



# Fuel Their Minds

Ideas for Better Eating and Active Play with Children



70 Cottonwood St. Woodland, CA 95695  
530-666-8702

<http://ceyolo.ucdavis.edu>  
[ceyolo@ucdavis.edu](mailto:ceyolo@ucdavis.edu)



## Body Image

Body image is not just about looks, it is also how a person thinks and feels about their body. Body image can be positive, negative, and neutral.

### Positive body image allows children to:

- ⇒ **have healthy eating behaviors**
- ⇒ **enjoy fun physical activity**
- ⇒ **pay attention to their bodies**
- ⇒ **take care of themselves**
- ⇒ **have good self-esteem**
- ⇒ **body confidence**

Body image is affected by culture and comments and feedback from others. Some messages say changing your looks can solve many problems. This may lead to a child feeling sad about their body and wanting to change it. These messages can come from media, friends or family. The conversations and feelings that adults have about their own appearance, weight, body shape and dieting, also influence children's body image. Children learn from adults by watching and listening to what adults say.

### Adults can encourage a healthy body image by:

- ⇒ **Valuing qualities not related to appearance.**  
Like kindness, patience, strengths and skills.
- ⇒ **Valuing differences in appearance.**  
There is no one size fits all. Different shapes and sizes are natural and healthy. Do not speak negatively about other people's body.
- ⇒ **Be careful about comparisons with others.**  
Comparing bodies of different people can make children feel second best or ugly.
- ⇒ **Be a good role model.**

Avoid criticizing your own body in front of children. Losing weight does not equal happiness and more friends.

### ⇒ **Discourage teasing or bullying.**

Never criticize, tease, or let others criticize and tease children about their looks. Promote healthy body image language to other adults in your school.

### ⇒ **Counteract negative media messages.**

Get rid of magazines that promote unrealistic thinness or masculinity. Teach children that pictures can be changed and are not real. Monitor what media children watch.



Although being overweight can be unhealthy, the more adults make a child worry about weight the more negative body image the child will feel. If a child is overweight, pressuring them to be thin will increase unhealthy weight control behaviors, and disordered eating. Instead, promote positive feelings about bodies that help these children feel happy and confident. And that will help them to feel like they care for themselves. You are not encouraging the child to be unhealthy, or to gain weight. A positive body image allows overweight children to tackle their weight issues in a safe manner. With a positive body image children will lead healthy lifestyle behaviors, such as eating a healthy diet, engaging in regular physical activity and taking care of their health. This and encouraging adults will help the child return to a healthy weight.

*Adapted from Parenting Strategies*

## Active Play



Structured active play is important in early childhood. It affects the intellectual, social, emotional, and physical skills.

### **Structured activities lead to healthy behaviors to fight childhood obesity.**

One out of 3 children are overweight. Excess can cause heart disease, weight pre-diabetes, and bone and joint problems. Participating in guided, controlled activities for just an hour a day burns calories, builds muscle, and encourages kids to maintain an active life.

### **Structured physical activities develop motor skills, coordination, and movement at a young age.**

Structured exercise helps a child learn how his limbs and muscles can move together. Even the most basic of exercises and activities—throwing, catching, bouncing, or kicking a ball, for instance, help kids coordinate their movements.

### **Structured activity improves mood and self-esteem.**

Exercise releases endorphins in your brain, a good-feeling chemical that floods your body. Kids remember this happy mood from exercise as the fun and good times that come from activities.

Structured exercise reduces anxiety and depression and give children a healthy outlet for managing everyday stress. This healthy outlet travels well into adult life.

Playing with kids creates strong bonds with adults. This support helps kids develop resiliency, optimism, and the ability to bounce back from hardships, traits that are important for facing future challenges.

Aim for 60 minutes of active play everyday.

*Adapted from [www.sparkpe.com](http://www.sparkpe.com)*

## Free Garden Workshop-January 10th



### Attention Fruit Tree and Garden Enthusiasts!!

#### **Free fruit tree workshop in Woodland**

Class hosted by The Hanna and Herbert Bauer Memorial Community Garden

**When: Saturday, January 10<sup>th</sup> 10 am – 12 pm**

**Address: 137 N. Cottonwood Ave, Woodland, CA 95695 (Community Garden)**

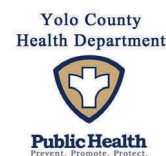
**Class taught by a Master Gardener of Yolo County**

- \* Get tips on selecting and planting bare root fruit trees in your home orchard.
- \* Learn how proper fruit tree training and pruning techniques can enhance production.
- \* Discuss the importance of timing on fruit tree planting, trimming, and training for healthy trees.

**RSVP Required Please RSVP by 1/9/15.** Contact Robin Rocksvold at 530-666-8528 or at [robin.rocksvold@yolocounty.org](mailto:robin.rocksvold@yolocounty.org). Events are free to all who attend. This class will be held in garden orchard, on the West side of the Bauer building at 137 N. Cottonwood Ave, Woodland CA. Steady rain cancels the class. For more information about the master gardeners of Yolo County, please visit: <http://www.ceyolo.ucdavis.edu>

#### **Plan ahead!**

*Please bring water, something to take notes with, and warm clothes suitable for outdoor use. The orchard may be muddy, so please wear appropriate shoes.*



## Vaccines



Watch out it's flu season!

