



Head Start

CLASSROOM EXERCISES

Eating healthy is an important part of keeping young children (especially those under the age of six) safe from the dangers posed by lead. The following snacks are examples of foods that are high in iron, calcium, and vitamin C, nutrients that can protect children from lead poisoning. When making the snacks, explain to children that eating healthy can help protect them from lead poisoning. Children with healthy diets can absorb less lead in their bones and blood streams.

But remind them also to stay away from the three major sources of lead:

- ▶ Lead-based paint in and around the home is a hazard if it is peeling, chipping, chalking, or cracking. Even lead-based paint that appears to be undisturbed can be a problem if it is on surfaces that children chew or that get a lot of wear and tear.
- ▶ Eating paint chips or breathing in lead dust are common ways of becoming lead poisoned. Lead dust forms when lead paint is dry-scraped or sanded. Dust also can become contaminated when painted surfaces bump or rub together.
- ▶ Playing outside near or with contaminated soil can cause lead poisoning. When exterior lead-based paint from houses, buildings, or other structures flakes or peels, it can contaminate the soil. Soil near roadways may also be contaminated from past use of leaded gasoline in cars.
- ▶ Let water run until it becomes cold as it will get. This could take as little as 5 to 30 seconds if there has been recent heavy water use such as showering or toilet flushing. (Let water run longer if responding to your local conditions.) If possible, use a filter for drinking and cooking water.



At the next parents' meeting be sure to provide

parents with EPA's *Chance of a Lifetime* brochure and the list of snack ideas to try at home.

For more information on lead poisoning please refer to EPA's *Chance of a Lifetime* fact sheets.

To request additional information you also may contact the National Lead Information Center at

1-800-424-LEAD (5323) or visit www.epa.gov/lead.

SUGGESTED SNACKS

Orange Smileys Makes 1-2 servings



1 Navel Orange

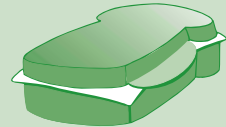
Wash orange.

Cut into 8 wedges by slicing through 4 times starting at the ends.

Remove seeds.

Show child how to eat pulp out of the wedges.

Grilled Cheese and Tomato Sandwich Makes 1 serving



2 slices of wheat bread
2 slices of cheese
1 slice tomato

Vegetable oil or Cooking spray

Make sandwich using bread, cheese, and tomato. Lightly coat pan with vegetable oil or cooking spray. Brown sandwich on both sides over low heat to melt cheese.
Serve with milk or fruit juice.

Banana Berry Smoothie Makes 2-3 servings



1-cup milk or yogurt

1-cup fresh or frozen berries

1 ripe banana

Mix all ingredients together in blender until smooth.

Ant Boats Makes 8-10 servings



4-5 celery sticks

1-container of cream cheese

1-large packet of raisins

Wash celery; cut into 4" to 5" sticks. Spread the cream cheese over the celery stick (inside the opening). Place several raisins ("Ants") on top.



For more information about lead poisoning, visit EPA's Web site at www.epa.gov/lead or call The National Lead Information Center at 1-800-424-LEAD (5323).

