

# THE BEAR<sup>sm</sup> NECESSITIES

Summer  
2000



## Summer Fun

Hey kids it's summer time! What have you been doing to keep busy? Remember, the summer isn't over yet! You still have some free time after school starts. Here are some fun activities for you and your friends.

- **Go swimming**  
Get your towel, sunscreen, and sunglasses and head for the water. Keep your skin and eyes well protected. Follow all safety rules at the pool or the beach. Don't dive in shallow water! Make sure an adult is there!
- **Visit the library**  
Now is the time to read a book that you like. Explore new lands, swim through the ocean with whales, or travel to another galaxy. Reading helps you use your imagination and can improve your creativity. Who says you can't have fun and learn at the same time?
- **Go fishing**  
Fishing is a fun way to spend a Saturday afternoon. You can sit and talk with your friends and hopefully catch a few fish. Don't talk too loud, you might scare the fish away. You can also look for frogs, salamanders, turtles, and earthworms. Invite your parents. They love spending time with you too!
- **Plant some flowers**  
Ask your parents if you can have a little corner of the yard to grow some flowers. If you live in an

apartment, you can get a small flowerpot and put it in front of a window.

- **Catch lightning bugs**  
Be careful not to squash them! Keep them in a jar for a little while, and let them go before you go to bed. They have to go to bed too.
- **Run a lemonade stand**  
Ask your parents to help you make some lemonade, get some cups and ice, and set up shop. Use the money you earn to buy a toy, a comic book, or set it aside for a rainy day.
- **Have a talent contest**  
Get your friends together, come up with some good acts, and put on a show. Invite the whole neighborhood. Poetry, singing, dancing, or acting can be some of the talent categories.
- **Tell us what you did over the summer**  
If we use your story in our fall newsletter, we will send you a **MYSTERY PRIZE**. Send your name, age, address, and stories to:

The Dr. Bear<sup>sm</sup> Club  
Advocacy & Community Affairs  
Children's National Medical Center  
111 Michigan Ave, NW  
Washington, DC 20010



The Dr. Bear<sup>sm</sup> Club is a program of Children's National Medical Center

# THE BEAR<sub>sm</sub> NECESSITIES

## DR. BEAR FACTS



### Taste

Our senses add to the eating experience. Our sense of smell lets us know if mom made one of her special strawberry pies, or if dad burnt the meatloaf again. Have you noticed

that when you have a cold, you can't taste as well? That is because your sense of smell affects what you taste. Touch plays a part in how a food feels and tells us if it's hot or cold. We can even hear our food. That happens when our food is crunchy like celery or carrots. However our sense of taste comes mainly from the tongue.

With our tongue, we can sense – salty, sour, sweet, and bitter. There is an additional sense that is called “savory” or “meaty.” In Japan people call it “umami” which means “wonderful taste.”

The tiny little bumps on the tongue are called taste buds. Taste buds send signals to the brain to let us know what we are eating. On the tongue there are different places to detect different tastes. Sweet on the tip, sour on the sides, bitter on the back, and salty on the front.

Do you think that you taste foods the same way your friends do? Not true! 25% of the people in the world are called “super tasters.” They are called super tasters because they are more sensitive to foods that are bitter or sweet. Foods that are a little sweet or bitter to normal tasters, are extremely sweet or bitter to a super taster.

For more facts on taste and other health related information, check out this website:  
[www.ifcinfo.health.org](http://www.ifcinfo.health.org)

### EXPERIMENT

#### Are you a SUPER TASTER?

Here is an experiment you can do with your friends. Be sure to ask your parents to help you.

#### You need these items:

- 1 hole punch
- 1 magnifying glass
- 1 bottle of blue food coloring
- 1 sheet of wax paper – 1 inch x 1 inch  
(You need one square for each person)
- 1 flashlight
- 1 cotton ball – (1 for each person)
- 1 pencil
- 1 sheet of notebook paper

- 1) Punch a hole in the center of the wax paper.
- 2) Put the hole on the tip of your tongue.
- 3) Put some blue food coloring on a cotton ball.
- 4) Swab the food coloring on the part of your tongue that is sticking out of the hole.
- 5) Shine the flashlight on your tongue.
- 6) Take the magnifying glass and count the number of tiny pink circles on your tongue.
- 7) Write down the information on the sheet of paper.
- 8) Do this with your friends and see who has the most circles. The person with the most circles, may be a **SUPER TASTER.**



# THE BEAR<sup>sm</sup> NECESSITIES

## DR. BEAR<sup>sm</sup> FACTS



### SPORTS SAFETY

Many of you will join a sports team in the fall. Here are some health and safety tips from the *National Athletic Trainers' Association*.

