



Fuel Their Minds

Ideas for Better Eating and Active Play with Young Children



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<http://ceyolo.ucdavis.edu>

Leaf Madness

Can you believe fall season is already here? Leaves are changing colors and are beginning to fall. It is about that time to start stuffing leaves into the yard waste recycle bin. Picking up leaves this season doesn't have to be a chore. Why not make a fun activity out of it? Not only will you have a clean playground but your children will be **physically active** as well.

Start by giving each child a rake or a broom. For smaller children use a shorter broom or plastic rake. The children may have to share the tools if there are not enough.

Have each child go to different parts of the playground or yard and when you say "go",

everyone tries to rake their section as fast as they can into a pile. The winner gets to jump in the pile of leaves first.



When putting the leaf piles into the green waste container, choose different delivery methods. Have the bin be in the center of the yard. Have each child pick up a bunch of leaves and one child may skip, hop, run, walk fast, march, tip-toe, walk backwards or walk sideways to the bin. Don't forget to make sure each child gets a turn. You can also have the class do team relays!

While doing all of this work, make sure the children are drinking enough water to refuel their bodies from any lost liquids.

Free Dental Clinics for Children Ages 5 and Under!



Spread the word!! There are going to be 2 **FREE dental clinics** this fall for children ages 0 to 5. Please share with all parents and teachers at your school! You do not want to miss this opportunity!

The first dental clinic will be on **Saturday, November 8th, 2008 from 8AM to 5PM** at Salud Communicare Health Centers. The clinic will have FREE screenings and fluoride varnish. If you are interested in making an appointment, contact (916) 403-2960 and mention "Saturday clinic."

CommuniCare Health Centers,
Salud
500B Jefferson Blvd #180
West Sacramento, CA

The second dental clinic will be held on **December 13, 2008 from 8AM-3PM** at Davis Communicare Health Centers. This clinic will also have FREE screenings and fluoride varnish. If you are interested in making an appointment, contact (530) 757-4667 and mention "Saturday clinic."

CommuniCare Health Centers,
Davis
2051 John Jones Road
Davis, CA



Fall 2008

Halloween Candy Precautions!

Halloween is a special day for children. They're able to dress up crazy, paint their faces green, receive tons of candy and they don't get in trouble with their parents! Kids love it!

Halloween can be a lot of fun but making sure children are safe should be the first priority.

Many Halloween candies are a **choking hazard for children under the age of 4**. Don't take the risk! Hand out safe candies at home, remove dangerous candies from the child's stash and bring safe candies to school and events to share.



Dangerous candies are:

- 1) hard
- 2) round
- 3) smaller than the diameter of the child's finger (this is about how big their throat is)
- 4) very chewy

Here are some candies you should **avoid** for children younger than 4:

- Lollipops, dum dums, tootsie® pops
- Fruit snacks or other fruit chews
- Gummy bears or any other animal
- Any type of small, hard, chocolate candies with a shell (like M&M's®)
- Chocolate covered raisins
- Chocolate candies with nuts or almonds (like Hersheys® kisses or bars)
- Small, hard, disc shape candies (like Werthers Toffees®, Nips®, Crème Savors®)
- Skittles®
- Sprees®, Bottlecaps®, SweetTarts®, Necco®
- Taffy
- Caramels (including Milky Way®, Rolos®, Milk Duds®, and Sugar Daddy's®)
- Chocolate shaped into balls
- Tootsie® Rolls
- Malted Milk Balls (like Whoppers®)



- Jelly Beans
- Smarties®
- Candy bars with whole nuts (such as Snickers®, Almond Joy®)
- Hot Tamales®, Mike & Ike®
- Jolly Ranchers®
- Starburst®
- Jawbreakers (like Gobstoppers®)
- Chewing Gum
- Candy Corn
- Popcorn Balls (or any other type of popcorn)

