



Food and Fitness

September 2020
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Local Raw Honey and Seasonal Allergies

Honey is one of the most unique treats we humans can enjoy. Made by bees, with a lot of work, the system of making honey is imperative for bees' survival. With that being said, bees can produce more honey than what is actually needed for their colony. Honey has been used by humans for a very long time. One of the most common topics is with seasonal allergies.



Honey is made by honeybees that suck out the nectar from flowers. The bees carry the honey in a sac (second stomach) that breaks down the nectar into simple sugar. When the bee makes it back to the hive, the other bees move the nectar into the honeycombs. The bees flap their wings and create a breeze which dries out the nectar until it becomes honey. Once the honey is made, they cover it with wax.

Most of the honey comes from flowers that are produced on farms. It takes about 2 million flowers to make one pound of honey. There is more than 140 million pounds of honey being produced each year. Without honeybees, the human race, as well as other species, would not be able to survive.

(Continues on Page 2)

Local Raw Honey and Seasonal Allergies

(Continued from Page 1)

Honey in comparison to white sugar has some differences. Honey contains antioxidants, amino acids, and vitamins. When comparing calories in one teaspoon of honey and sugar, white sugar contains sixteen calories and honey contains twenty-one calories. Honey is sweeter so using less may be important if substituting honey in place of white sugar. However, white sugar raises the blood sugar levels more quickly than honey. Honey should never be given to children one year of age or younger. Honey can contain trace amounts of botulism which is a toxin that attacks the body's nervous system.



The theory is that eating raw honey over time (that is locally grown) can reduce the response to one's seasonal allergies. Seasonal allergies are the body's response to inhaling pollen or other substances. When pollen enters into body, pollen is seen as a foreign object so the body responds and creates symptoms such as: coughing, headaches, sneezing, runny nose, itchy and watery eyes, sore throat, and trouble breathing.

Unlike allergy shots that are proven to be effective toward seasonal allergies, honey is not. Local, raw honey would contain pollen from within the area it was harvested, which could create relief from hay fever and other allergies. If it were that simple then honey would be a great idea. Unfortunately, the types of pollen that create sneezing episodes and watery eyes are not commonly found in honey. According to science, honey will not help most people with seasonal allergies.

Studies have been conducted but have conflicting results to really decide. More studies, on a larger scale, would have to be done to fully understand honey and its relation to seasonal allergies. No matter the case, honey is a delightful treat made by the hard-working honeybees!



Top 5 Coolest facts about **BEEES!**

1

Honey was found in the tomb of King Tutankhamun – it was still edible! (just a little dry)

2

To make honey, bees drop nectar into honeycombs and evaporate it by fanning it with their wings. Honey is the only food that includes all the substances needed to sustain life. (including water)

3

An average worker bee makes about 1/2 – 1 teaspoon of honey in its lifetime.

4

A bee beats its wings approximately 11,400 times every minute – that's what makes the buzzing sound!

5

About 4 million flowers must be visited to make 1 Kg (2.2 pounds) of honey.



Recipe—Chewy Honey Granola Bars

Ingredients

- ◆ 3 cups old-fashioned oats
- ◆ 2 cups unsweetened puffed wheat cereal
- ◆ 1 cup all-purpose flour
- ◆ 1/3 cup chopped walnuts
- ◆ 1/3 cup raisins
- ◆ 1/3 cup miniature semisweet chocolate chips
- ◆ 1 teaspoon baking soda
- ◆ 1 teaspoon ground cinnamon
- ◆ 1 cup honey
- ◆ 1/4 cup butter, melted
- ◆ 1 teaspoon vanilla

