



# Fuel Their Minds

Ideas for Better Eating and Active Play with Children



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## Sleepy Teens



Now that daylight savings time has arrived, we often feel like we have lost an hour of sleep after we roll our clocks forward. However, this is not the case as our internal biological clock adjusts to the difference in time change. Sure this may take some individuals longer to adjust as they find themselves yawning throughout the morning, but eventually this will pass. But, what happens when your teen can't shake off their tiredness? As a parent and teacher, understanding why teen sleep is important and what one can do to promote adequate sleep will benefit your child and students. Receiving the proper amount of sleep every night is just as important as a healthy diet and daily exercise. Nighttime sleep helps repair the body, keep the heart healthy, reduces stress, improves memory and concentration in school. The National Sleep Foundation recommends children aged 10-17 sleep between 8.5-9.25 hours per night.

**Internal Clock:** Every individual has an internal clock that assists in the regulation of body temperature, sleep cycles, and hormonal changes. Prior to children reaching the adolescence years, a child's internal biological clock, known as circadian rhythms, naturally allows him/her to fall asleep at the normal recommended timeframe of 8 to 9pm. However, as soon as your child enters the adolescent years, a shift in their circadian rhythms causes your child to not start feeling sleepy until well past the 9pm timeframe.

In addition, when your adolescent is staying up all night to study, socialize on technological devices such as their cell phone, accessing Facebook and Twitter, or watching late night televised programs can contribute greatly to the changes in their body's circadian rhythm.

Though teens may think they are receiving adequate amounts of sleep, **here are some signs that will alert you to knowing your child needs more sleep:**

- Difficulty waking up in the morning for school
- Inability to concentrate
- Falling asleep during mealtime
- Falling asleep during classes
- Experiencing moodiness and irritability



**Resetting the Internal Clock:** Studies show that children who sleep more, get better grades in school. Consider the following:

1. **Set a schedule.** As tough as this can be to follow, setting a bedtime schedule will help signal the body to unwind and prepare for sleep. Setting an alarm to wake up around the same time every morning also contributes to establishing a healthy sleeping pattern.
2. **Avoid late night exercising.** Exercising right before bedtime will result in an energy boost for your body, making it harder for you to fall asleep. Avoid exercising three hours before bedtime.
3. **Ditch the caffeine.** Avoid consuming beverages with stimulants such as those found in coffee, tea, soda, and energy drinks during dinner. Though caffeine provides the body with a limited burst of energy, knowing the effects it can have in your teen's body will differ. Caffeine is known to interfere with a good night's sleep, as caffeine stays in the system for many hours.
4. **Relax the mind.** Avoid viewing stimulating televised programs and playing video games right before bed. To help relax the mind, consider a warm shower, reading a book, or listening to relaxing music right before bedtime.
5. **All nighters.** Encourage your teen to plan ahead when completing academic coursework such as studying for a test, writing a report, and so forth. Staying up all night to complete homework and studying will result in your child feeling tired and unable to concentrate in his/her schoolwork the following morning, and this can throw off their sleeping pattern and can actually impair school performance, not improve it.

Article adapted from TeensHealth® How Much Sleep Do I Need?

# Storing Fruits and Veggies



There are many reasons for eating fruits and vegetables such as the abundance

of fiber, vitamins, minerals, and antioxidants which help boost your immune system.

However, many people might be discouraged from purchasing fruits and vegetables for a variety of reasons including storage issues.

Did you know the flavor of fruits and vegetables is influenced by how they are stored? Knowing how to properly store fruits and vegetables will result in enhancing their natural flavors while extending their shelf life.

Many fruit and vegetables should be stored at room temperature. Storing them in the refrigerator can actually damage or prevent produce from ripening. Ripe fruit and vegetables are more flavorful, have good texture, and can be easier to prepare and more pleasing to eat since they are softer and sweeter.

For example, storing the following in the refrigerator can impact the flavor and texture of the produce:

- Bananas will develop black skin and will not ripen, preventing its natural sweetness from developing.
- Watermelons lose their flavor and deep red color if stored longer than 3 days in the refrigerator.
- Sweet potatoes absorb odors from your refrigerator causing an off-flavor to occur, and develop a hard core when cooked.

Although some produce is recommended to be stored at room temperature only, other produce may be stored at room temperature until ripened and later transferred to a refrigerator for longer storage.