It typically starts in the fall and peaks in January or February. Flu-related complications include pneumonia, ear and sinus infections, and dehydration. The flu usually lasts one to two weeks. Adults

and children who get the flu can spread it to others. Adults can infect others one day before symptoms develop and five to seven days after symptoms appear. Meanwhile, young children are contagious for a longer period of time. You get the flu when a person with the flu coughs, sneezes, or talks and germ droplets land in your eyes or nose. You can also get the flu by touching a surface or object that has the flu virus on it and then touching your mouth, eyes, or nose.

**Everyone over six months of age should get the flu shot annually.** Children are more likely to get the flu or have flu-related complications because their immune systems are still developing. Young children, 6 months to 5 years, are at risk of seizures from the flu.

A vaccination is the best protection against the flu. Everyone 6 months of age and older should get the vaccine. Vaccination is especially important for children with asthma, diabetes, or heart disease.

It is recommended that healthy children 2-8 years old receive the nasal spray vaccine. While the flu shot and nasal spray vaccine both protect against the flu, the nasal spray may work better in young children than a regular flu shot.

*Yolo County* Department of Health Services will offer several flu clinics around the county throughout the fall/winter. For more information on the flu vaccine clinics or to learn more about disease prevention, please contact the department of health services-public health at (530) 666-8645 or visit <http://www.yolocounty.org/health-human-services/health-department/immunizations-and-flu-shots/flu-vaccine-clinics>

*Adapted from [www.flu.gov](http://www.flu.gov)*

## Beet & Carrot Slaw Wrap Recipe



This tasty, crunchy, colorful wrap has a mix of beets, carrots, apples, cheddar cheese and whole wheat tortillas. It is sure to fuel you up!

### Ingredients

- 2 tablespoons fresh orange juice (about ½ orange)
- 1 tablespoon olive oil
- 1 teaspoon vinegar
- ½ teaspoon mustard
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 5 raw beets (about 2 ½ cups grated), with greens still attached
- 2 carrots
- 2 apples, cored and sliced
- 5 slices cheddar cheese
- 5 8-inch whole-wheat tortillas

### Instructions

1. To make the dressing: Put the orange juice, oil, vinegar, mustard, salt, and pepper in a jar. Screw the lid on tightly and shake well.
2. Cut the greens off the beets and pull and save the leaves from the stems (discard or compost the stems).
3. Wash the leaves, then stack them and roll them. Slice the roll crosswise into thin (1/4 inch) ribbons.
4. Peel the beets and the carrots, shred them using a grater.
5. Put the beet leaves and the shredded beets and carrots in a bowl, and toss them with the dressing.
6. For each wrap, put 1/5 of the slaw, 1/5 of the sliced apples, and 1 slice of cheddar cheese inside a tortilla.
7. Roll the tortilla from the bottom up, tucking in the sides as you go.
8. Secure the wrap with a toothpick. If you like, and serve right away.

*For more recipes please visit [www.chopchopmag.com](http://www.chopchopmag.com)*

# Activity Kits Free From the University of California

You can help impact childhood obesity, fitness, 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, health, 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 to teach a fun and interactive lesson. The curriculum was developed by the University of California.

**We will bring the materials to you, free of charge.** We can provide trainings and additional resources to increase your confidence in these topics. We can also plan classroom food-themed cooking clubs, special events, and other fun sessions.



**ANR NONDISCRIMINATION AND AFFIRMATIVE ACTION POLICY STATEMENT FOR UNIVERSITY OF CALIFORNIA PUBLICATIONS REGARDING PROGRAM PRACTICES - July, 2013**

It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities on the basis of race, color, national origin, religion, sex, gender, gender expression, gender identity, pregnancy (which includes pregnancy, childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition (cancer-related or genetic characteristics), genetic information (including family medical history), ancestry, marital status, age, sexual orientation, citizenship, or service in the uniformed services (as defined by the Uniformed Services Employment and Reemployment Rights Act of 1994 (USERRA), as well as state military and naval service. This policy is intended to be consistent with the provisions of applicable state and federal laws and University policies. University policy also prohibits retaliation against any employee or person in any of its programs or activities for bringing a complaint of discrimination or harassment pursuant to this policy. This policy also prohibits retaliation against a person who assists someone with a complaint of discrimination or harassment, or participates in any manner in an investigation or resolution of a complaint of discrimination or harassment. Retaliation includes threats, intimidation, reprisals, and/or adverse actions related to employment or to any of its programs or activities. In addition, it is the policy of the University and ANR to undertake affirmative action, consistent with its obligations as a Federal contractor, for minorities and women, for persons with disabilities, and for covered veterans. The University commits itself to apply every good faith effort to achieve prompt and full utilization of minorities and women in all segments of its workforce where deficiencies exist. These efforts conform to all current legal and regulatory requirements, and are consistent with University standards of quality and excellence. In conformance with Federal regulations, written affirmative action plans shall be prepared and maintained by each campus of the University, including the Division of Agriculture and Natural Resources. Such plans shall be reviewed and approved by the Office of the President and the Office of the General Counsel before they are officially promulgated. Inquiries regarding the University's equal employment opportunity policies may be directed to Linda Marie

