to make sure you're taking good care of your teeth and that your teeth and gums are healthy. During the exam, your teeth will be cleaned, flossed, and checked for cavities.

**Cleaning and Flossing** One of the first people you'll meet at the dentist's office is the **dental**. A dental hygienist is a person who knows all about keeping teeth and gums clean and healthy. The dental hygienist will look inside your mouth to make sure your teeth are growing properly and your gums are healthy. The dental hygienist will clean and polish your teeth, using tiny dental tools like a tooth scraper, mirror, and special toothbrush. The tooth scraper removes **plaque** from your teeth. Plaque is a thin, sticky layer that coats your teeth and contains **bacteria** that grow on your teeth over time. Plaque that isn't removed from your teeth can cause decay, or a cavity. Next comes brushing and flossing. The dental hygienist will brush your teeth with a special toothbrush and toothpaste. The toothbrush has a small, round tip that moves around and around to clean your teeth. The toothpaste might taste like your own toothpaste at home, but it will feel a little grittier

— almost like sand. Then the dental hygienist will floss your teeth and show you the proper way to brush and floss your teeth at home. **Flossing** involves using a piece of waxy string called dental floss to get in between your teeth and remove food particles that your brush can't reach [BackContinue](#). X-rays are like superhuman vision. They can show cavities hiding between your teeth and problems beneath your gums. A [cavity](#) is a decayed, or rotted, part of a tooth. It does not hurt to get an X-ray and it takes only a few seconds. The dental hygienist will place a thick blanket over your chest (to protect your body from the high-energy waves) and put a piece of plastic (that holds the X-ray film) into your mouth. As you gently bite down on the plastic, you'll have to be very still for a few seconds while the dental hygienist snaps the picture. **Fluoride Treatments** Fluoride is a natural mineral that makes your teeth strong and helps prevent cavities. At the dentist's office, a fluoride gel or foam will be applied to your teeth. Most dental offices offer fluoride treatments with flavoring, like bubble gum or grape. The dental hygienist will probably tell you not to eat or drink anything (including water) for 30 minutes after the fluoride treatment.

**Meeting the Dentist** The dentist will look at all of your teeth and check your gums to make sure they're strong and healthy. The dentist will also check the way your top and bottom teeth work together. This is called your **bite**. If he or she thinks you have a problem with your bite, you may be referred to an [orthodontist](#). This is a doctor who specializes in correcting the shape or positions of all your teeth through [braces](#). The dentist will study your X-rays (looking for cavities or other problems) and ask if you have any questions about your teeth. Your dentist may also prescribe fluoride drops or tablets for you to take every day at home. **Q:** What part of your body helps you to [digest](#) your favorite foods, say "cheese," and look great in pictures?

**A:** Your [teeth](#)!

It's true. Your teeth are an important part of your smile, and they also help you chew foods like crunchy apples or yummy pizza. Brushing and flossing are important, but you also need to visit your dentist regularly to keep your teeth strong and healthy. Read this article to learn more about what happens at the dentist's office.

## **What Does the Dentist Do?**

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## **What Happens at the Dentist's Office?**

After your name is called in the waiting room, you'll go into an exam room and sit down in a big, comfortable chair that is like a huge recliner. The chair will have a place to rest your head and lots of room for you to stretch out your legs. Next to the chair may be a little sink with a cup that you can use to rinse out your mouth as your teeth are being cleaned.

During the exam, your teeth will be cleaned, flossed, and checked for cavities.

**What Happens If I Have a Cavity?** If you have a cavity, you'll probably have to come back to the dentist's office for another visit. At that time, the dentist will remove the decayed part from your tooth with special dental tools. Then the decayed area will be filled with materials that will keep your tooth strong and healthy, like tooth-colored or silver fillings. As soon as you sit down in the dental chair, the dentist will give you a tiny shot of a medicine that numbs the area around the tooth. Your mouth may be numb for a little while after you leave the dentist's office, but the anesthetic will soon wear off and you'll be left with a beautiful smile! **Dental Words** Some words used at the dentist's office might be new to you. Here are a few and what they mean:

**bacteria** — tiny organisms that live on your teeth and are found in plaque

**cavity** — the decayed, or rotten, part of a tooth

**dental hygienist** — a person with special training about the proper way to keep teeth and gums clean and healthy

**dental X-rays** — pictures of your teeth and gums that will show a dentist whether there are any cavities

**flossing** — involves using a piece of waxy string called dental floss to get in between your teeth and remove food particles that your toothbrush can't reach

**fluoride treatment** — a gel or foam applied to teeth that makes them strong and helps prevent cavities

**orthodontist** — a doctor who specializes in correcting the shape or positions of your teeth

**plaque** — a thin, sticky layer containing bacteria that grow on your teeth Going to the dentist every six months will make sure you always have a beautiful smile!!