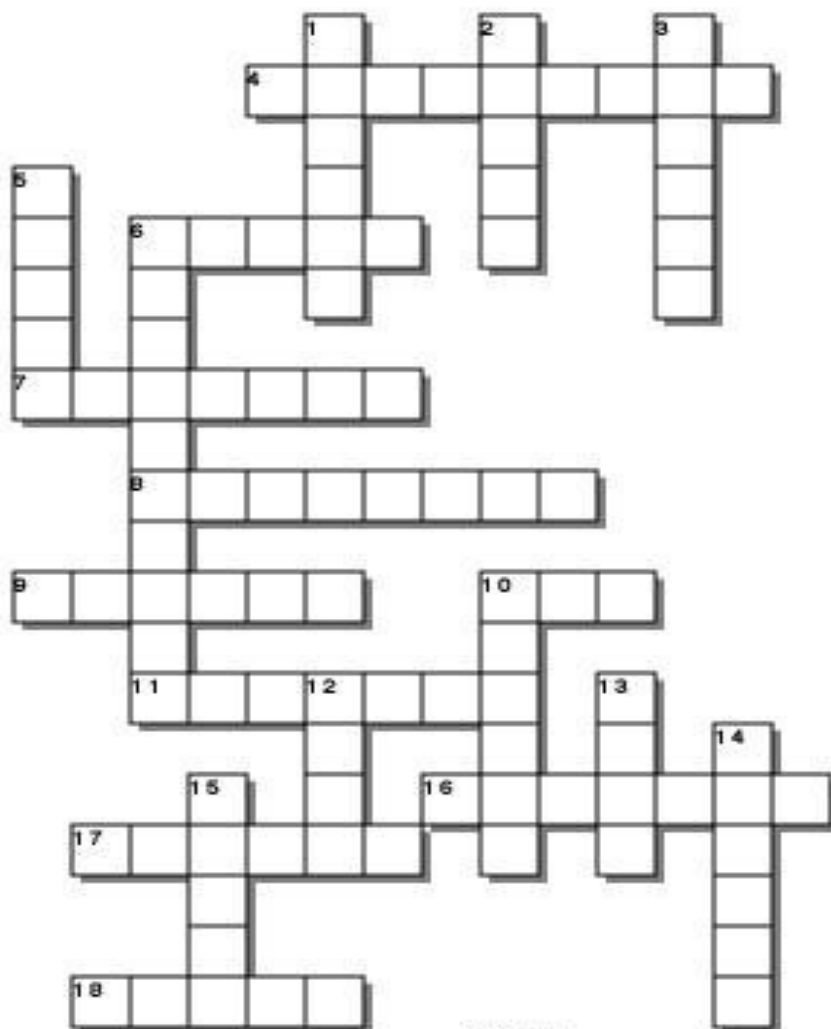


Directions

1. Preheat oven to 350°. In a large bowl, combine the first 8 ingredients. In a small bowl, combine honey, butter and vanilla; pour over oat mixture and mix well. (Mixture will be sticky.)
2. Press into a 13x9-in. baking pan coated with cooking spray. Bake 14-18 minutes or until set and edges are lightly browned. Cool on a wire rack. Cut into bars.

Don't Just Exercise Your Body, Workout Your Brain!

TheMulch Crossword Puzzle #9: All About Bees



Across

- 4 - They use this to suck up nectar.
 6 - Bears dream of it.
 7 - 25,000 of these have been identified
 8 - Type of eyes.
 9 - The kind of bee that drops things: a _____ bee.
 10 - Comb walls.
 11 - Drones don't have one of these.
 16 - Honey comb shape.
 17 - Can be slid out for inspection.
 18 - New ones kill their rivals.

Down

- 1 - They mate with the queen and die.
 2 - What the bees do with their honey. They _____ it.
 3 - Migrated from Sao Paulo, Brazil.
 5 - They call these home.
 6 - These would make your hair sticky sweet.
 10 - These earn minimum wages.
 12 - Number of baby bees the female worker bee can have.
 13 - The beehive state.
 14 - Food for bees.
 15 - Instead of pointing they do this.

September 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 National Cherry Pop- over Day	2 VJ Day, WWII	3 Skyscraper Day	4 Newspaper Carrier Day	5 Cheese Pizza Day
6 Read a Book Day	7 Labor Day	8 Pardon Day	9 Teddy Bear Day	10 Sewing Ma- chine Day	11 911 Remem- brance	12 Chocolate Milk Shake Day
13 National Peanut Day	14 Internation- al Crab Fest Day	15 Make a Hat Day	16 American Legion Day	17 Citizenship Day	18 National Cheese- burger Day	19 National Butter- scotch Pud- ding Day
20 National Punch Day	21 Miniature Golf Day	22 Business Women's Day	23 Checkers Day	24 National Jubilee Day	25 Native American Day	26 Johnny Ap- pleseed Day
27 Crush a Can Day	28 National Good Neigh- bor Day	29 Confucius Day	30 National Mud Pack			

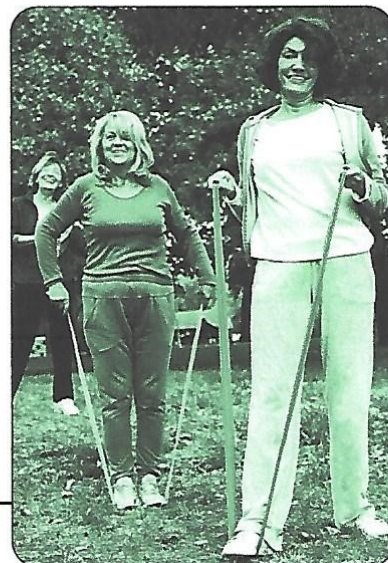
Monthly Observances

- | | |
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| <ul style="list-style-type: none"> • Baby Safety Month • Chicken Month • Better Breakfast Month • Classical Music Month • Hispanic Heritage Month • Honey Month • International Square Dancing Month | <ul style="list-style-type: none"> • Little League Month • National Blueberry Popsicle Month • National Courtesy Month • National Piano Month • Self Improvement Month • National Sewing Month |
|---|--|

September

Exercising with Resistance Bands

By Dave Roberts, WVU Extension Agent –
Boone and Lincoln Counties



Monthly Challenge: Devote 30 minutes, once a week, to exercising with resistance bands.

