

## Fall in Love with Kansas City Apple Orchards- By Katlyn Lohman

Fall is here and you know what that means, time for apple picking fun! Visiting the local apple orchard is a fun and delicious family outing.

Below is a list of locally owned apple orchards that produce some of the best apples in and around the Kansas City area.

### Weston Red Barn Farm

16300 Wilkerson Rd., Weston, Mo.

This farm includes apple picking and beautiful countryside views. The Red Barn Farm offers daily fruit picking and also, allows the kids to visit the sheep, chickens and pigs.

### Cider Hill Family Orchard

3341 N. 139 Street, Kansas City, Kan.

Visiting this apple farm would be a great weekend outing for the family; open only on Saturdays 10 a.m. to 6 p.m. and Sundays 12 p.m. to 6 p.m.

### Allredge Orchards

10455 Highway, N Platte City, Mo.

This apple farm is located in the foothills of the Missouri River surrounded by autumn leaves. The century old farm includes activities like feeding the chickens and ducks that roam the farm and pedal go-karting for the kids.



## Got Water? The Dangers of Dehydration-By Carolyn Graves, Weighing In Intern

We all know water plays a vital role in our bodies but exactly how crucial is water to our health? What happens when the body doesn't get enough?

### Dehydration

Dehydration occurs when the body loses more fluid than it takes in. This impacts normal bodily functions in several ways and can cause long-term harm if not treated.

### Why dehydration is making you sick

- **Fatigue**- Lacking water causes the body's normal

processes to slow down resulting in fatigue and drowsiness.

- **High blood Pressure**- When dehydrated, blood becomes thicker which may increase blood pressure.
- **Skin disorders** - Lack of hydration slows the elimination of toxins through the skin, making it easier to develop harmful skin disorders.
- **Weight gain** - When toxins are not eliminated, they can be stored in fat cells.

The fat cells, in turn, are not released by the body unless it is well hydrated.

- **High cholesterol**-When low on water, the body produces more cholesterol to prevent further water loss from cells.

### Tips to Stay Hydrated

- Depending on your age, try to drink at least six to eight 8 oz. glasses of water a day.
- Not a big water fan? Try infusing it with fruit or

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## Did You Know?

- Pumpkins and avocados are fruits, not vegetables.
- An apple tree can produce up to 400 apples a year.
- Over 700 different types of apples are grown around the world.
- Pumpkins can grow to be over 1,000 pounds.
- Bobbing for apples originated in Roman times.

## In The News

### Halloween Candy Sweet Swap

#### For PHIT KIDS

Saturday, Nov. 1, 2014  
Hospital Hill Park  
10 a.m.-12 p.m.

RSVP by Oct. 29th at (816)-234-9268

vegetables like cucumber or lemon to add taste.

- Water can also come from food! Foods like cucumbers and watermelon have a very high water content.

**Even in cooler weather, it is very easy to become dehydrated, so make sure to keep hydrated all year long!**



## Screen Time Alternatives

Enjoy the fall weather while trying these screen-time alternatives.

- Carve a pumpkin.
- Collect colorful fall leaves.
- Go apple picking.
- Visit the local farmers' market and try a vegetable that is in season like butternut squash.
- Throw a Halloween party and make your own costume.



## What's In Season This Fall?

- Broccoli
- Brussels sprouts
- Cranberries
- Jalapeños
- Pears
- Pumpkin
- Sweet potatoes
- Squashes, like butternut or spaghetti.



[www.fruitandveggiesmorematters.org](http://www.fruitandveggiesmorematters.org)

## Frozen Yogurt Treat

Frozen yogurt can be a simple sweet treat, especially when you add your favorite fruit! Simply chop up the fruit of your choice and mix with your favorite flavor of low or nonfat yogurt. Place dollop-sized portions on a cookie sheet and place in freezer. Let sit for an hour



## Fall into Fun- By Emily DeWit, PHIT Kids Education Coordinator

### Nature Scavenger Hunt

Fall is a great time to get outside and take a hike. You can turn a simple nature hike into a scavenger hunt by giving your kids a list of items they can look for along the way. For younger kids, try giving them pictures of the items you would like them to find. Your list or picture could include items such as a yellow leaf, an acorn, or something orange. If you've got a yard covered with fallen leaves, you've got lots of fun options so be creative!

### Fall Relays

Challenge your kids to rake paths through the leaves and then use the paths for relays. Create an obstacle course using a rake to jump over, piles of leaves to jump in or bags of leaves to weave around. When you are done using your leaves for games, challenge your kids to see who can fill up the most bags with leaves the fastest.

### Pumpkin and Broom Race

This activity can be played in a gym or outdoors. This is a simple race but since pumpkins

are not smooth balls and refuse to roll in straight lines, you'll need lots of room! You will need medium pumpkins and sturdy sticks or brooms. Each person will get one pumpkin and one stick or broom. The racers line up on the starting line with the pumpkins turned on their sides. When you say go, the racers use the stick or broom to roll the pumpkins to the finish line. Younger players may want to use their hands instead of the stick. If you want to play this as teams, make it a relay race.

### Pumpkin and Foot Race

Set up a start line and have the children race to get their small pumpkin over the finish line. Only feet can be used to push pumpkins along and there can be no kicking. If any kicking is observed, that child goes back to the starting line and starts over. This would also be a good team relay race.



**CHOOSE HEALTHY HABITS FOR A HEALTHY FUTURE!**

For more tips on how to lead a healthy lifestyle go to [www.fittastic.org](http://www.fittastic.org).

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