



# Family Health

July 2010 Newsletter

## How Much Do You Know About Independence Day?

Before your family heads outside to spend the day enjoying the 4th of July festivities, test your child's knowledge of the Declaration of Independence.

1. When did the Continental Congress actually pass a resolution of Independence?
  - a. July 1
  - b. July 2
  - c. July 3
2. Who was on the committee assembled to draft the declaration?
  - a. Richard Henry Lee, Ben Franklin, Thomas Jefferson, Robert Livingston, and George Washington.
  - b. Samuel Adams, Ben Franklin, Thomas Jefferson, Robert Livingston, and John Hancock.
  - c. John Adams, Ben Franklin, Thomas Jefferson, Robert Livingston, and Roger Sherman.
3. Which two key players in the history of Independence died on the fiftieth anniversary of the declaration?
  - a. Thomas Jefferson and John Hancock
  - b. Thomas Jefferson and John Adams
  - c. Benjamin Franklin and John Adams
4. What was one of the reasons that Adams told Jefferson, the youngest man on the committee, to draft a declaration?
  - a. Jefferson was from Massachusetts, a politically powerful state.
  - b. Adams knew that he was unpopular and considered obnoxious by many delegates. In order for the declaration to be accepted, he had to keep a low profile.
  - c. Adams wanted to challenge Jefferson to improve his writing skills by drafting an important document.
5. Which of the following was something Congress cut out of Jefferson's draft of the declaration?
  - a. They removed all references to slavery.
  - b. They removed all references to women.
  - c. They removed a paragraph written in Latin.

Source: Don't Know Much About Anything, Kenneth C. Davis's

Answers: 1-B, 2-C, 3-B, 4-B, 5-A



## Prevention Corner: July is Juvenile Arthritis Awareness Month

Juvenile arthritis (JA) refers to any form of arthritis or arthritis-related condition that develops in children or teenagers who are less than 18 years of age. Approximately 294,000 children under the age of 18 are affected by pediatric arthritis and rheumatologic conditions. To see how the Arthritis Foundation is reaching out to these children and their families visit [www.arthritis.org/ja-information.php](http://www.arthritis.org/ja-information.php).



## Kids Corner:

### Cascade of Stars

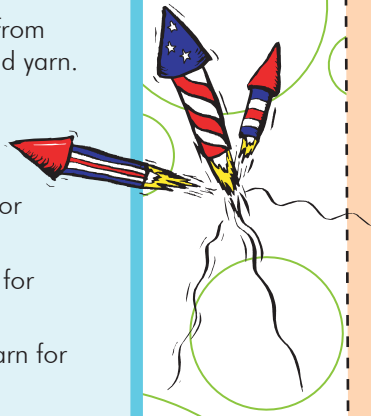
Make a cascading star mobile from paper stars, a drinking straw and yarn.

#### Supplies:

- Thick paper, like cardstock or thick construction paper
- A drinking straw (one straw for each project)
- Yarn (about 1 1/2 feet of yarn for each project)
- Scissors
- Optional - paint, markers, glitter

#### Directions:

1. Draw and cut out 6 stars of various sizes from thick paper.
2. Poke a tiny hole in the center of each star (this is where you will eventually thread the yarn through them).
3. Optional: Decorate the stars with paint or markers. Also, glitter is a nice decorative touch.
4. Cut a drinking straw into 1 1/2 inch long segments (the exact length is not important) - you need 5 segments of straw for each project.
5. Cut a piece of yarn about 2 feet long. Tie a thick knot at one end of the yarn. Thread the smallest star through the other end of the yarn—push it down to the knot. Then thread a segment of drinking straw—push it down to the small star.
6. Continue threading stars and straw segments. When the last star (the biggest star) has been threaded onto the yarn, tie a large loop at the end (you will hang your mobile from this loop).



## FAMILY FRIENDLY HEALTHY RECIPE OF THE MONTH

### Fun Fruit Kabobs

Prep time: 15 minutes

#### Ingredients:

- 1 apple
- 1 banana
- 1/3 c. red seedless grapes
- 1/3 c. green seedless grapes
- 2/3 cup pineapple chunks
- 1 cup nonfat yogurt
- 1/4 c. dried coconut, shredded

#### Utensils:

- knife (get help from an adult)
- 2 wooden skewer sticks
- large plate

#### Directions:

1. Prepare the fruit by washing the grapes, washing the apples and cutting them into small squares, peeling the bananas and cutting them into chunks, and cutting the pineapple into chunks, if it's fresh. Put the fruit onto a large plate.
2. Spread coconut onto another large plate.
3. Slide pieces of fruit onto the skewer and design your own kabob by putting as much or as little of whatever fruit you want! Do this until the stick is almost covered from end to end.
4. Hold your kabob at the ends and roll it in the yogurt, so the fruit gets covered. Then roll it in the coconut.
5. Repeat these steps with another skewer.

Serves: 4

Serving size:  
1 kabob

