

Have a Safe and Healthy Fall

[Announcer] This podcast is brought to you by the Centers for Disease Control and Prevention. CDC - safer, healthier people.

[Kaya] Hi kids! Welcome to CDC Kidtastics Radio. I'm Kaya Kidtastic. Today, we're talking about how to stay safe during my favorite season of the year – FALL!

[Caydan] What's so special about fall, Kaya?

[Kaya] Well, there's a lot going on in the fall – the weather changes, we have lots of school activities, there are holidays coming up, all kinds of fun.

[Karmen] Yeah, and we want to stay safe and healthy!

[Kids] Right!!

[Kaya] OK. So one thing you can do that's fun AND healthy is to have a food tasting! Get your mom to help you. Pick one kind of food, like a fruit, vegetable, or nut and fix it a bunch of different ways! An adult or older kid can help you get some information about that food, like when and where it was discovered or what it's known for. Then you and your family can sample what you made.

[Caydan] Oooo. I know. Like we could pick the apple and try apple wedges, apple sauce, apple cider, and baked apples. We could have each person *vote* on which was their favorite!

[Kaya] Great idea, Caydan! Maybe pick something you haven't tried before. You can get ideas from your family and *be creative!*

[Karmen] Fall is a great time to do stuff outside. We help my dad rake up leaves in our yard and then he lets us jump in them!

[Chris] Fun! But don't forget to wear sunscreen and insect repellent when you're outdoors; there could still be mosquitoes and ticks!

[Kids] Eeeewwww!

[Karmen] You're *right*, Chris! Thanks for the reminder.

[Chris] That's all the time we have today. The Kidtastics hope you have a safe, healthy, fun fall!

[Kaya] Thanks for listening to CDC Kidtastics Radio. We'll talk to you again soon. Until then... be a safer, healthier kid!

[Announcer] For more health information, go to www.cdc.gov or call 1-800-CDC-INFO, 24/7.