Health Motivator Talking Points

Resistance bands serve as an excellent resource for maximizing your physical activity. They have been proven beneficial for all levels, from the beginner to the more advanced trainers.

- These bands are available in a variety of shapes and sizes and are made for different levels of difficulty. However, they are all extremely light, compact and a perfect addition for your routine at home, in the gym or on the road.
- A great benefit of resistance bands is being able to achieve a whole-body workout that challenges your muscles in a number of ways. Unlike exercise machines that only allow a repetitive motion, resistance bands allow you to replicate more natural movements in a variety of directions.
- If you are new to resistance bands, look for ones with light to medium resistance. It's okay to get the lighter ones, because the bands provide more resistance as you progress through the movement. The tighter you pull, the "heavier" it gets. Some have handles that may make the grip more comfortable.
- AARP has excellent online guides for incorporating resistance bands into your regular exercise routine.



Chuckle of the Month:

I have a pun about rubber bands . . . but it's a bit of a stretch.

Quick Club Activity: Challenge the Muscles

As a group, practice the exercises provided in the Healthy Extras section.

Learn More

<https://www.aarp.org/health/healthy-living/info-2019/strength-training.html>

September Healthy Extras

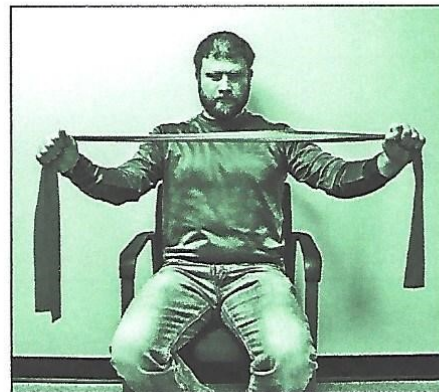
Exercising with Resistance Bands

By Dave Roberts, WVU Extension Agent – Boone and Lincoln Counties

Exercise 1: Chest Pull

1. Sit on a sturdy chair with your back straight and core tightened.
2. Grasp both ends of your resistance band. This position should be in front of your chest with your elbows bent. If your resistance band is too long, you can fold it in half before starting.
3. Exhale and pull the band as you bring it closer to your chest and try to straighten your arms.
4. Inhale and release. Return to starting position.
5. Repeat 10 to 15 times.

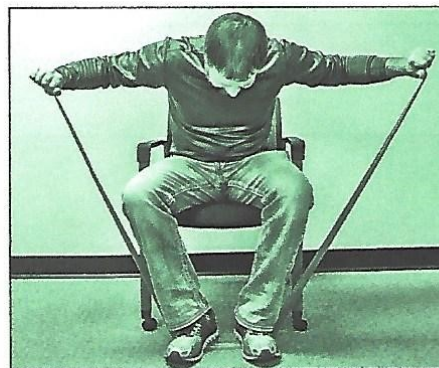
This exercise can be done while seated or standing.



Exercise 2: Bent Over Row

1. While seated, step on the resistance band and grip the handles. If you use a band without handles, then just hold onto both ends.
2. Tighten your core to protect your lower back and bend your torso forward until your upper body is parallel to the floor.
3. Position your arms toward the ground.
4. Exhale and slowly pull the handles upward. You should feel your shoulder blades drawing closer and your elbows should be facing the ceiling.
5. Exhale and slowly release back to starting position.
6. Repeat 10 to 15 times.

You can move your feet farther apart to increase the intensity or move your feet closer together to make it easier for you.



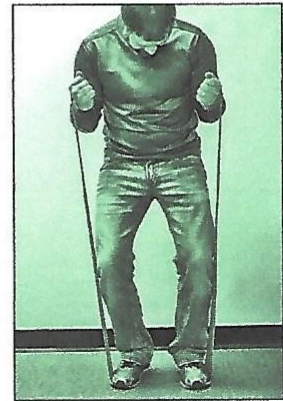
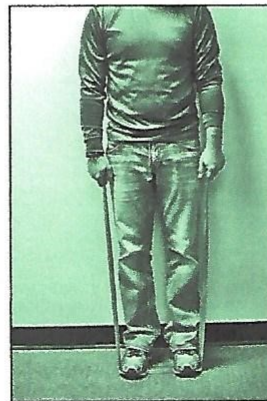
September Healthy Extras

