So why is it so important to wash your hands? The first and most important step to avoiding illness and preventing the spread of germs is to wash your hands! Think about everything that you touch on a daily basis - from doorknobs to toilets, everything that you come into contact with has germs!

So how do you keep your hands clean? Make sure to wash your hands with antibacterial soap and warm water. Don’t forget to scrub between your fingers, and on the backs of your hands...germs can be there too! It is best if you wash your hands for as long as it takes you to sing “Happy Birthday” twice; we don’t want to miss any germs! Always wash your hands before you eat or handle food, and after you...

- Go to the bathroom
- Blow your nose, cough or sneeze
- Touch pets or other animals
- Play outside
- Visit a sick friend or relative
- Take out the garbage
- Rub your nose

A Healthy Happy Heart:
Our heart is the center of our cardiovascular system, and through a network of blood vessels, the heart pumps blood to all the cells of the body! The blood that our heart pumps carries oxygen to our organs and tissues. Therefore, it is very important to keep our hearts healthy and strong. One thing we can do is choose a healthy diet rich in fruits, vegetables, whole grains, low-fat dairy and lean meats. Another thing that is very important for a healthy heart is physical activity (anything that makes your heart beat faster and your lungs work harder!). Remember this rhyme and you’ll do just fine! **An hour a day is the least we should play for a healthy, happy heart!** (Adapted from the Irish Heart Foundation)

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**Did you know...**

All the blood vessels in the body joined end to end would stretch 62,000 miles or two and a half times around the earth.

Your heart beats over 100,000 times each day!

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**Family Kitchen Recipes of the Week**

**Make it Yourself Pizzas**

**INGREDIENTS:**
Plain English muffin
Spaghetti or pizza sauce
Low-fat shredded mozzarella cheese
Toppings such as:
- Tomato chunks
- Green pepper pieces
- Low-fat pepperoni
- Mushrooms
- Pineapple

Have an adult help you cut an English muffin in half. Put a spoonful of sauce on each muffin half. Sprinkle with cheese and add toppings. Microwave for 20 seconds or bake in the oven at about 325 degrees for about 5 minutes. Yummy!

Recipe from [www.healthyweightforkids.org](http://www.healthyweightforkids.org)

**Follow-up with your Child:**
Ask your child what their favorite health fair station was and discuss with them the importance of living a healthy and active lifestyle!