

Jounal Klinik Lekòl



MWA NASYONAL NITRISYON

SEMÈN KONSYANTIZASYON NASYONAL DWÒG AK ALKÒL

Enfòmasyon Klinik

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Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



Smart Snacking Tips for Kids

Snacks can play an important role in meeting kids' nutrient needs. Choosing a variety of foods from all of the food groups will give them the energy they need between meals.

It helps to plan and portion out snacks in advance. Kids will usually only need 2 or 3 snacks daily, and these should be provided at least one to two hours before meals.

It is recommended that snacks (and meals) be eaten in an area without distractions. So avoid snacking while watching TV or when using other electronic devices.

Better yet, let the kids help prepare the healthy snacks.



Here are a few easy, tasty (and healthy) snacks to help you get started.

Adults may need to help with some of these.

1.Parfait: Layer vanilla or plain low-fat yogurt with fruit and dried cereal.

2.Toast a whole grain waffle and top with low-fat yogurt and sliced fruit or smooth nut butter.

3.Blend low-fat milk, frozen strawberries and a banana for thirty seconds for a delicious smoothie.

4.Sandwich cut-outs: Make a sandwich on whole grain bread. Cut out your favorite shape using a big cookie cutter. Eat the fun shape and the edges, too!

5.Mini-pizza: Toast a whole wheat English muffin, drizzle with pizza sauce and sprinkle with low-fat mozzarella cheese.

6. Frozen treats: Mix equal amounts of fat-free plain or flavored yogurt with 100% fruit juice, then pour into paper cups and freeze for a tasty treat.

7. Quesadilla: Sprinkle shredded cheese over a corn or whole wheat tortilla; fold in half and microwave for twenty seconds. Top with

salsa. **Spread hummus** on a tortilla. Top with a slice of turkey or ham, low-fat cheese and lettuce. Then roll it up.

Stuff a whole-grain pita pocket with ricotta cheese and Granny Smith apple slices. Add a dash of cinnamon.

10. Microwave a cup of tomato or vegetable soup and enjoy with whole grain crackers.

11. Make a mini-sandwich with tuna or egg salad on a dinner roll.

12. Microwave a small baked potato. Top with reduced-fat cheddar cheese and salsa.

13. Spread celery sticks with smooth nut butter or low-fat cream cheese. Top with raisins. Enjoy your “ants on a log.”

14. Dip slices of fruit or whole-grain graham crackers into low-fat vanilla pudding or yogurt.

15. Inside-out sandwich: Spread mustard on a slice of deli turkey. Wrap around a sesame breadstick.

16. Rocky road: Smear low-fat chocolate pudding on a whole grain graham cracker, then top with a marshmallow.

17. Sprinkle cinnamon on unsweetened applesauce and enjoy with a whole grain graham cracker for a taste similar to apple pie.

18. Make your own fruit roll-up by pureeing fruit and either baking it in the oven or by using a dehydrator.

19. Bake homemade chewy granola bars using whole-grain oats and dried fruit.

20. Whip up mini-muffins using healthy ingredients, like whole grain flours and pureed fruit.

Portion sizes for kids are smaller than adults. However, certain foods due to their size pose a choking risk, especially for young children.

See below for a list of foods that may cause choking:

- Hot dogs and sausage links
- Meat chunks, unless finely chopped and combined
- Nuts, seeds and peanut butter
- Raw apple and pear slices
- Whole grapes
- Dried fruit
- Raw vegetables
- Whole kernels of corn
- Popcorn and chips
- Small candies and chewing gum

Find more healthy eating tips at:

eatright.org

kidseatright.org

For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit eatright.org.



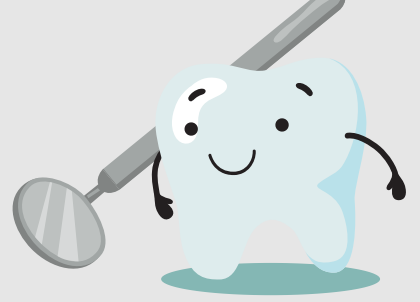
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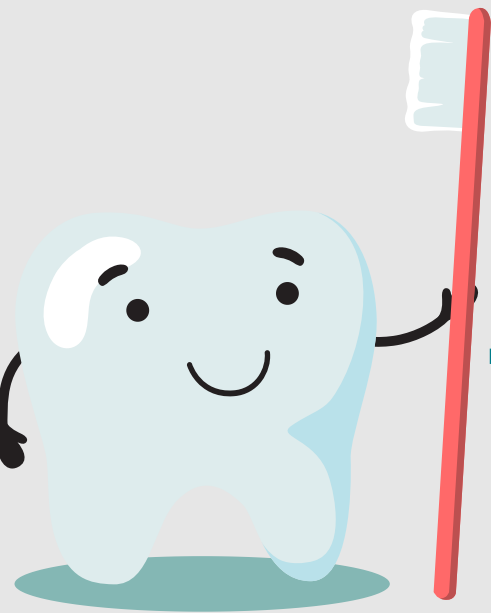
Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.

