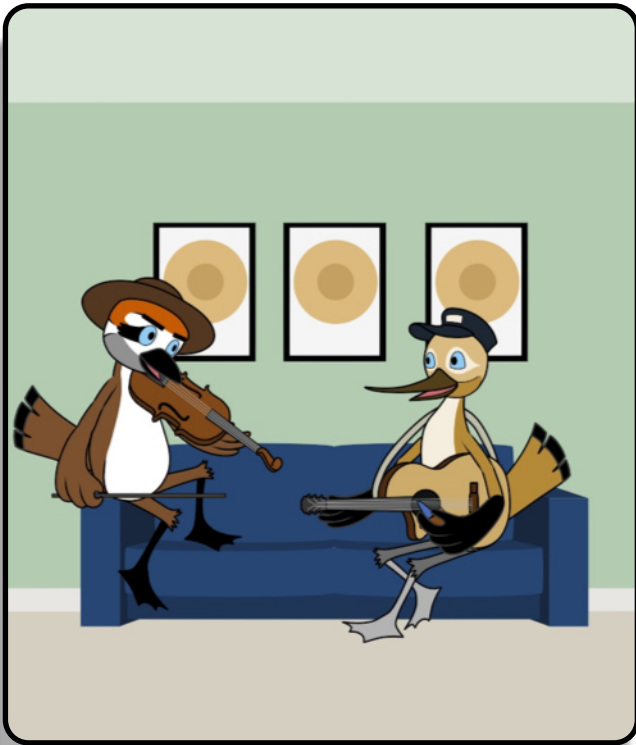


15

Cartoonversation™

Card Episode 15

Garbage In, Garbage Out



Brought to you by:



Five Websites

For more helpful information, please visit these websites:

1. Heart.org
2. Kidsmatter.edu
3. Draxe.com
4. Health.harvard.edu
5. Kidshealth.org

Five Cartoonversation™ Starters

1. Have you ever noticed how you feel after eating a meal of fast food? Compare that to how you feel after eating an apple or other healthy snack.

2. On average, how much time a day do you spend on your electronics for fun?

3. What happens to your body when you breathe deeply three times in a row?

4. What could you do if you are feeling anxious or stressed?

5. What are some of your favorite healthy snacks?

Five Factoids

1. A 2016 survey from Common Sense Media found that 50% of American teenagers felt addicted to their electronic devices (phone, tablet, etc.), and 78% checked their devices at least hourly.
2. Food is fuel, and what you put into your system affects how well your mind and body are able to function.
3. Forty percent of kids today report that they worry too much.
4. Approximately 4.4 million children have been diagnosed with anxiety.
5. The American Heart Association (AHA) recommends consuming no more than six teaspoons of added sugar a day for women, and no more than nine teaspoons of added sugar a day for men.