

Food Allergy Basics- How much do you know?



Over 12 million Americans have food allergies; more than 3 million of them are children (that's almost 1 out of every 25 kids). The most common allergy-causing foods are peanuts, tree nuts (walnuts, pecans, almonds, cashews, etc.), milk, eggs, fish, shellfish, wheat, and soy. Recent studies showed that 3.3 million Americans are allergic to peanuts or tree nuts, and 6.9 million are allergic to seafood.

The most common symptom of a food-allergy reaction is hives. Other symptoms can include one or more of the following:

- tingling in the mouth
- swelling of the tongue and throat
- difficulty breathing
- stomach cramps
- vomiting
- diarrhea
- eczema

Food allergies can be very dangerous. If you or someone you know have food allergies and you would like to learn more about them check out this website:

www.faankids.org

May is...

- Clean Air Month
- Family Wellness Month
- National Allergy/Asthma Month
- National Salsa Month
- Food Allergy Awareness Week (May 9th - 15th)
- Cinco De Mayo (May 5th)
- Mother's Day (May 9th)

June is...

- Great Outdoors Month
- Dairy Month
- National Running Day (3rd)
- Flag Day (14th)

Brain Buzz?



Q: What is the very best sports drink for kids?

A: It's water. Clean, cold, and refreshing, water can help you be at your best for a soccer game, swim meet, or karate class. Water also has no calories so it can help to maintain a healthy weight.

Source: www.kidshealth.org

Black Bean Dip Perfect for Cinco De Mayo!



Ingredients:

- ❖ 1 15 oz. can black beans
- ❖ 3 oz. light cream cheese
- ❖ 3/4 cup salsa
- ❖ 2 Tbsp. lime juice
- ❖ 1 tsp. ground cumin
- ❖ 1 jalapeno pepper, seeded and diced (optional)

Directions:

1. Drain and rinse black beans.
2. Place all ingredients in the work bowl of a food processor, fitted with a metal blade. Puree until smooth.

Serve with tortilla chips, pita bread triangles, carrot sticks and celery sticks.

www.kidscooking.about.com