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GRATIS EGZAMEN SANTE DANTE



DISPONIB POU ELÈV YO NAN:



**JADENDANFAN
PREMYE KLAS
TWAZYÈM DEGRE
KLAS SIZYÈM**

SI PITIT OU A NAN YOUN NAN KLAS KI ANWO YO EPI LI ENTERESE NAN SEVIS SA A, TANPRI ENPRIME EPI RANPLI FOM KONSANTMAN AN NAN PWOCHEN PAJ LA. RETOUNEN FOM LAN NAN KLINIK LEKOL PITIT OU A EPI YO PRAL KONTAKTE W POU YON RANDEVOU.

Non elèv: _____

Didantite Elèv: _____

Lekòl: _____

Dat fèt: _____

Class: _____ Laj: _____ Sexe: ☐ M ☐ F

TOUT ENFÒMASYON MEDIKAL DWE KONPLETE

1. Èske pitit ou a genyen yon dantis? WI NON

Si wi, ki non dantis la! _____

2. Dat dènye vizit dan: _____

3. Èske pitit ou a janm trete pou caries? WI NON 4. Èske

pitit ou a genyen étanchéité? WI NON 5. Èske pitit ou a gen

yon doktè premye swen oswa yon

doktè timoun? WI NON

Si Wi Ki non doktè a? : _____

6. Èske pitit ou a genyen yon kondisyon medikal kwonik?

WI NON

Si Wi, tanpri eksplike: _____

7. Èske pitit ou a genyen medikaman lap pran? WI NON

Si wi, tanpri ekri non yo:

8. Èske pitit ou a genyen alèji? WI NON

Si wi, tanpri eksplike: _____

Ak konsantman ou, pitit ou ap resevwa yon edikasyon oral ijyèn ak petèt yon vèni fliyorid espesyal. Souple siyen pi ba epi retounen fòm sa a nan lekòl la pou pitit ou ka resevwa sèvis imedyat. Mèsi pou patisipasyon ou.

Tout sèvis yo gratis

Non Paran: _____

Syati Paran: _____

Nimewo telefòn : _____

Dat: _____

Ki sa ki Fliyorid vèni?

Fliyorid vèni se yon plak blanch yo pentire sou dan pitit yon a pou anpeche oubyen sispann caries.

Poukisa yo rekòmande Fliyorid vèni?

Caries ka koze doulè ak enfeksyon ki pa bon pou sante timoun an jeneral e ka koze pwoblèm pou timoun nan manje, pale, jwe ak aprann. Fliyorid vèni fè dan pi fò, anpeche caries yo vin pi gwo, et anpeche nouvo caries.

Èske Fliyorid vèni danje?

Non. Fliyorid vèni bon pou moun nenpot ki laj, li mim itilize sou ti bebe depi lè premye dan yo soti.

Kouman yo aplike fliyorid vèni sou dan?

Yo pentire Fliyorid vèni a sou dan ak yon bwòs. Anplwaye sante lekòl la fòme e kapab fè l' byen ak byen vit. Pa gen doulè ak vèni a et li pa goute move. Vèni a ka chanje koulè dan yo jis apwè li te aplike. Kèk kalite vèni ka fè dan an jaune, gin lòt ki fè dan an mwens briyan. Chanjman sa yo nòmal, e sa pral pase lè pitit ou a bwose dan li nan denmen.

Konben tan fliyorid vèni fè?

Vèni a rete sou dan an jiskaske li bwose nan denmen, men fliyorid la toujou ap travay pou plizyè mwa pou pwoteje dan an. Vèni a travay meyè si li te pentire sou dan 2 a 4 fwa pou ane a, dapre rekòmandasyon doktè swen medical pitit ou a.

