

# Children's Times

U R What U read!

June - 2009

Sixth Edition

The Editor Speaks

**Welcome back to school everyone.**

We are back as well, with yet another edition of Children's Times for you. This edition is as diverse as it can get. Health topics related to children, environment quiz, a healthy recipe, monsoon activity and so much more for you ahead.

In this issue we have stressed upon articles as well as games for young children with the environment as the theme. Importance of a good balanced diet during childhood is also emphasized upon with the help of a yummy and healthy recipe. We have also taken the initiative to introduce **The Green Champions** as a tribute to **World Earth Day** that was celebrated in April and **World Environment Day** celebrated this June. Every student must do his/her bit for the environment, school and home, by reducing and reusing waste, by using environmentally friendly paper bags and most importantly conserving water these monsoons. In this regard, we have stressed upon the advantages of **Rain Water Harvesting** that is successfully practiced in rural areas of the country as well as a few schools in certain metropolitan cities. Our experience says that the dirtiest place in an educational institute is the toilet and hence **The Good Boy Bad Boy** zone throws light on the rest room hygiene.

So enjoy reading while we await your brickbats (if not bouquets).

Please be with us at [newsletter@amelioincorp.com](mailto:newsletter@amelioincorp.com)

## HealTalk™

The Vitamin C content of LIME increases the body's resistance to disease, aids healing of wounds, prevents damage to eyes and is also helpful in maintaining the health of teeth by preventing decay, dental caries, toothache and bleeding of gums.



# A balanced diet for a healthy smile

Most of us are quite unaware that there are links between what we eat and tooth decay. A proper diet and plaque control help in preserving our teeth for life. A well balanced diet is not only important for our general health but also important for our dental health in preventing cavities and gum disease.

## How does the food we eat cause Tooth Decay?

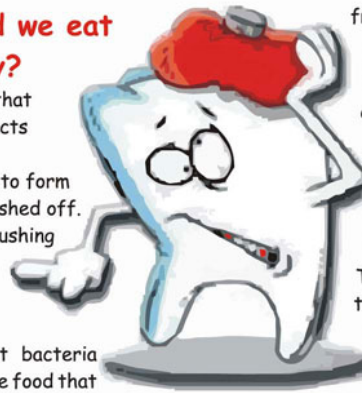
Dental plaque is a clear film that sticks to the teeth and attracts bacteria and sugar. It takes 24 hours for plaque to form and it cannot be rinsed or washed off. It can only be removed by brushing and flossing, and by professional cleaning by a dentist.



Sugar is the food that bacteria need, to live and grow. The food that we eat comes in contact with the germs and bacteria that live in our mouth. When we don't clean our mouth after eating, the bacteria living on dental plaque use the sugar and starch to produce acids which can destroy the hard surfaces of teeth, "Enamel", eventually leading to tooth decay. Tooth decay can be thought of as a progressive bacterial infection of the enamel, then the underlying dentin and finally the pulp. Initial stages of cavity formation can appear within 72 hours. The more often we eat and the longer the food stays in our mouth, the more the damage occurs. The decay ultimately destroys the tooth and the bone surrounding it.

The early stages of tooth decay can be arrested with fluoride treatment and complete daily plaque removal.

The intermediate and latter stages of decay need intervention to remove the damaged tooth structure and repair the damaged areas. Nearly 84% of all childhood cavities occur in the back of the mouth because teeth here contain numerous pits and grooves which are hard to reach with a toothbrush. Bacteria settle here and use food particles to release acid that causes tooth decay. Dental Sealants are transparent plastic coatings which can be applied to these teeth, preventing bacteria



from settling in the grooves and pits. Sealants are easily and quickly applied in the dental office and provide long lasting protection against cavity formation.

The easiest and best treatment is prevention. Proper diet is a major component in not only preventing the initial damage to the tooth, but also in preventing recurrent damage to the tooth and the restored areas of the tooth.

**Choose foods from each of these major food groups.**

- ✓ a) Fruits
- ✓ b) Vegetables
- ✓ c) Meat, Fish and Poultry
- ✓ d) Grain Products - Breads, Cereals, etc
- ✓ e) Milk, Yogurt and Cheese

**Foods to avoid:**

- ~~a) Soft drinks~~
- ~~b) Excessive fruit drinks~~
- ~~c) Coffee / Tea with sugar~~
- ~~d) Chocolate and candy~~
- ~~e) Large amounts of citrus fruits (contain citric acid)~~
- ~~f) Diet drinks (contain phosphoric acid)~~
- ~~g) Cooked starch - biscuits, chips~~
- ~~h) Alcohol~~



Each time we eat, whether a full meal or a snack, the teeth are attacked by acids formed by the bacteria for 30 minutes or more. Thus frequent eating contributes to tooth decay. Brushing twice a day with fluoridated toothpaste, flossing every day, timely application of Dental Sealants, biannual visits to the Dentist will help prevent problems from occurring.