BE SMART AND DON'T SMOKE OR TAKE DRUGS!!!!  
BY: JENNIFER PENEGOR

Each year 500,000

People die from drugs!

DO YOU WAN'T TO BE SMART AND NOT TAKE DRUGS?? ?

IF SO . . .

**Just Say NO!**

If you would like extra info go to Google there are some web sights you can go to:

American cancer society.org

<http://library.thinkquest.org/j002597/>

<http://www.foxnews.com/story/0,2933,509932,00.html> (it will be the one that says “not smart (ies): doctors warn of dangers in kids...”).

<http://www.usdoj.gov/dea/concerc.htm>.

300,000 people die from alcohol abuse and by drinking and Driving.

Lots of people smoke and die of lung cancer . so don't be like them!!!!

Don't be like the cat !!!! be smart!!!!



don't drink it's not smart!



Summer is here... Mosquito's are near,  
Have NO Fear

### Insect Repellant Information

Did you know, that female mosquitoes bite people and animals because they need the protein found in blood to help develop their eggs. Mosquitoes are **attracted to people by skin odors and carbon dioxide from breath**. The active ingredients in repellents make the person unattractive for feeding. Repellents do not kill mosquitoes. Repellents are effective only at short distances from the treated surface, so you may still see mosquitoes flying nearby.

In general you should re-apply repellent if you are being bitten by mosquitoes. Always follow the directions on the product you are using. Sweating, perspiration or getting wet may mean that you need to re-apply repellent more frequently.

People can, and should, use both a sunscreen and an insect repellent when they are outdoors. Follow the instructions on the package for proper application of each product. In general, the recommendation is to apply sunscreen first, followed by repellent.



### Insect Repellant Usage Tips



When using repellent on a child, apply it to your own hands and then rub them on your child. Avoid children's eyes and mouth and use it sparingly around their ears. Do not allow young children to apply insect repellent to themselves.



Do not apply repellent to children's hands.  
(Children may tend to put their hands in their mouths.)



Do not apply repellent under clothing. If repellent is applied to clothing, wash treated clothing before wearing again.

(May vary by product, check label for specific instructions.)

Always follow the recommendations appearing on the product label.



Use enough repellent to cover exposed skin or clothing. Don't apply repellent to skin that is under clothing. Heavy application is not necessary to achieve protection.



Do not apply repellent to cuts, wounds, or irritated skin.



After returning indoors, wash treated skin with soap and water. (This may vary depending on the product. Check the label.)



Do not spray aerosol or pump products in enclosed areas.



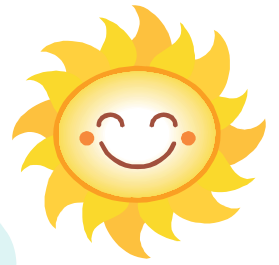
Do not spray aerosol or pump products directly to your face. Spray your hands and then rub them carefully over the face, avoiding eyes and mouth.



Repellent products must state any age restriction. If there is none, EPA has not required a restriction on the use of the product.



# Sunscreen Facts



SPF is an acronym for sun protection fac-

tor.



Do you have to reapply sunscreen if it says that it is 'waterproof' or that it has 'all day protection'? Yes, no sunscreen is truly waterproof. Instead, they can be water resistant and need to be reapplied every few hours or according to the manufacturer's instructions. And no sunscreen really provides all day protection. Even with an SPF of 50+, you should still reapply it every 2 hours, or sooner if you have been in the water or sweating a lot.



You should apply your sunscreen 15-30 minutes before you are going to be exposed to the sun. Since it takes time for the sunscreen to be absorbed by your skin, you should apply it in advance. If you wait until you are already outside or until signs of getting red, then he will have a longer period of being unprotected and will be more at risk for getting a sunburn.



Does a combination sunscreen and insect repellent provide good protection against both the sun and insect bites and stings?

While you can use a combination product to protect your children against both the sun and bugs, it may not be a good idea. Remember that you should reapply sunscreen every few hours, while you usually don't reapply an insect repellent very often, or at all. Also, most experts think that insect repellents lower the SPF of sunscreens. So while a combo product might provide protection, it likely doesn't provide good protection, unless your child is only going to be outside for a few hours.



