



Fuel Their Minds

Ideas for Better Eating and Active Play with Children



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Friendly Bacteria

There are trillions of bacteria that live in you and your children's body, many of which are considered 'good' because they help keep you healthy. Good bacteria aid in digestion, can prevent illness, and assist your immune system. There are two common categories of beneficial bacteria that naturally occur in your body, and food manufacturers will often use these bacteria in their products to boost health claims.



A word becoming more common in the food marketing world is the term probiotics. Probiotics are a type of good bacteria described as 'live microorganisms that provide a health benefit when administered in adequate amounts.'

Probiotic bacteria occurs naturally in some foods such as yogurt or soy products, and it can also be added to food such as cereals and juice during the manufacturing process.

Many food manufacturers are adding probiotics to their products, along with claims that it can improve immunity or prevent diarrhea. But are these claims true or just part of the marketing strategy of the projected the probiotic industry?

There are not many studies to support the claims on the effectiveness of a food product with probiotics. However, some research does show that probiotics can play a role in improving colic, eczema, and decreasing intestinal problems as outlined below.

Colic (excessive crying without apparent cause): A 2007 study in Pediatrics found colicky infants who took the bacteria improved within a week and after 4 weeks cried 3 times less than those who did not take it.

Intestinal problems: Several studies have shown that the use of probiotic may reduce the severity of kids' abdominal pain, bloating, cramping, gas, and/or diarrhea.

Eczema: Studies have shown that probiotics can be helpful with eczema flare-ups triggered by milk allergies.

While the marketing hype may be ahead of the science, it doesn't mean that foods with probiotics aren't beneficial. If you are looking for the best source of friendly bacteria, dairy foods such as yogurt and aged cheeses like cheddar contain good amounts of probiotics. There is also proven evidence that bacteria in yogurt can benefit those who are lactose intolerant (have a hard time digesting dairy products).

When shopping for yogurt, look for Live & Active Cultures Seal, which was developed by the National Yogurt Association to identify a product that contains a specific amount of live and active cultures.



The bottom line – probiotics are considered safe for healthy children. And while more research is needed before doctors can begin prescribing probiotics to treat specific childhood illnesses, it's certainly worth discussing the idea with your pediatrician.

Roasted Garbanzo Beans

These craveable snacks are perfect to satisfy that urge to crunch. Not only do they taste great, but chickpeas are full of protein and nutrients that can give you lots of great energy. Eat them by the handful or try them on a salad instead of croutons!



Kitchen gear:

Can opener
Paper towels
Measuring spoons
Rimmed baking sheet
Spatula
Pot holders or oven mitts

Ingredients:

1 can Garbanzo Beans, drained and rinsed with cold water
1 tablespoon olive oil
1 teaspoon salt
1 teaspoon cayenne pepper

Directions:

1. Turn the oven on and set it to 400 degrees.
2. Put a layer of paper towels on the countertop and add the drained chickpeas. Roll them around to dry them.
3. Put the chickpeas, oil, salt, and cayenne (if you like) on the baking sheet and stir well.
4. Put the baking sheet in the oven. Bake until the garbanzo beans are crunchy and golden brown, about 25 to 35 minutes, stirring halfway through to make sure they cook evenly.
5. Remove them from the oven, set them aside to cool, then eat them right away or store them in a covered container for up to a day.

* choking hazard for children under 4

Recipe adapted from ChopChop Magazine

Octopus Tag



Tag is a very simple game, it is easy to learn and fun for children of all ages. But are you tired of the traditional tag? Here is another creative way to play the game of tag.

Objective of the game: Stay away from the octopus and the seaweed.

First: Choose who will be “it” (the octopus) for the game. Mark a line at each end of a large play area or field. The octopus will stand in the middle of the two lines.

Play: The octopus calls out “Come ____ in my ocean.” The blank is filled in by what the players must do as they are crossing the ocean such as hop, twirl, swim, run, run backwards, and so forth. Then the players must follow the command and try to travel through the ocean to the other side without being touched by the octopus. If the player is tagged by the octopus, the player becomes seaweed. The seaweed must stand in the spot they were tagged and in the next round, both the octopus and the seaweed try and tag players as they go by.