When considering countertop and refrigerator storage, consider the following tips:

## **For Countertop Storage:**

- Ensure no direct sunlight near stored fruit and veggies to prevent warming of the produce as this may accelerate the ripening process.
- Placing produce in a sealed plastic bag may actually slow the ripening process and may cause an off-odor and faster spoilage.
- To accelerate the ripening process of some of your fruits, place a small quantity of produce in a paper bag with one ripe apple. Apples, except for Fuji and Granny Smith, will produce enough ethylene which is a natural gas hormone that speeds up the ripening process.

## **For Refrigerator Storage:**

- Keep produce in a perforated plastic bag. You can do this by poking small holes in your produce bags if they do not already have them.
- Store fruits and vegetables apart.
- Prepare and consume your fruits and vegetables within a few days of storage to maximize flavor and nutrients. Long storage in the refrigerator coincides with loss of freshness, flavor, and nutrients.

*For more information on storing fruits and vegetables, visit the UC Davis' Postharvest Technology Research & Information Center at [postharvest.ucdavis.edu](http://postharvest.ucdavis.edu).*



## Cheese and Kale Quiche

Kale's leafy green leaves have many nutritional benefits including being a good source of fiber, calcium, vitamin A, and vitamin C. Allowing your child to be part a of the preparation process of this meal will increase the chance of them trying this new vegetable. Ask your child to help you wash the kale leaves under cold running water and tear off the leaves from the stem and chop into small pieces.

*Preparation Time: 20 minutes*

*Cook Time: 50 minutes*

*Recipe makes one 9-inch round quiche*

### **Ingredients:**

- 2 tablespoons oil, canola or olive
- 2 cloves garlic
- 1 small onion
- 1/2 cup cooked kale
- 1/2 cup packaged pre-sliced mushrooms
- 1 cup low-fat cheese, any variety
- 1 (9-inch) frozen unbaked deep dish pie crust
- 5 egg whites + 2 egg yolks
- 1 cup low-fat milk
- 6 cups water
- Salt and Pepper to taste



### **Instructions:**

1. Preheat oven to 375°F.
2. Wash your hands with soap and warm water.
3. Wash the kale leaves in a clean colander.
4. Chop kale into small pieces and put in a medium microwavable bowl with water. Cook for 10-15 minutes. Check with a fork every 5 minutes to see if the kale is soft.
5. Place pie crust on cookie sheet and set aside. Using a fork, poke the pie crust 7-8 times.
6. Chop the onion and garlic into small pieces and set aside.
7. Grate 1 cup of cheese and set aside.
8. In a medium skillet, melt oil over medium heat. Sauté the garlic and onion until lightly browned, about 5 minutes.
9. Stir in the cooked kale and mushrooms. Let all ingredients cook together for 3-5 minutes then add cheese.
10. Season with salt and pepper then spoon mixture into pie crust.
11. In a medium bowl, whisk together eggs and milk. Pour into the pie crust, allowing egg mixture to combine with kale mixture.
12. Cover the edges of the pie crust with aluminum foil to prevent burning.
13. Bake quiche for 35-40 minutes.
14. Allow the quiche to cool 5 minutes before serving.

*Recipe adapted from Allrecipes.com*

# Activity Kits Free From the University of California

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. **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 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.

## CONTACTS



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## Plan, Shop, Save, and Cook!

Cooking and eating together as a family not only saves money but also improves health for all family members! Studies show that children that eat together with their families have higher self esteem, do better in school, and are less likely to turn to drugs and alcohol to solve their problems later in life. Sometimes busy schedules get in the way of grocery shopping, cooking, and sitting down together to eat. There are a few easy steps that can help alleviate your stress and make healthy, budget friendly meals come together in no time.



1. **Plan**– Always go to the store with a plan. Check your cupboards, freezer, and refrigerator before you start your grocery list. Seeing what you have on hand first will help shape your grocery list. Check the store flyers for sales before you go. Grocery stores advertise seasonal produce at bargain prices to sell their inventory.
2. **Shop**– Try to shop without your children, if possible. You won't be distracted and will spend less time in the store, which means saving money. If children come with you, they can help you find items on the list, bag foods, and help you search for the best deals.
3. **Save**– Save money by using unit pricing. Unit pricing is calculating out the price per ounce or pound. For example, if 32 ounces (2 pounds) of cheese costs \$7.99, the unit price per ounce would be 25 cents, because \$7.99 divided by 32 ounces equals 25 cents. Be careful when buying foods in bulk. If the food spoils before you eat it, then food and money are wasted.
4. **Cook**– Cook once and eat twice! Make double the portion of spaghetti or enchiladas so that you will have leftovers to take for lunch the next day or you will already have the start of another meal. Simply add a salad or fruit and you have dinner ready. Have family members help with the food preparation. Children can wash produce, set the table, or cut soft fruits or vegetables. Team work helps get the job done faster!

