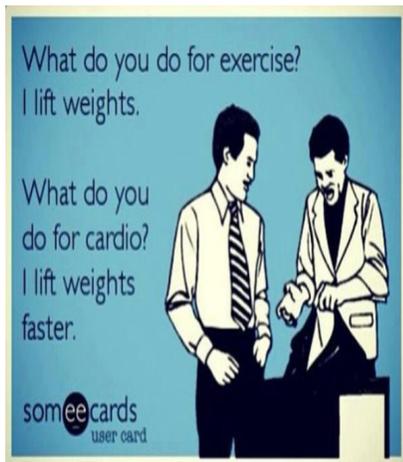


Student Body Health for the Student's Body



Remember, to maintain a healthy body:

- Develop a good, positive opinion of yourself.
- Come up with good ways of dealing with stress.
- Make sure you are getting enough sleep.
- Eat nutritious foods that are balanced in vitamins and minerals.



Healthy Pumpkin Pie:

Crust:

- 1 $\frac{1}{3}$ cups wheat flour
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ cup butter
- 3 $\frac{1}{2}$ tablespoons water

Filling:

- 2 cups mashed, cooked pumpkin
- 1 (12 fl. oz.) can of coconut milk
- 2 eggs, beaten
- $\frac{3}{4}$ cup packed brown sugar
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon ground ginger
- $\frac{1}{2}$ teaspoon ground nutmeg
- $\frac{1}{2}$ teaspoon salt

1. Preheat oven to 400 degrees F.
2. Prepare pie crust by mixing together the flour and salt. Cut butter into flour; add cold water one tablespoon at a time (you may need only 3 tablespoons, or up to four tablespoons). Mix dough and repeat until dough is moist enough to hold together.
3. With lightly floured hands, shape dough into a ball. On a lightly floured board roll dough out to about $\frac{1}{8}$ (one-eighth) of an inch in width. With a sharp knife, cut the dough 1 $\frac{1}{2}$ inch larger than the upside down 8-9 inch pie pan. Gently roll the dough around the rolling pin and transfer it right side up onto the pie pan. Unroll, easing dough into the bottom of the pie pan.
4. In a large bowl, beat pumpkin with evaporated milk, eggs, brown sugar, cinnamon, ginger, nutmeg, and salt with an electric mixer or immersion blender. Mix well. Pour into a prepared crust. Bake 40 minutes or until when a knife is inserted one inch from the edge and comes out clean.

Hey everyone! It's cold season so everyone needs to wash those hands! As the weather changes so does the immune system of our bodies. To protect everyone, (including yourself) be sure to maintain good healthy habits and keep those germs outside. If you feel as though you are becoming ill, talk to your parents or your doctor. Also, don't be afraid to take a sick day. School needs you better, and kids healthy.