Variations:

- Instead of becoming seaweed the tagged children hold hands with the octopus and help tag players, all running as one unit with long “tentacles”.
- The tagged players can catch players as they run by so the octopus can come and tag them.

Active Children

As children become adolescents, physical activity is typically reduced. Adults need to encourage regular physical activity for their children as they get older. By encouraging active play in children, it helps lay an important foundation for life-long, health promoting physical activity.



Regular physical activity has many benefits for children in developing physical and mental health. Compared to those who are inactive, physically active youth have stronger bones and have reduced symptoms of anxiety and depression. Physical inactivity increases the risk of stroke and other major cardiovascular risk factors as obesity, high blood pressure, low HDL cholesterol and diabetes.

It is recommended that children participate in at least 60 minutes of moderate to vigorous physical activity every day. This activity should include aerobic activity as well as age-appropriate strength training activities and stretching.

Types of Activity

- ◇ **Aerobic activities** are those movements that use large muscles and increase the heart rate. There are two categories for aerobic activity; moderate intensity and vigorous-intensity. Most of the physical activities for children should be either moderate or vigorous-intensity aerobic activity and should include at least 3 days a week of vigorous intensity aerobic activity. Running, skipping, jumping rope, dancing and bicycling are all examples of aerobic activities. Aerobic activities increase cardio respiratory fitness. Ideas for the classroom are musical chairs, jumping jacks, and running in place.
- ◇ **Strength Training activities** makes muscles do more work than usual during activities of daily life. By increasing the muscle work, it strengthens the muscles. Strength training activities should be part of their 60 minutes or more for at least 3 days a week. These activities for children can be unstructured and part of free play, such as playing on playground equipment, climbing trees, and playing tug-of-war. There can also be structured activities, such working with resistance bands. Children should be taught proper form to prevent injury. Ideas for the class room are arm circles, and trunk twist.
- ◇ **Stretching Flexibility activities** prepares the muscles and joints for burst of movements from twist and turns. It is important to stretch before and after physical activities which helps warm up or cool down the body. By doing so, it reduces the risk of injuries while increasing flexibility and range of motion. Stretching can be easily incorporated into the classroom by having children get up and stretch between changes in classroom subjects. Some simple stretching activities can be done in the classroom include finger to toes, reaching for the sky, and side bends.

Age Influences Physical Activity in Children

Due to their natural patterns of movement, children tend to meet physical guidelines with burst of movement. Children increase muscle strength through unstructured activities that involve lifting or moving their body weight or working against resistance. Children do not usually need formal muscle-strengthening programs such as lifting weights. During recess and free play, children use basic aerobic and strengthening activities such as running, skipping and jumping to develop movement patterns and skills. Usually they alternate between brief periods of moderate and vigorous-intensity activities with brief periods of rest, which count towards the guidelines no matter how brief it is. It is important to realize that youth should not do only moderate-intensity activities, but need to include vigorous-intensity activities which is important for improvement of cardio respiratory fitness.

Adapted from American Heart Association; Physical Activity and Children

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.

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Our mandate as a land grant institute ties us to the welfare, development, and protection of the state's land, resources, and people. Our mission is to develop and extend the use of research-based knowledge to improve specific practices and technologies.

Fuel Their Mind Nutrition Newsletter Enclosed



530-666-8702

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Be Careful with Caffeine

Sodas, chocolate, energy drinks, coffee, teas, and cold medication all have caffeine. Caffeine is a drug that causes cravings. The more caffeine people eat or drink, the more caffeine it takes to feel its effects. The dietary guideline for caffeine in adults is less than 400 milligrams a day. The American Academy of Pediatrics warns that children and teens should not drink any caffeinated drinks. Canadian guidelines suggest that children 4-6 years of age eat or drink less than 45 milligrams of caffeine per day, children 7-9 less than 63 milligrams per day, and children 10-12 less than 85 milligrams per day.

Energy drinks are very popular not only with adults, but also children and teens. Too much caffeine can have harmful health effects for children and adults. Some of those harmful effects are nervousness or increased anxiety, upset stomach, difficulty sleeping, and increased heart rate and blood pressure.