### Want more information?

We offer nutrition, meal planning, and food resource management education classes! Contact Angela Asch at [alасh@ucanr.edu](mailto:alасh@ucanr.edu) or call (530)666-8731 for more information.

### Do you need financial assistance?

You or your family members may qualify for WIC or CalFresh benefits.

#### WIC (Women, Infants, and Children):

WIC helps families by providing checks for buying healthy supplemental foods from WIC-authorized vendors, nutrition education, and help finding healthcare and other community services. Participants must meet income guidelines and be pregnant women, new mothers, infants or children under age five.

<http://www.yolocounty.org/index.aspx?page=133>



The CalFresh Program helps to improve the health and well-being of qualified households and individuals by providing them a means to meet their nutritional needs. The program issues monthly electronic benefits that can be used to buy most foods at many markets and food stores.

<https://www.mybenefitscalwin.org/>

<http://www.myfoodstamps.org/yolo.html>





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## Planear, Comprar, Ahorrar y Cocinar

Cocinar y comer juntos como una familia no sólo ahorra dinero, sino también mejora la salud de todos los miembros de la familia! Estudios demuestran que los niños que comen junto con sus familias tienen mayor autoestima, un mayor rendimiento académico y no recurren a drogas y alcohol para resolver sus problemas más adelante en la vida. A veces nuestro horario nos impide hacer el mandado, cocinar y sentarse juntos a comer. Hay unos cuantos pasos sencillos que pueden ayudar a aliviar el estrés, y ayudarle a hacer una comida saludable y rápida dentro de su presupuesto.



1. **Planear**- Siempre ir a la tienda con un plan. Chequear sus estantes, congelador y refrigerador antes de empezar su lista de compras. Viendo lo que tiene en su hogar primero le ayudará a formar su lista de compras. Compruebe los periódicos de tienda para ventas antes de irse. Los supermercados anuncian productos de temporada a precios de ganga para vender su inventario.
2. **Comprar**- Trate de ir de compras sin sus hijos, si es posible. No va a estar distraído y va a pasar menos tiempo en la tienda, y esto significa ahorrar dinero. Si los niños vienen con usted, ellos pueden ayudarle a encontrar los alimentos en la lista, bolsar los alimentos y ayudarle a buscar las mejores ofertas.
3. **Ahorrar**- Ahorre dinero usando el precio unitario. El precio unitario calcula el precio por onza o libra. Por ejemplo: 32 onzas (2 libras) de queso cuesta \$7.99. El precio unitario por onza sería 25 centavos, porque \$7.99 dividido por 32 onzas iguala a 25 centavos. Tenga cuidado al comprar alimentos a granel. Si la comida se desperdicia antes de comer, entonces los alimentos y el dinero se desperdician.
4. **Cocinar**- Cocinar una vez y comer dos veces! Hacer doble la porción de espaguetis o enchiladas le ayudará a tener sobras para el almuerzo del día siguiente o tiene una base para preparar otra comida. Simplemente agregue una ensalada o fruta y tiene la cena preparada. Pida que miembros de la familia le ayuden con la preparación de alimentos. Los niños pueden lavar verduras, poner la mesa, cortar frutas o verduras. Trabajando como un equipo ayuda a hacer el trabajo más rápido!

### ¿Quiere más información?

Ofrecemos clases de nutrición, planificación de comidas, y clases de gestión de recursos de alimentos! Póngase en contacto con Angela Asch, [alasch@ucanr.edu](mailto:alasch@ucanr.edu) o llame al (530)666-8731 para obtener más información.

### ¿Necesita ayuda financiera?

Usted o sus familiares pueden calificar para beneficios de WIC o CalFresh.

#### WIC (Women, Infants, and Children):

WIC ayuda a las familias proporcionando un talón para comprar alimentos saludables suplementarios de vendedores autorizados por WIC, educación nutricional y ayuda para encontrar atención médica y otros servicios de la comunidad necesarios. Para calificar, los participantes deben ser de bajo ingreso y ser mujeres embarazadas, madres con niños infantiles o niños menores de cinco años.

<http://www.yolocounty.org/index.aspx?page=133>

El Programa CalFresh ayuda a mejorar la salud y el bienestar de los hogares calificados e individuos por dándoles un medio para satisfacer sus necesidades nutricionales. Este programa proporciona un mensual electrónico de beneficios que puede utilizarse para comprar la mayoría de los alimentos en muchos mercados y tiendas.

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