



Fuel Their Minds

Ideas for Better Eating and Active Play with Young Children



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Kitchen Safety

Do you have a two month old sponge sitting in your kitchen sink that has yet to be replaced or cleaned? More often than not, we forget to sanitize or renew our kitchen sponges.

Sponges have the perfect environment for bacteria to grow on because they are often warm and moist. In a study done by the Agricultural Research Service (ARS) Food Technology and Safety Laboratory, a dirty sponge had about 20 million microbes after only 48 hours!

Could you imagine reusing this sponge to clean your dishes and countertops? You would be spreading potentially harmful bacteria everywhere! In the article, *Best Ways to Clean Kitchen Sponges*, Sharon Durham summarizes the ARS Food Technology and Safety Laboratory's study, by testing five ways to potentially clean kitchen sponges.

She found that the best methods for killing bacteria in your kitchen sponge is by putting it in the microwave (in a bowl of soapy water) for one minute which kills approximately 99.999% of microbes! Coming in a very



close second place was putting the sponge in the dishwasher, which killed about 99.998% of the microbes. Only 37-87% of the bacteria was killed by using either the 10% chlorine bleach solution, lemon juice, or de-ionized water.

Cleaning or replacing the kitchen sponge is an important food safety practice. It is recommended to either clean or replace kitchen sponges every two weeks to one month. Try to keep 2 in use, and rotate washing them in the dishwasher with each load.

Other kitchen paraphernalia like the sink itself, sponge caddies and rubber mats develop bacteria throughout time. For a quick cleaning method, give them a bath once a week or so by leaving the items in the sink for several minutes in hot water with some dish detergent and bleach. Rinse and let dry. If your busy schedule doesn't permit you to check this 'to-do' item off your list, sanitize the items once a month by placing them in the dishwasher upside down running under the normal cycle with heated dry. Be sure to disassemble your items prior to starting your dishwasher.

Article adapted from: Durham, Sharon. *Best Way to Clean Kitchen Sponges*. 2007 April. USDA.gov

Food Label Quiz: Read It Before You Eat It!

Take this short quiz to test your knowledge about reading and understanding what is included on a nutrition facts label. Answers can be found on page 3.

1. True or False: A nutrition facts label can list 0g of fat even if the food lists a fat in the ingredient list.
2. Food manufactures are required to list all but the following on their packages:
A. vitamin A B. calcium C. vitamin D D. iron
3. What information should you first consider when looking at the food label?
A. fat content B. serving size C. vitamin content D. calories
4. True or False: Food labels list ingredients in the order of most to least healthful.



Keeping Packed Lunches Safe



The American Academy of Pediatrics performed a study called *Temperature of Foods Sent by parents of Preschool-aged Children*, which measured the temperature of preschoolers' sack lunches 1.5 hours before consumption. The objective of the study was to observe if the foods were kept within the temperature safety zone before the children consumed their lunch.

Approximately 39% of the sack lunches had no ice packs, 45% had one ice pack, 88% were at room temperature, and only 1.6% of the perishables were in a safe temperature zone.

This study gives insight of how frequently and easily sack lunches can get to unsafe temperatures. It is important to keep hot foods hot and cold foods cold in order to stop or slow bacteria from dangerously multiplying in our foods, potentially making us ill. Bacteria thrives at temperatures ranging from 41-140°F; this is known as the temperature danger zone. So keeping hot foods at 141°F or higher and cold foods at 39°F or lower will help keep packed lunches safe for consumption at school. Keeping a close eye on your students' lunch and packaging will help prevent food borne illnesses from creeping into your school site. Pack them in insulated lunch boxes, include enough ice packs, freeze bread or juice water bottles for additional chilling power, and teach children to throw away dangerous foods.

Use the guide below to help you properly prepare and pack your child's lunch.

