

Health Tips

Alternatives for healthier Easter treats

By Dr. JANE COHEN

A. P. Beutel Health Center

A traditional Easter basket may have over 2,000 calories and 100 grams of fat, therefore, in a society that is increasingly health conscious, there are some healthy alternatives to consider.

"Peter Cottontail's" typical basket, full of decorated eggs, candy bunnies, and other goodies, may be too many calories for weight watchers. A healthier basket could contain nutritious foods and treats.

Variety and moderation are ways to keep some of the tradition, but seeking a balance of fewer calories and fat for a healthier diet is important. Add stuffed rabbits, animals or other toys to round out the basket.

When making choices, read the labels to determine the amount of calories and fat in the food. No more than 30 percent of a day's calories should come from fat.

Other alternatives for Easter baskets may take on a specific theme for better health. A health theme might include



BILLY MORAN/The Battalion

Various types of Easter baskets can be made this year including unhealthy, healthy, wild and crazy. Easter is this Sunday.

items for exercise, for prevention of excess sunshine, for personal improvement, for relaxation, for enjoyment or for spiritual enrichment.

For children, consider puzzles, stickers, toy cars, balls, and other small toys. Other themes to consider:

- Spring fun - exercise items, such as new tennis shoes, sweat bands, frisbee or sun protection items

- Picnic basket - apples, oranges, bananas, sparkling water, music tapes, books, sun visor or cap

- Personal - perfume, lotion, bubble bath, lingerie, book, ring, music, paper plates, or tablecloth

- Flowers or plants in a basket, gardening items, spices and herbs

- Sport basket - fishing, swimming or tennis items

- Music basket - tapes or instruments (learn to play the harmonica or spoons)

- Animal basket - items for pet grooming, such as a new leash or food

- Craft basket - t-shirt, sponge, paint or needles

Helpful suggestions for safe preparation of holiday eggs

By MICHELLE RAVKIND

A. P. Beutel Health Center

Easter brings many family members together, with smiling young faces and brightly colored eggs, but these eggs can mean more than Easter fun.

Consumption of uncooked or undercooked eggs can mean exposure to a harmful bacteria called Salmonella.

Salmonella is passed from the ovary to the white or yolk of the egg prior to the formation of the shell, so just cleaning the eggs with soap and water will not eliminate the bacteria.

Many Easter dishes contain eggs, and it is important ensure they are safe to eat.

Effects of salmonella poisoning range from fever to diarrhea, and in some cases, death; therefore, extra caution is necessary.

Follow these tips for the proper handling and preparation of eggs:

- Buy refrigerated grade A or AA eggs and keep them at 40 degrees prior to use.

- Keep eggs no longer than three weeks.

- Wash hands and make sure all equipment and surfaces used in preparation are clean.

- Do not use any dirty, cracked

or leaky eggs.

- Use immediately after breaking shell.

- For fried eggs, the yolk should be thick in the center, but it does not have to be hard.

- Do not let eggs sit at room temperature for more than two hours.

- Keep cold dishes below 40 degrees and hot dishes above 140 degrees before serving.

- Avoid holding hot foods for longer than 30 minutes.

In 1990, there were 23 multi-person salmonella outbreaks reported in the United States.

Twenty-one of these were linked to food service establishments.

When dining out for Easter, do not order food prepared with raw eggs, such as Hollandaise or meringues, and request eggs be cooked until firm.

Elderly people, pregnant women, young children and immune-compromised individuals are the most susceptible to developing Salmonellosis.

Different forms of salmonella can be found in almost every animal product, not just eggs.

One dirty hand, utensil, cloth or surface can spread salmonella to almost any type of food.

Resurrection Week success, chaplain says

By CHERYL HELLER

The Battalion

Members of Texas A&M's Resurrection Week Committee say they are pleased with student participation in this week's activities.

Corps Chaplain Bobby Dean said he thinks the week has been a success because it has given Christians a chance to work together toward a common goal.

"I think the Christians on campus have been waiting for an opportunity like this, since we don't plan to work together on a continuing basis," he said. "Easter ministry is very important in itself, and we don't want to see a common agenda, so every organization has to give up its own activities."

Resurrection Week calls both Christians and non-Christians to the truth of Jesus' resurrection, said participant Billy Dean.

"This week should mean something in the Christian's life," he said. "The purpose of death on the cross was to allow Jesus to pay the penalty for our sins. It frees us from the power of sin."

Resurrection Week has brought together several Christian and student organizations to plan the event, said committee member Brett Myers.

"A group of people began organizing resources of existing organizations and churches last fall," said Myers, who is also a member of the Association of Baptist Students. "Our goal is to celebrate the resurrection of Jesus Christ, and I think it's really special because so many different students from different groups worked together to plan something the students would enjoy."

Resurrection Week activities began Monday with a speech

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College of Education offers \$2,500 minority student scholarships

By SHELIA VELA

The Battalion

Texas A&M University's College of Education and University Honors Program are offering \$2,500 a year to selected students to increase the number of minorities in edu-

cation.

Minority Scholar/Loan Program awards are available to high school graduates interested in pursuing a teaching career.

"The long-term purpose of the program is to create more ethnic minority teachers in educational systems by recruiting and re-

taining ethnic students in education," said Felicia James, director of minority student services in the College of Education.

Since the beginning of the program in 1989, school districts across Texas have agreed to take part in a program to nominate minorities who are planning to attend

Texas A&M.

Recipients of the award must apply to receive the University Honors Program President's Achievement Award Scholarship which is a \$2,500 minority academic

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