How to find caffeine:

Energy drinks list caffeine sources as “Energy Blend” (see food label to the right). There are 2 servings per container for this drink, so 160 milligrams of caffeine for 16 ounces.

80mg x 2 servings = 160 milligrams

(Note that this label also comes with a warning for children, pregnant, or nursing women not to drink this beverage).

Other sources of caffeine:

Item	Size	Caffeine
• Dark chocolate	1 ounce	20 milligrams
• Barq’s Root Beer	12 ounces	22 milligrams
• Cold relief medication	1 tablet	30 milligrams
• Diet Dr. Pepper	12 ounces	39 milligrams
• Sunkist Orange Soda	12 ounces	41 milligrams
• VitaminWater Energy Tropical Citrus	20 ounces	50 milligrams
• Mountain Dew	12 ounces	55 milligrams
• Iced Tea	12 ounces	70 milligrams
• Cola	12 ounces	35 milligrams
• Coffee (brewed at home)	12 ounces	150 milligrams
• Monster Energy Drink	16 ounces	160 milligrams

Energy Drink
16oz ROCKSTAR RECOVERY

Supplement Facts	
Serving Size 8.0 fl.oz. (240ml)	
Servings Per Container: 2	
Amount Per Serving	%Daily Value*
Calories	10
Total Carbohydrate	1g <1%
Sugars	1g †
Vitamin B3	20mg 100%
Vitamin B5	10mg 100%
Vitamin B6	2mg 100%
Vitamin B12	15mcg 250%
Sodium	40mg 2%
Energy Blend	1.2g
Taurine	1000mg †
Caffeine	80mg †
Panax Ginseng Extract	50mg †
Prickly Pear Extract	25mg †
Milk Thistle Extract	20mg †

*Percent Daily Values are based on a 2000 calorie diet. †Daily Value not established.

INGREDIENTS: PURIFIED WATER, LEMON JUICE, SUCROSE, TAURINE, CITRIC ACID, NATURAL FLAVORS, SODIUM CITRATE, CAFFEINE, BENZOIC ACID, SORBIC ACID, ACESULFAME POTASSIUM, SUCRALOSE, PANAX GINSENG EXTRACT, PRICKLY PEAR EXTRACT, MILK THISTLE EXTRACT, NIACINAMIDE, CALCIUM PANTOTHENATE, MAGNESIUM LACTATE, GUM ARABIC, CALCIUM LACTATE, ESTER GUM, MONOPOTASSIUM PHOSPHATE, PYRIDOXINE HYDROCHLORIDE, CYANOCOBALAMIN.

NOT RECOMMENDED FOR CHILDREN, PREGNANT OR NURSING WOMEN, OR THOSE SENSITIVE TO CAFFEINE

What can you do?

Serve children water, nonfat or 1% milk, and 100% juice. Make sure to limit juice to one cup a day (6 ounces or the size of a juice box). Allowing unlimited quantities of caffeinated drinks at home or when eating out, will create hyper children who may experience headaches and withdrawal symptoms when they don’t drink them. Caffeine interferes with our sleep cycle making it harder to fall asleep at night. Lack of sleep and dehydration can lead to poor academic performance in school and behavior problems. Filling up on caffeinated beverages also prevents children from eating and drinking healthy foods and beverages that help them grow and thrive.



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Tenga Cuidado Con La Cafeína

Sodas, chocolates, jugos que se toman cuando se hace ejercicio, café, té, y medicinas de catarro con tienen cafeína. Cafeína es una droga que causa antojos. Las personas que beben cafeína con frecuencia necesitan más cafeína para sentir sus efectos. La sugerencia dietética de cafeína para adultos es menos de 400 miligramos al día. La Academia Americana de Pediatras advierten que niños y adolescentes no deberían de tomar bebidas que tienen cafeína. Una taza de café de 8oz contiene 100 miligramos de cafeína. De acuerdo a las investigaciones científicas realizadas en Canadá dicen que los niños que tienen 4-6 años deben de tomar menos de 45 miligramos de cafeína por día, niños que tienen 7-9 años deben de tomar menos de 63 miligramos por día, y niños que tienen 10-12 años deben de tomar menos de 85 miligramos por día.