KONSÈY POU EDE POU APRE APLIKASYON VÈNI

Tann jis denmen pou ou bwose dan pitit ou. Apwè tretman an bay pitit ou manje ki mou sèlman pou rès jounen an. Evite bay pitit ou a manje ki cho, di, kolan apwè tretman fliyorid vèni a. Manje ki di kolan ka wete vèni a.

SÈVIS MEDIKAL GRATIS

KLINIK SANTE POU LEKOL

Nou ofri tout sèvis medikal **GRATIS**

ENPÒTAN!
Anvan ou mete randevou,
tout elev dwe genyen yon
fom de konsantman rempli
par paren yo

Pou enregistre:

- 1 Skanè cod QR
- 2 Chwazi yon lang
(Anglè, Panyol, ou Kreyol)
- 3 Rempli yon fom de konsantman

Sèvis nou inclu

- Chek-up pou ti moun
- Egzamen fizik pou spò
- Imunizasyon
- Tes COVID-19
- Swen medikal bazik
- Règleman Kondisyon Kronik
- Konsultasyon pou Sante Mental

Ak anpil lot sèvis!

En asosyasyon avek

UHealth
UNIVERSITY OF MIAMI HEALTH SYSTEM

THE CHILDREN'S TRUST

MIAMI DADE COUNTY
getting our students
the best!

ATTENTION

Inite vaksen nou an, Shotz-2-Go, pral nan

3/8	John F. Kennedy Middle School
3/9	North Miami Middle School
3/11	North Miami Senior High School
3/14	Booker T. Washington Senior High School
The vaccination unit runs from 9AM- 3:30PM except for 3/11 9AM-1PM	

Nou ka ede w pran swen bezwen vaksen pitit ou a

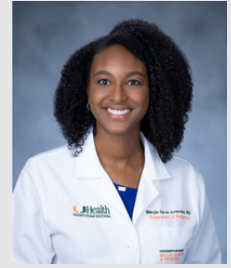
MANDE PEDYAT OU

Paran ak elèv, nou vle tande enkyetid ou yo!

Soumèt nenpòt kesyon/enkyetid konfidansyèl lè l
sèvi avèk kòd QR OSHA lyen ki anba a epi
pedyat nou an ap reponn kesyon ou an
endividyèlman.

Lyen

https://umiami.qualtrics.com/jfe/form/SV_8quzio2XHbPo4V8



Dr. Margia Ambroise

Fòm Enterè Sante Mantal

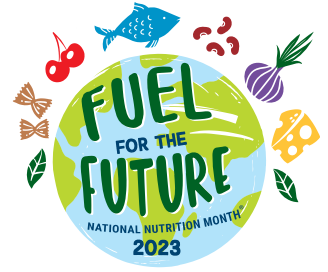
Si w gen plis kesyon oswa si w enterese resevwa sèvis, tanpri ranpli Fòm Enterè Sante Mantal la lè w sèvi ak kòd QR
OSWA lyen ki endike anba a.

Youn nan manm ekip nou an ap kontakte ou touswit apre li fin resevwa repons ou. Ou ka ale tou nan klinik lekòl la pou
pran yon randevou ak yon founisè sante mantal.



Lyen

https://umiami.qualtrics.com/jfe/form/SV_560qJ7MsO4x4WGO



WORD SCRAMBLE

The foods below have been scrambled! Rearrange the letters in each line to discover which food they're supposed to be, then list them under the correct MyPlate Food Group.

1. lmetli _____
2. rnoppoc _____
3. irerehcs _____
4. husoomrms _____
5. chebukawt _____
6. cecknih _____
7. goytur _____
8. saceeph _____
9. cmearkel _____
10. locrobci _____
11. tenllis _____
12. mikppun _____
13. mtrebtlikiu _____
14. ehcely _____
15. tacgote seehce _____

FRUITS	VEGETABLES	GRAINS	PROTEIN FOODS	DAIRY
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

ANSWERS

9. mackerel	1. millet	1. lentils, beans, and dried peas are vegetable sources of protein, so they are part of both food groups.		
10. broccoli	2. popcorn			
11. lentils	3. cherries			
12. pumpkin	4. mushrooms			
13. buttermilk	5. buckwheat			
14. lychee	6. chicken			
15. cottage cheese	7. yogurt			
	8. peaches			