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Exercise 3: Squats

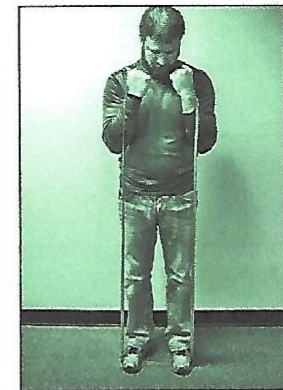
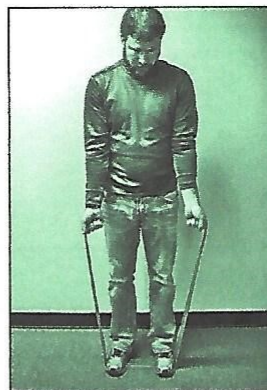
1. While standing, step on the middle of the resistance band with both feet flat on the floor.
2. Grip both ends of the band.
3. Slowly bend your knees into a squat position. Straighten your back, keeping your knees behind your toes and your butt out.
4. Return to starting position.
5. Repeat 10 to 15 times.



Exercise 4: Bicep Curl

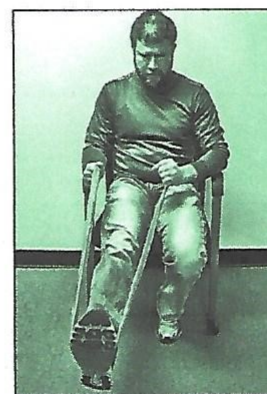
1. Step on the middle of the resistance band with both feet. Your feet should be flat on the floor.
2. Grip both ends with your hands.
3. Raise your arms to the height of your chest in front of you and then return to starting position.
4. Repeat 10 to 15 times.

You can either do this while sitting or standing.



Exercise 5: Calf Press

1. While sitting on a chair with your back straight, place your right foot in the middle of the band.
2. Hold both ends of the band with your hands.
3. Extend your legs and point your toes upward, toward the ceiling.
4. Flex and point your toes toward the ground.
5. Switch to the other leg.
6. Repeat 10 to 15 times with each leg.



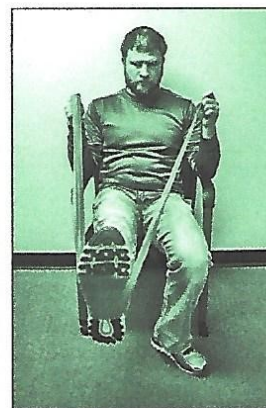
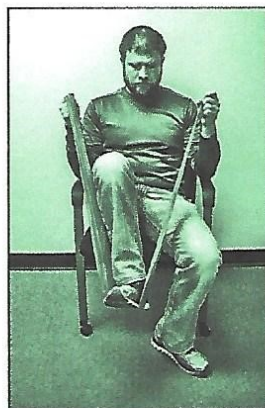
September Healthy Extras

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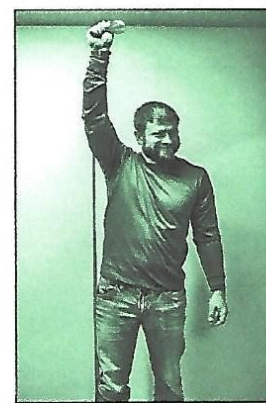
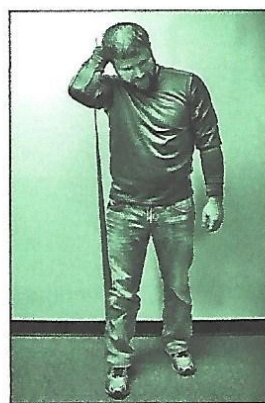
Exercise 6: Leg Press

1. Sit on a chair with your back straight.
2. Hold both ends of the resistance band.
3. Place your right foot in the middle of the band but keep the band off the floor. Your left foot should be flat on the ground.
4. Bend your right knee toward you by pulling it up with the band and then straighten it again in front of you.
5. Return to starting position and switch to the other leg.
6. Repeat 10 to 15 times with each leg.



Exercise 7: Triceps Press

1. While standing, place the resistance band under your right heel.
2. Hold the other end of the band with one or both hands and stretch it so you are holding both ends behind your right ear.
3. Pull it above your head and then release it back behind your ear.
4. Return to starting position.
5. Repeat 10 to 15 times on each side.



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Brain Exercise Answers

Across

- 4. proboscis
- 6. honey
- 7. species
- 8. compound
- 9. fumble
- 10. wax
- 11. stinger
- 16 hexagon
- 17. frames
- 18. queen

Down

- 1. drones
- 2. hoard
- 3. killer
- 5. hives
- 6. honeycombs
- 10. worker
- 12. none
- 13. Utah
- 14. pollen
- 15. dance