Foods That **Do Not** Need **Refrigeration** *These foods can be packed safely in your child's backpack or lunchbox with minimal food safety concern.*

- *Peanut butter sandwich*
- *Baked goods, cookies, multigrain crackers, muffins*
- *Bread products, whole wheat bagels, English muffins and fruit breads*
- *Whole fresh fruits, unopened cans or ready-to-eat single serving packs*
- *Jam, jellies and honey*
- *On-the-go single serving pudding pack*
- *Canned meat, poultry or tuna*

Additional things to consider when preparing and packing your child's lunch:

- ◆ Remember to always wash your hands with warm soapy water before and after food preparation, especially after handling fish, meat or poultry products.
- ◆ Wash your child's lunchboxes, totes and thermos containers after every use with warm soapy water to prevent the spread and growth of bacteria.
- ◆ Save yourself some time during your hectic mornings, and pack the lunch the night before. Don't forget to refrigerate!
- ◆ Follow the "2-hour rule": Do not leave perishable items at room temperature longer than two hours. **On hot days, decrease to 1 hour!** This timeframe includes from the preparation of food to actual consumption.

Answers to the Food Label Quiz



Nutrition labels can be tricky so make sure you are reading them carefully. Check your answers to see how many questions you got correct. If you would like to learn more about label reading, information can be found at kidshealth.org or webmd.com. The University of California Cal Fresh Nutrition Education Program can supply your staff with hand-outs or we are available to come to your site and do a mini-class on reading food labels.

1. **True.** As long as the food contains fewer than 0.5g of fat per serving, the nutrition label can say that it contains no fat.

2. **(C) Vitamin D.** Vitamin D is not required on food labels, but companies can include the vitamin if they want to. Normally this is done if the food product is high or enriched with Vitamin D.

3. **(B) Serving Size.** Food and beverage labels reveal nutrient information for a single serving. Be cautious as some food and beverage items have multiple servings in one container. For example, a 20 ounce bottle of soda has 2.5 servings and is usually consumed by one person in a single sitting. Without looking at the serving size, you can unknowingly eat or drink more calories, sugar, or fat than you thought!

4. **False.** Ingredients are listed in order of weight, from heaviest to lightest. The first couple of ingredients are usually what make up the majority of the food.

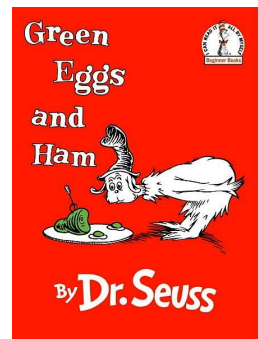
Cilantro Green Eggs & Ham, Anyone?

Innovating new ideas from typical food ingredients can be challenging. Here is a creative way to change up your breakfast with help from *Dr. Seuss' Green Eggs and Ham*.

Serving size: 1

Ingredients:

- 2 Eggs
- 1 Slice of ham
- 2 Tablespoons chopped cilantro (or any green herb you prefer)
- 2 teaspoons of nonfat milk or water
- 1 teaspoon olive or canola oil



Instructions:

1. Crack 1 whole egg into a small mixing bowl. Then crack the other egg, adding just the egg white (throw away the yolk). This will reduce the “unhealthy” fats in your meal. Add milk and whisk with a fork until the yolk is broken up and the color is uniform throughout the mixture.
2. Next, chop the cilantro. Add to the eggs and stir.
3. Using a clean knife and cutting board, chop the ham into bite-sized pieces and add to egg mixture.
4. Preheat a clean skillet on medium heat with oil. Pour the scrambled egg mixture into the pan.
5. Slowly stir until cooked (no longer wet or runny) for about 4-5 minutes. Viola, *Green Eggs and Ham!*
6. Serve with a slice of whole wheat toast and fruit.

Activity Kits Free From the University of California

Do your part to impact childhood obesity and malnutrition. Local, state, and federal initiatives (and funding) urge a coordinated approach to addressing these issues. The University of California has prepared activity kits to help you teach nutrition and physical activity concepts to your children, while integrating math, language and science concepts that address CDE standards. **These lessons come “ready-made”** with all of the materials you need to teach a fun and interactive lesson with your students. The curriculum was developed by the University of California.

We will bring the materials to your site, free of charge, and we can even provide you or your staff with trainings and additional resources to increase confidence in these topics. If you are interested, 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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Fuel Their Mind Nutrition Newsletter Enclosed

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Fuel Their Minds Parent Corner

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Parenting Styles

According to the American Academy of Pediatrics there are four types of parenting styles. These are determined by the level of support and the expectations of the child. The best outcomes are found with supportive, yet demanding, parents.