Can you get a sunburn on a cloudy day? Yes, clouds don't block the UV rays that cause sunburn, so you can still get a sunburn when it is cloudy outside. Since UV rays can be reflected off of water, sand, snow, and concrete, you can even get a sunburn in the shade.



# Best Sunscreen



Things to look for that would indicate that you are buying one of the 'best sunscreens,' include that it:

provides **broad spectrum UVA and UVB protection.**

has an **SPF of at least 15 to 30.** You could go for a higher SPF, but most experts believe that they don't provide that much extra protection. Some experts go as far as to say the SPF rating should be capped at 30.

is **water resistant.** Even if you aren't going swimming, if you are outside, you will likely be sweating, so a water resistant might provide better protection than a regular sunscreen.

is **hypoallergenic and fragrance free,** especially if you have sensitive skin.

is in a form that is easy to use, whether that means it is a gel, lotion, spray, continuous spray, etc.



## Broad Spectrum Sunscreens

Unfortunately, many sunscreens that say that they are broad spectrum really aren't or don't block rays from the full UVA spectrum. To get good protection from UVA rays, look for sunscreens that list avobenzone, titanium dioxide, or zinc oxide as ingredients.

## Sunscreen Ingredients

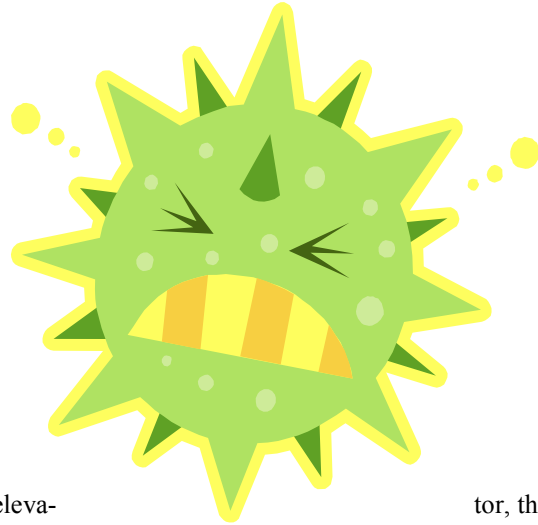
If you get a rash from sunscreen, you might review the ingredient's list and choose a different one next time. Make sure to choose one that is PABA free. You might also look for one that gets its UVA protection from a sunblock, such as titanium dioxide or zinc oxide, since they can be less irritating than avobenzone, a common sunscreen ingredient.

Be sure to apply it to just a small area of your skin if you think he might have a reaction to the new sunscreen too.



By Sidney Schrand

# Getting Rid of Germs!



Here are some ways to stop germs:

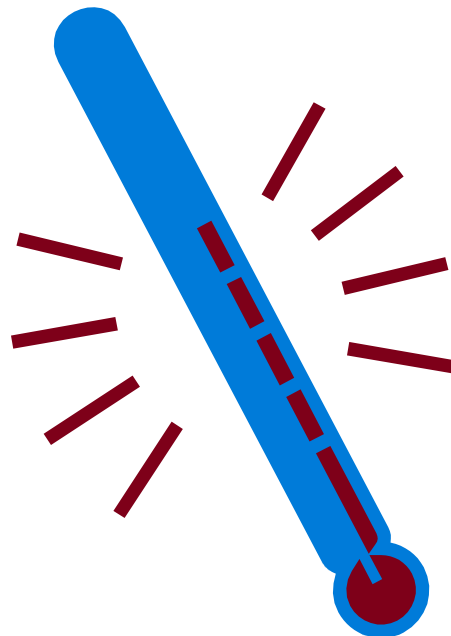
- 1. Don't Touch the First Floor Elevator Button!** In an elevator, the first-floor button harbors the most germs because more people touch it than any other button. If you can, let someone else push it so you don't have to touch it, said Charles Gerba, Ph.D., professor of microbiology at the University of Arizona. If you're alone, use your elbow instead of your finger to press the button. [Use your elbow even if others *are* there. Who cares if they think you're a little strange!]
- 2. Dangerous Shopping Cart Handles** Shopping cart handles are prime culprits in the spread of germs. Some supermarkets now offer germ-killing towelette dispensers in the cart area. Bring your own if they don't. Use them to sanitize the cart handle — and never put fresh produce in the cart seat, where diaper-aged children often sit.
- 3. Watch Those Escalator Handrails** Escalator handrails are loaded with germs. Don't touch them if you can manage without it, Gerba advises.
- 4. Use the First Toilet** Research shows that most people use the middle stall in public bathrooms, so avoid those. More use means they're the dirtiest and have the most germs.
- 5. Office Coffee Pots Dripping With Disease** Your office coffee pot and mug may have been cleaned with a sponge dripping with germs (more on these later). Hang on to your own mug, and use a dishwasher when it's time to clean it. Another trick: Keep apple cider vinegar in the office and pour a water-cider solution through the coffee machine weekly. It will help kill bacteria.
- 6. Kitchen Woes** Be aware that kitchen sponges, dishcloths, the kitchen and bathroom sinks, cutting boards, and even the bathroom floor carry more germs than the toilet seat. New research suggests that if you want to sterilize your sponge, put it in the microwave for two minutes. A team of engineering researchers at the University of Florida found that two minutes of microwaving on full power killed or inactivated more than 99 percent of bacteria, viruses, or parasites, as well as spores, on a kitchen sponge.
- 7. Your Desk Is Dirtier Than the Toilet** Get this: the typical office desk area has 400 times the amount of bacteria than the average toilet seat. Worst offenders: first, the office phone. Then the desk. Finally, the keyboard. Use a disinfectant wipe to clean the desktop, computer keyboard, and phone.
- 8. Avoid Hand Shaking, Kissing** This may be an impossibility for some. But try to avoid shaking hands or kissing during the flu season. While there are many steps in preventing disease, perhaps the most important is to wash your hands frequently. Scrub your hands with warm water and soap for at least 15 to 20 seconds after using the bathroom; eating, working, or playing outdoors; playing with pets; or coughing, sneezing, or blowing your nose. Anything less than 15 seconds won't do the job. Incredibly, 95 percent of people say they wash their hands after using the bathroom, but only 67 percent really do it. Worse, only 33 percent bother to use soap, and only 16 percent wash their hands long enough to remove germs. One last caveat: Everyone is doing the "antibacterial craze" — getting soaps and wipes that kill germs. Dr. Russell Blaylock suggests occasional use of these products is fine, but frequent use may be bad. Why? The antibacterials also kill the good bacteria on your skin that your body needs to defend against the bad bacteria.

## When Your Child Should Stay Home from School

By: Kaila Ziadeh

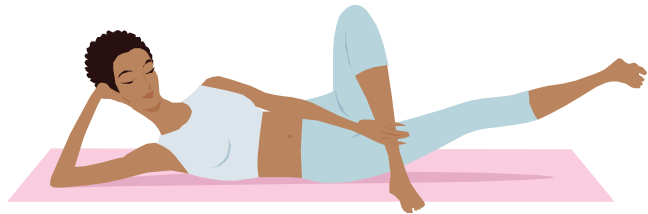
You should stay home when you have the flu or a temperature over 100 degrees. If you have a common cough or sneeze, that is not enough to keep you out of school. Also, if you have something contagious like pink-eye, you are not even allowed to go to school. You shouldn't go to school when you have a fever, because that means you are fighting off an infection. Also, people get tired when they have fevers because their bodies are fighting the germs. Fevers may be contagious.

If your child has a skin rash, it should be professionally treated by a doctor before they get in contact with any other children. Pink eye even has special drops so they can heal properly.



## Why is exercise important?

Exercise has many benefits to those willing to take the time to get involved. For example, exercise can make stiff joints move better and muscles become stronger which improves endurance. While you exercise you burn calories which can help keep you at an ideal body weight. Also, flexibility and balance is improved with daily exercise. Memory, speed, bone strength, psychological health, and an overall quality of life are all benefits when we exercise routinely. For more information, you can contact your local fitness center.



This school year we have enjoyed sharing healthy tips  
with our fellow Gill Students  
as we worked on our Junior Girl Scout Bronze Project.

We learned a lot about health while researching these topics and  
we hope you did too!

Our projects included, cleaning computers for Mrs. Kelly and  
Mrs. Carlson. We hung scrub club signs in all of the bathrooms  
to remind students about the proper technique to wash hands.  
We created 3D models of common germs and we made several  
bulletin board displays.

Thank you to Mr.. Morawski, Mr. Vercellino, and everyone  
who helped us make our project possible!

Stay Healthy and Enjoy your Summer!



Common Germs That Make You SICK Display Project  
This was our Favorite part!