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"Each day of our lives, we by our actions, make deposits in the memory banks of our children."





Ours is the only planet with life, our planet EARTH, which is home to a number of unique plants and animal species and we humans too, a home which we all share. Today this huge house in which we dwell is calling for help; a call for our attention, and a call to be more responsible and proactive. We are advancing towards an environmentally unfriendly way of living that's damaging our planet.

Our planet needs us and hence let's take charge of our environment and let's set forth a green movement.. Let's think, act and be like a true green champion.

Turn off the fans and lights and other electrical appliances when not in use  
**Save Power**

Turn off the tap while you brush teeth. Go for a bath/quick wash instead going for a shower.

**Save Water.**



Walk/ride a bicycle to school or use a school bus transport.  
**Save fuel & reduce pollution.**

Use both sides of the paper as much as possible instead of using only one side.  
**Save paper**

Recycle waste generated at home and school.  
**Segregate the waste.**

Switch to paper bags Say "NO" to thin plastic bags

*Students are like clay in the hands of a teacher who moulds them to the best of her abilities for the entire world to admire.*

Once a principal of a small yet reputed, well-established school was asked by a journalist, how she successfully managed to run her school. Here's what she told her. "One of the best investments I have made was spending Rs 100 on a book of Motivation Stickers at D-Mart. The book came with 1252 bright, colorful stickers with messages like 'Great Work', 'Keep it up', 'Excellent', 'Dynamite'. I'd put the stickers on a piece of paper and write a short personal note along with it that praised my students for any assignment well done or tasks brilliantly accomplished. At the end of the day, I'd place these notes on their desks. The next morning, when the students found my handwritten notes of appreciation, they would be ecstatic and it would make their day. They would be cheerful and more attentive in class, ready for their next assignment. It also helped build healthy competition among them which in turn encouraged them to strive harder for my appreciation and better grades".

The principal further adds, "Teachers should make it a point to send letters of appreciation of the students to their parents. One should never underestimate the power of a letter home as a form of praise and effective behavior management tool. This can transform a previously negative child into one who is motivated and eager to please.

This is also one method that works well even with older students – right up to the age of 16 years and beyond".



RDA is defined as the "average daily dietary intake level that is sufficient to meet the nutrient requirements of nearly all healthy individuals". These needs keep varying at different ages and also among sexes and the chart below outlines recommended daily allowances for for Indian children. Since the requirement of nutrients such as Calcium and Iron is high during the growth period and also at different stages of life, some good sources of the same are listed below.

## Recommended Dietary Allowances For Indian Children

Group	Particulars	Ideal Body Weight (kg)	Net Energy (kcal/d)	Protein (gm/d)	Visible Fat (gm/d)	Calcium (mg/d)	Iron (mg/d)
Infants	0-6 months	5.4	108 / kg	2.05 / kg		500	
	6 - 12 months	8.6	98 / kg	1.65 / kg		500	
Children	1-3 Years	12.2	1240	22	25	400	12
	4-6 Years	19	1690	30	25	400	18
	7-9 Years	26.9	1950	41	25	400	26
Boys	10 - 12 Years	35.4	2190	54	22	600	34
	Girls	10 - 12 Years	31.5	1970	57	22	600
Boys	13 - 15 Years	47.7	2450	70	22	600	41
	Girls	13 - 15 Years	46.8	2060	55	22	600
Boys	16 - 18 Years	57.1	2040	70	22	500	50
	Girls	16 - 18 Years	59.9	2060	53	22	500

**DIETARY SOURCES OF CALCIUM:** Milk and milk products such as paneer and cheese, skimmed milk powder, almonds, dried figs, soya bean and soya products such as tofu, fenugreek leaves, prawns and sesame (til) seeds, poppy seeds, rajmah, ragi.

**DIETARY SOURCES OF IRON:** Dry dates, dry figs, organ meats, apricots, mixed nuts and raisins, eggs, sesame (til) seeds, custard apple, watermelon, ragi, soya bean, bajra and rice flakes (poha). Combine foods rich in iron with foods rich in Vitamin C (orange, sweet lime, lime juice, guava, and amla) for better absorption.





## On your marks ...get Wet and go.....

Slowly the dark clouds stretch out in the sky, foraying the sun's scorching rays and announcing the arrival of the rains. Then gradually the water pours down the rain filled clouds and hits the ground after a long wait.