Supportive (Parent is accepting and child-centered)

Unsupportive (Parent is rejecting and parent-centered)

Demanding (parent expects much of child)

Authoritative Parenting

Rules are set for your children to follow and choices are given when appropriate. Following through on logical consequences is evident, and are explained to your child so they can learn from, and not repeat, the misbehaviors.

You are responsive to your children and are willing to listen to questions. When children fail to meet expectations, you are caring and forgiving rather than punishing. You follow through on logical consequences. You understand that the ultimate goal is to **teach, not punish**.

Result: Children are more assertive, responsible, and self-sufficient. Statistics show these children are happy, self-confident, successful, and the least likely to be overweight.
Tips: Keep it up, this is the ideal way to parent, and has profound and far-reaching positive impacts!



Authoritarian Parenting

Strict rules and guidelines are set for your child using this parenting style. Failure to follow these rules can result in punishment.

Pitfalls: The problem with this parenting style is that the **reasoning** behind the rules is not often explained "because I said so" is used as an answer. This does not help your child understand why the rules are in place and may lead to more confusion and problems. This parenting style has high demands but is not very responsive.

Results: Statistics show these children tend to be less happy, have lower self-esteem, and are more likely to be overweight.

Tips to improve:

- 1) Communicate with your child. Listen to their questions or concerns and respond to them.
- 2) Set rules and explain to them the importance of those rules and why they should follow them.

Example: "We wash our hands with soap and water before every meal so we don't get sick."

- 3) Accept that your children are not perfect as everyone has bad days. Be able to forgive them when mistakes are made and help to correct them.



Undemanding (parent expects little of child)

Permissive Parenting

Very few demands are imposed upon your children using this parenting style. Discipline is rarely used and following through on consequences is often not seen.

Pitfalls: Parents tend to take on more of a friend role than an actual parent.

Results: Statistics show these children are not very happy and have poor self-regulation. They also tend to perform poorly in school and are twice as likely to be overweight.

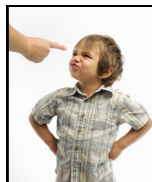
Tips to improve:

- 1) End the power struggle. Instead of constantly telling your child to do something, give them a choice. This allows the child to feel in control of their situation and reduces their stress, as well as yours.

Example: "What would you like to do first before going to bed, brush your teeth or read a story together?"

- 2) Use logical consequences for misbehavior. If your child throws their toy, they must pick it up before playing with anything else. If they run into the street, again, then the neighborhood walk must come to an end.

- 3) Always follow through on your consequences. They only know where the boundaries are if they are enforced.



Uninvolved/Disengaged Parenting

This parenting style uses few demands, low responsibility, and little communication with your child. Your child's basic needs are met, but the parent is usually not involved in their child's life.

Pitfalls: Parents may reject or neglect the emotional, social, and intellectual needs of their children.

Results: Statistics show within this type of parenting, children rank lower in all areas of life. Children tend to lack self-control, have low self-esteem, and are less intelligent than their peers. Studies show these children are three times more likely to become obese.

Tips to improve:

- 1) Get involved in your child's life through school functions or activities.
- 2) Show empathy when your child is sad, hurt, or mad. This helps validate their feelings.

Example: "I know you are upset, but we have to share our toys with our friends."

- 3) Praise your child. Tell them when they have done something right or good. Be specific.

Example: "Good job washing your hands with soap and water all by yourself. I am proud of you."





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Estilos de Crianza

Según la Academia Americana de Pediatría hay cuatro tipos de estilos de crianza. Estos son determinados por el nivel de apoyo y las expectativas del niño. Los mejores resultados se encuentran con apoyo, y padres que son exigentes.

Apoyo (Padre está aceptando y centrado en el niño)

Padres Autoritativos

Se establecen reglas para que sus hijos los sigan y opciones se dan cuando es adecuado. Siguiendo en las consecuencias lógicas es evidente y se explica a su hijo para que puedan aprender y no repetir el comportamiento mal. Responden a sus hijos y está dispuesto a escuchar las preguntas. Cuando los niños no cumplen con las expectativas, es cariñoso y perdona en lugar de castigar. Usted sigue a través de las consecuencias lógicas. Usted entiende que el objetivo final es **enseñar, no castigar.**

Resultado: Los niños son más asertivos, responsables y auto suficientes. Estudios muestran estos niños son felices, seguros de sí mismos, con mucho éxito, y menos probabilidades de ser sobrepeso.