Having a few of these goodies on hand as replacements will be a lifesaver if you have to take away a child's piece of candy. Here are a few items that are okay for young kids to eat:

- ☼ Mini chocolate chips
- ☼ Plain chocolate bars
- ☼ Rice Krispy Treats
- ☼ Licorice ropes
- ☼ Pixie Stix®
- ☼ Pop Rocks®
- ☼ Nestle Crunch®
- ☼ Nerds®
- ☼ Animal crackers
- ☼ Teddy Grahams®
- ☼ Twix®, Kit Kat®, 3 Musketeers®, Butter Fingers®, plain Hersheys® kisses
- ☼ Mini Reeses® peanut butter cups



Pumpkin Painting

October means Halloween and Halloween means pumpkins! All kids love to decorate pumpkins, so why not have a **pumpkin painting day!** This will introduce children to this unique vegetable.

Purchase one small pumpkin for each child or a large one for a group. Let them use paint, markers, stickers, glitter, fabric scraps, or cut up magazine pictures to decorate their pumpkins. Set the pumpkins outside to welcome visitors or use as a holiday centerpiece on a table. Then get ready to whip up a snack made with their new favorite vegetable!



Whole Wheat Pumpkin Pancakes

Now that children have seen, touched, and smelled a pumpkin, let's give them a chance to taste it. By incorporating this new food in a familiar way, it is likely to be gobbled up. Have the children help make these if possible.

Ingredients:

- ◆ 1 cup whole wheat flour
- ◆ 1 tablespoon sugar
- ◆ 2 teaspoons baking powder
- ◆ 1/2 teaspoon salt
- ◆ 1/2 teaspoon ground cinnamon
- ◆ 2 eggs



Recipe yields 10 pancakes

- ◆ 1 cup non-fat or skim milk
- ◆ 1/2 cup canned pumpkin
- ◆ 2 tablespoons canola oil

Combine the dry ingredients in a bowl. In another bowl, whisk eggs, milk, pumpkin and oil. Stir in dry ingredients just until moistened. Pour batter by 1/4 cupfuls onto hot griddle or pan. Turn over the pancakes when bubbles form on top. Cook until second side is golden brown. Serve with light syrup or fresh berries or give to children to eat by hand.

Recipe adapted from www.allrecipes.com

Beat the Wheat with Whole Wheat



Want to learn more about whole grains? Visit www.mypyramid.gov

What kind of bread does your school use? Are you fueling your students with whole grains?

You may be asking **how do I know if bread is whole wheat or not.** Looking at the ingredients label on the back is the best way to start.

Reading the label doesn't have to be stressful or time consuming. Look at the first few ingredients and if they say *whole* wheat you're on the right track. If they say *enriched* wheat flour then the bread is not whole wheat.

Whole wheat bread is going to have the full

*Adapted from The Lunch Box Series, University of California, Publication 8108

wheat kernel and all the nutrients and fiber *naturally*. When the kernel is broken down to actually make the bread it will turn the bread to a brown color.

Plain wheat bread has enriched flour (white flour that has added *unnatural* nutrients) and only part of the wheat kernel is added. The enriched flour tries to replace nutrients that were lost during the milling process but the small nutrients such as fiber are not going to be replaced. Food coloring may be added later to give the bread a brown color, making it look like whole wheat bread.

We need **whole grains** in our diets to help us stay healthy. They are also more filling, so children will stay full longer.

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Activity Kits Free From the University of California

The University of California has prepared activity kits to help you teach food and activity concepts to your young children, while integrating math, language and science. **These lessons come "ready-made"** with all of the materials you need to teach a fun and interactive lesson with your preschoolers or kindergarteners. These curriculum were developed by the University or Scholastic, Inc.

We will bring the materials to your site, free of charge, and we can even provide your staff with trainings and additional resources to increase their confidence in these topics. We can also plan classroom, food-themed parties, special events, and other fun sessions.

If you are interested in signing up to receive these materials, please contact us.

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