#### See a Doctor:

Get a physical and make sure you are healthy enough to play. Check your height, weight, pulse, blood pressure, respiratory rate, eyes, ears, nose, throat, chest, abdomen, and joints. If you have any previous injuries or pain, let your doctor know!

#### Stay Active:

Make sure you exercise all year round. You should begin working on your strength, cardiovascular fitness, endurance, and flexibility at least at least six weeks before joining a sports team. Ask your doctor for advice on the best way to exercise for your particular sport.

#### Eat Right:

Eat plenty of fruits and vegetables. Don't forget that you need proteins (steak), fats (peanut butter), and carbohydrates (oatmeal) in your diet as well. They will help

give you energy and build muscles.

#### Equipment:

Get the right guards, shoes, pads, and equipment for your sport. Check to make sure everything is working properly and replace anything that is broken. Make sure your coach is certified in First Aid and CPR. Your coach should also be certified to coach your specific sport.

#### Drink Water:

This is very important. Drink water before, during, and after you exercise. Take a water break every 30 to 45 minutes. The best thing to drink is water, but if you don't have water, then drink a sport drink. Avoid sodas because they don't replace the lost vitamins, minerals, and electrolytes.

#### Be Prepared:

A First Aid kit should always be available. Make sure that your coach has your parents' names, addresses, and phone numbers. Don't forget their cell phone and pager numbers. Let your coach know if you suffer from any allergies or medical conditions.

Remember to stay safe and have **FUN!** For this and other safety information, contact the *National Safe Kids Campaign* at (202)662-0600. You can even check out their website at: [www.safekids.org](http://www.safekids.org).



### Fun Food Facts

Did you know that broccoli is more than 2,000 years old? In 1920 broccoli became a cash crop in the United States. People first started growing it in California and Boston. 90% of the broccoli grown today comes from California.

The word broccoli comes from the Italian word *brocco* meaning "arm branch." Its' closest relatives are Cabbage, Cauliflower, and Brussels sprouts. Broccoli is a good source of Vitamin A (for vision), Potassium (for a healthy heart), Folic acid (for healthy cells), Iron (for red blood cells), and Fiber (for healthy a digestive system). It even has as much calcium (for strong bones and teeth) per ounce as milk. Phytochemicals can also be found in broccoli. They are important chemicals that help lower your risk of getting cancer.



Log-on to [www.broccoli.com](http://www.broccoli.com) fore more information. Search for **Broccoli Town, USA**

# THE BEAR<sub>sm</sub> NECESSITIES

## DR. BEAR<sub>sm</sub> EVENTS PAGE



### *It's Back... With a New Name!*

Hey kids, do you remember all of the fun you had at "It's Wise to Immunize?" Well this year we have changed the name to **It's Wise to Have Healthy Kids**. You probably remember all of the fun you had last year. Maybe you remember the good food?



Tell your friends and family all about our **Family Fun Day** on Saturday **October 21, 2000** from **10:00 am to 3:00 pm**. There will be food, games, prizes, music, and more! You and your parents will have an opportunity to sign up for free health insurance with DC Healthy Families. You can also get free immunizations.

If your parents would like more information, have them call: **1-800-777-WJLA**.

### **NEW**

**Free Car Seat Fitting Station**

**Every Wednesday**

By appointment only

Get your car seat checked by a

certified child safety seat technician. **IT'S FREE!**

Please call: Children's Dept. of Community Education (202) 884-4215



### **FREE**

**Car Seat Fitting Station**

**Every Wednesday**

**11am - 2pm**

**NEW!**

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Dr. Bear<sub>sm</sub> Club

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Don't forget to check out our website: [www.cnmc.org](http://www.cnmc.org)