Consejos: Seguir así, esto es la manera ideal de padre y tiene una repercusión positiva!



Exigente (Padre espera mucho del niño)

Sin Apoyo (Padre está rechazando y centrado en el padre)

Padres Autoritarios

Se establecen directrices y reglas estrictas para su hijo con este estilo de crianza. No seguir estas reglas puede resultar en castigo.

Desventajas: El problema con este estilo de crianza es que el **razonamiento** detrás de las reglas no es explicado "porque yo he dicho" se utiliza como una respuesta. Esto no ayuda a su hijo comprender por qué las reglas estén puestos y pueden provocar más confusión y problemas. Este estilo de crianza tiene altas exigencias, pero no es muy respondiente.

Resultados: Estudios muestran estos niños son menos felices, tienen baja autoestima y más probabilidades de ser sobrepeso.

Consejos para mejorar:

- 1) Comunicarse con su hijo. Escuche sus preguntas o inquietudes y responder a ellos.
- 2) Establezca reglas y explicarles la importancia de esas reglas y por qué deben seguirlos. Ejemplo: "Nos lavamos las manos con jabón y agua antes de cada comida por que no queremos enfermarnos."
- 3) Aceptar que sus hijos no son perfectos, como todo el mundo tiene sus días malos. Poder perdonarlos cuando cometen errores y ayude a corregirlos.



Padres Permisivos

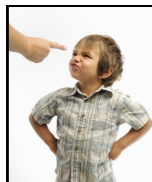
Muy pocas demandas son impuestas a sus hijos con este estilo de crianza. Disciplina es raramente utilizado y siguiendo sobre consecuencias no se ve.

Desventajas: Padres tienen una relación con sus hijos más como un amigo que un padre real.

Resultados: Estudios muestran estos niños no están muy contentos y tienen dificultad con su autorregulación. También tienen dificultad en la escuela y son dos veces más probables que estén sobrepeso.

Consejos para mejorar:

- 1) Poner fin a la lucha por el poder. En lugar de constantemente diciendo a su niño que haga algo, les dan una opción. Esto permite al niño sentirse en control de su situación y reduce su estrés, así como el suyo. Ejemplo: "¿Qué gustarías hacer primero antes de ir a la cama, cepillarse los dientes o leer una historia juntos?"
- 2) Utilizar lógicas consecuencias por conducta mala. Si su hijo tira su juguete, debe recogerlo antes de jugar con cualquier otra cosa. Si corren en la calle una vez más, el paseo de caminar debe llegar a un fin.
- 3) Siempre siga a través de las consecuencias. Ellos sólo saben dónde están los límites cuando son aplicados.



Modesto (Padre espera poco del niño)

Padres Negligentes

Este estilo de crianza utiliza pocas demandas, bajo responsabilidad y poca comunicación con su hijo. Se satisfagan las necesidades básicas de su hijo, pero el padre no es involucrado en la vida de sus hijos.

Desventajas: Los padres pueden rechazar o desatender las necesidades emocionales, sociales e intelectuales de sus hijos.

Resultados: Estudios muestran dentro de este tipo de crianza, los niños no están al mismo nivel que sus compañeros en todos en los ámbitos de la vida. Los niños tienen dificultad con su autocontrol, tienen baja autoestima y son menos inteligentes que sus compañeros. Estudios muestran que estos niños son tres veces más probables que ser obesos.

Consejos para mejorar:

- 1) Participar en la vida de su hijo a través de actividades o funciones de la escuela.
- 2) Mostrar empatía cuando su hijo está triste, lastimado o nojado. Esto ayuda a validar sus sentimientos. Ejemplo: "Sé que estás disgustado, pero tenemos que compartir nuestros juguetes con nuestros amigos."
- 3) Alabar a su hijo. Les diga cuando han hecho algo correcto o bueno. Ser específico. Ejemplo: "Buen trabajo lavarse las manos con agua y jabón tu solo. Yo soy muy orgulloso de ti."