Bebidas de energía son muy populares no solo con los padres y adultos pero también con niños y adolescentes. Mucha cafeína puede ser mala para la salud de niños y adultos. Las bebidas de energía tienen mucha cafeína. Las consecuencias de cafeína pueden ser nerviosismo, ansiedad, dolores de estómago, dificultad con el sueño, rápidas palpitaciones del corazón y presión alta.

Como encontrar la cafeína:

Bebidas de energía enseñan el origen de cafeína como un “energía blenda” o un “mezcla de ingredientes que dan energía” (observe la lista de nutrición a la derecha).

Hay 2 porciones en cada botella, esto quiere decir que hay 160 miligramos de cafeína con cada 16 oz.

80mg x 2 porciones = 160 miligramos

(Nota que esta lista de nutrición también tiene un advertencia para niños, mujeres embarazadas, y mujeres dando de mamar que dice que ellos no deberían tomar esta bebida por la cafeína).

Otros orígenes de cafeína son:

Por ejemplo

- Chocolate alta porciento cacao
- Soda de Root Beer
- Cold relief medication (Medicina para catarro)
- Soda de Diet Dr. Pepper
- Sunkist Orange Soda (Soda de naranja)
- Aqua de energía
- Soda de Mountain Dew
- Té
- Soda de Cola
- Café
- Bebida de energía

Tamaño	Cafeína
1oz	20mg
12oz	22mg
1 tableta	30mg
12oz	39mg
12oz	41mg
20oz	50mg
12oz	55mg
12oz	70mg
12oz	35mg
12oz	150mg
16oz	160mg

Energy Drink

16oz ROCKSTAR RECOVERY

Supplement Facts
Serving Size 8.0 fl.oz. (240ml)
Servings Per Container: 2

Amount Per Serving	%Daily Value*
Calories	10
Total Carbohydrate	1g <1%
Sugars	1g †
Vitamin B3	20mg 100%
Vitamin B5	10mg 100%
Vitamin B6	2mg 100%
Vitamin B12	15mcg 250%
Sodium	40mg 2%
Energy Blend	1.2g
Taurine	1000mg †
Caffeine	80mg †
Panax Ginseng Extract	50mg †
Prickly Pear Extract	25mg †
Milk Thistle Extract	20mg †

*Percent Daily Values are based on a 2000 calorie diet. †Daily Value not established.

INGREDIENTS: PURIFIED WATER, LEMON JUICE, SUCROSE, TAURINE, CITRIC ACID, NATURAL FLAVORS, SODIUM CITRATE, CAFFEINE, BENZOIC ACID, SORBIC ACID, ACESULFAME POTASSIUM, SUCRALOSE, PANAX GINSENG EXTRACT, PRICKLY PEAR EXTRACT, MILK THISTLE EXTRACT, NIACINAMIDE, CALCIUM PANTOTHENATE, MAGNESIUM LACTATE, GUM ARABIC, CALCIUM LACTATE, ESTER GUM, MONOPOTASSIUM PHOSPHATE, PYRIDOXINE HYDROCHLORIDE, CYANOCOBALAMIN.

NOT RECOMMENDED FOR CHILDREN, PREGNANT OR NURSING WOMEN, OR THOSE SENSITIVE TO CAFFEINE

Que pueden hacer los padres para sus niños?

Hay que alimentar a nuestros hijos con agua, leche que contiene 1% grasa o bajo, y jugo 100% natural. Hay que tratar de evitar la soda en su totalidad. Se debe de racionar el jugo a 6oz por día para los niños (lo cual es el tamaño de una caja de jugo echo para los niños). El consumo de cafeína en exceso en casa o afuera hace que los niños actúan con más energía que lo normal, y les pueden dar dolores de cabeza o síntomas de deshidratación. Cafeína interfiere con la rutina del sueño y les hace más difícil dormir a los niños en la noche. Poco sueño y la deshidratación puede causar bajo consecución académica en la escuela y problemas de comportamiento. También, cuando los niños se llenan con bebidas que tienen cafeína les evita que consumen comidas y bebidas saludables que les ayudaran a crecer bien.

Artículo adaptada de aap.org, KidsHealth.org, and healthyeatingresearch.org.