We hear the croaks of the monsoon amphibians, the frogs that once again appear awakened from their hibernative states. The blissful smell of the wet earth fills the heart with utmost delight.

As the water strikes the ground, geared up are the kids to get drenched and sopping wet. Ready is the football and the muddy playground for the boys to recreate with their favorite play.

Rains also are a reason to enjoy some traditional recipes and what else than the hot, roasted and spiced up corn or the bhajjyas fried at home by mom. So all you kids and grownups hope you enjoy every opportunity the monsoon provides you and make the most out of this lovely water filled weather. So get set with your colorful raincoats and get those umbrellas out of the cupboards... the rain has once again arrived.



### The Rain Activity

To make your monsoon more memorable, We at CHERI encourage you to do something creative. Make a collage or paint a rainy day, write a poem or an essay, or just throw an idea on how to make the monsoon a useful and joyful season. Just about anything and send it to us.

The best three creative entries will be printed in the next edition and win prizes too. So get wet and go.....

## CHERI Toast

### Ingredients

- (4-6 servings)
- Whole wheat bread- 10-12 slices
- 3 cups spinach (finely chopped)
- 1/2 cup onion (finely chopped)
- 2 green chillies (finely chopped)
- 2 tsp garlic paste
- 1/2 cup baby corn
- 3/4 cup milk
- 2 tsp corn flour
- 1 1/2 tbsp butter
- 100gms cheese (grated)
- Salt and pepper to taste



### Method

1. Cut the bread slices into triangles or strips and roast them either on a non-stick tava or in an oven.
2. Heat butter in a non-stick pan, add onions and green chillies and sauté them then add garlic paste and sauté again for a while.
3. Add the chopped spinach and sauté for 5-7 mins. Mix in boiled corns.
4. Meanwhile add corn flour in the milk and make a paste and then add the paste to the above mixture, cook for a while till it thickens then add 1 tbsp of grated cheese, salt and pepper to taste and keep aside.
5. Now spread a little of the above spinach mixture on each bread piece, sprinkle some grated cheese on top.
6. Grill in a moderately hot oven for a few minutes till cheese melts. Serve hot

### What's so special about CHERI Toast?

Rich in fibre and multi nutrients, this Toast is a Toast to good health. Popeye's favorite, the spinach leaves are good for your vision and a rich source of dietary iron. For strong bones grab some calcium from the cheese in this recipe.

So satisfy the mid evening hunger pang by this healthy CHERI Toast.

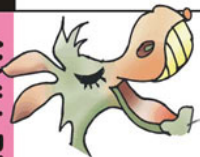


### WINDBENDER

What force and strength cannot get through,  
I, with a gentle touch can do,  
and many in the streets would stand,  
were I not, as a friend in hand.

What am I?

- TEACHER : What is an island?  
Pupil : A piece of land surrounded by water except on one side.  
TEACHER : On one side?  
Pupil : Yes, on top!



### HEE HAW

Solution on Last page

## The environment quiz

1. The 5th day of June is celebrated as world \_\_\_\_\_day
2. \_\_\_\_\_is an increase in the average temperature of earth.
3. 78 % of the air is made up of a substance called?
4. A combination of smoke and fog.
5. Rain that contains chemical components in it.
6. Accidental release of oil in water bodies that is harmful to the environment is called?
7. An important process of collecting, processing and reusing plastic.
8. A protective layer surrounding the earth.
9. A green pigment found in leaves.
10. A useful medicinal tree of India.

W	Y	N	I	T	R	O	G	E	N	A	F	K
R	H	N	O	G	D	Y	L	B	X	Q	I	C
E	R	C	H	L	O	R	O	P	H	Y	L	L
C	N	I	V	Z	L	X	B	M	R	I	O	J
Y	E	V	O	I	K	V	A	T	H	R	I	Q
C	W	N	I	X	S	K	L	U	F	T	L	B
L	E	X	P	R	T	L	W	A	O	I	S	G
I	E	I	T	V	O	F	A	L	F	S	P	O
N	Q	D	J	E	H	N	R	B	M	R	I	D
G	S	M	O	G	S	Y	M	I	E	P	L	U
D	S	G	M	N	P	B	I	E	E	F	L	R
A	C	I	D	R	A	I	N	M	N	V	J	M
D	S	J	B	L	S	J	G	K	B	T	O	X

## BLACK EYE

### What to look for ?

A blow to the area around the eye (commonly caused by ball, shuttle cock or punch) will most often result in a swelling and severe bruising is known as black eye.

### What can you do?

A cold compress applied hourly for 10 minutes will reduce the swelling.

Seek medical advice if vision is affected in any way.



### SCHOOL SCORES IN SAVING WATER.

Brings down water usage from 225 liters to 64 liters through Rain Water Harvesting

Bombay Times, (TOI), 25 APRIL 2009.



## DID YOU KNOW

Apples, not caffeine are more efficient at waking you up in the morning.



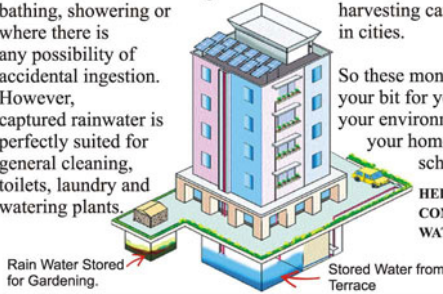
## RAIN WATER HARVESTING

Rain Water Harvesting (RWH) is a way to capture the rainwater when it rains, store that water above the ground or charge the underground and use it later. Simple storage tanks and pipes are the two main materials used for this. The concept of rainwater harvesting couldn't be simpler. Instead of letting rainwater from the roof and paved areas around the building run to waste, it is collected, filtered and reused. Clearly, water captured in this way cannot be used for drinking, bathing, showering or where there is any possibility of accidental ingestion. However, captured rainwater is perfectly suited for general cleaning, toilets, laundry and watering plants.

For plants the absence of chemical additives and retention of natural properties is a positive benefit. Rainwater harvesting in urban areas can have manifold reasons. To provide supplemental water for the city's requirement, to increase soil moisture levels for urban greenery, to increase the ground water table through artificial recharge, to mitigate urban flooding and to improve the quality of groundwater are some of the reasons why rainwater harvesting can be adopted in cities.

So these monsoons do your bit for your city, your environment, your home and your school.....

HELP CONSERVE WATER!



Rain Water Stored for Gardening.

Stored Water from Terrace



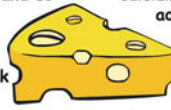
Solution of Environment quiz

Answer of - A Key  
Mindbender



## FOOD COURT: SAY CHEESE !

It is a good source of protein and so can form a part of diet for growing children. It is a rich calcium source: therefore helps reduce the risk of Osteoporosis. Research has shown that adequate



calcium intake in childhood and adolescence helps prevent this condition later on in life. It is a valuable source of Vitamin B12. Since this vitamin is obtained mostly from meat, cheese is a good alternate for vegetarians.

**Note:** Some cheeses, including Cheddar, are high in saturated fat, which is known to increase blood cholesterol, which in turn can cause heart disease. Cheese is also a common allergen, and can cause an allergic reaction in susceptible people. It may also trigger migraines.

### Points to Ponder

While a man was polishing his new car, his 4 year old son picked up a stone and scratched lines on the side of the car. In anger, the man took the child's hand and hit it many times, not realizing he was using a wrench. At the hospital, the child lost all his fingers due to multiple fractures. When he saw his father, with painful eyes he asked "Dad when will my fingers grow back?" Man was hurt and speechless.

He went back to the car and kicked it many times. Frustrated by his own actions, sitting in front of the car he looked at the scratches, that read "love you dad". Next day that man committed suicide.....Anger and love have no limits.....always remember that - things are to be used and people are to be loved. But the problem in today's world is that, people are used and things are loved....

Think about it.

### Good Boy...

- Maintain a good hygiene in toilet, keep the toilet dry.
- All unclean articles, garbage or articles that have been used for toilet purposes should be thrown in dustbins.
- Keep the tap closed before leaving. Switch off fans and lights when not in use.



- After defecation or urination, don't forget to wash your hands thoroughly with soap and water.
- Wipe your feet on the mat provided to prevent restroom from dirtying.
- Do not litter the toilet with paper.
- Always flush the toilet after use.

Any complaints regarding unhygienic toilet condition should be reported to teacher.

### Bad Boy...



Even Fresh News

# Milestone

a Learning Resource Center in your city.

A one-stop integrated solution for various child and adolescent related development issues.

A unique blend of Life skills training, Learning disabilities, Counseling, Creative enhancement workshops and so much more to foster the holistic development of your child. Some of the services include Aptitude, IQ, Key Interest and Personality tests.

#### Counseling on:

- Social, emotional & behavioral issues for children and adolescents.
- Marriage and Family.
- Expectant mothers (dealing with issues relating to child birth) counseling.

After a careful examination by experts and specialist with multiple years of experience in their field, the services are rendered either in group or individual setting, customized to your individual needs.

To life.....let's walk together.



LEARNING RESOURCE CENTRE



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