## CONTACTS



**Sonia Fernandez**  
530-666-8702

[ssfernandez@ucdavis.edu](mailto:ssfernandez@ucdavis.edu)



**Angela Asch**



**Kimberly Prado**



**Christie Hedrick**



**Marcel Horowitz**

Fuel Their Mind Nutrition Newsletter Enclosed



“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.”

Funded by USDA's Supplemental Nutrition Assistance Program and University of California Cooperative Extension. The SNAP program provides nutrition assistance to people with low income. It can help you buy nutritious food for a better diet. To find out more, call 1-877-847-3663.

UNIVERSITY of CALIFORNIA  
calFresh Nutrition Education

UCCE Yolo County  
70 Cottonwood Street  
Woodland, CA 95695



# Fuel Their Minds Parent Corner

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email: [ceyolo@ucdavis.edu](mailto:ceyolo@ucdavis.edu)

## Raise a Reader!

Reading is key to helping children learn and succeed in life and in school. Parents are their children's first teacher. Reading aloud is a great family activity to do together. Studies show that children who are read to do better in school and enjoy reading on their own as they get older. Reading aloud together helps children learn new words, how books work, and lets them use their imagination.

Make reading together a daily habit. Choose a time that is less stressful, like after dinner. Set aside a few minutes in the beginning and then build up to more time as the habit becomes a routine. Ask friends, family members like grandparents, and older siblings to practice reading together too.

Need some ideas on how to read together and what to read? Here are some helpful tips:

### For Babies

- Board books with bright colors and pictures are best.
- Babies love to hear your voice and enjoy rhymes and songs.
- One of our favorite books is *The Very Hungry Caterpillar* by Eric Carle

### For Toddlers

- Toddlers are curious and like to do things themselves. Read books with flaps to lift and textures to feel.
- Books about colors, shapes, sizes, and time are best.
- One of our favorite books is *Eating the Alphabet* by Lois Ehlert

### For Preschoolers

- Preschoolers have good memories and like to retell stories. Repeat books and songs to help them practice this skill.
- Books with rhymes and animal characters help grow their imagination.
- Some of our favorite books are *I Will Never Not Ever Eat a Tomato* by Lauren Child and *Green Eggs and Ham* by Dr. Seuss

### For School Age

- School age children are growing their language skills and attention spans. Choose books that are labeled "Easy Reader" or "Beginning Reader." They can reread these books on their own after reading together.
- Choose chapter books or series books about topics they are interested in like sports, animals, or science.
- One of our favorite books is *Hear Your Heart* by Paul Showers

Did you know all libraries are **free**? You and your child can sign up for **free** library cards. Libraries provide books, magazines, DVDs, and CDs in English, Spanish, and Russian. Libraries also provide free events like Story Time for children and holiday themed craft activities for families. Here is a list of libraries in Yolo County:

#### Clarksburg Branch Library

52915 Netherland Ave., West Sacramento, CA 95691  
(916) 744-1755

#### Davis Branch Library

315 E. 14th St., Davis, CA 95616  
(530) 757-5593

#### Esparto Regional Library

17065 Yolo Avenue, Esparto, CA 95627  
(530) 787-3426

#### Knights Landing Branch

42351 Third Street, Knights Landing, CA 95645  
(530) 735-6593

#### Montgomery-South Davis Satellite

1441 Danbury Street, Davis, CA 95618  
(530) 759-2100

#### Winters Community Library

708 Railroad Ave., Winters, CA 95694  
(530) 795-4955

#### West Sacramento Branch

1212 Merkley Ave., West Sacramento, CA 95691  
(916) 375-6465

#### Yolo Branch Library

37750 Sacramento Ave., Yolo CA. 95697  
(530) 662-2363

For more information about programs and hours of operation you can visit:  
<http://www.yolocounty.org/general-government/general-government-departments/library>



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## Crear A Leer

Leyendo es una clave que ayuda a sus hijos aprender y tener éxito en la vida y en la escuela. Los padres son los primeros maestros para sus hijos. Leyendo en voz alta es una actividad buena que su familia pueden hacer juntos. Estudios muestran que niños quienes les leen hacen mejor en la escuela y disfrutan leer solos mientras crecen de edad. Leyendo en alta voz ayuda a que sus hijos aprenden nuevas palabras, aprenden como usar diferentes tipos de libros, y deja que sus hijos utilizan sus imaginaciones.

Haga que su familia lee juntos diariamente. Escoge un tiempo conveniente, como después de la cena. Empieza esta rutina poco a poco, aumentando los minutos de leer cada día o cada semana. También puede pedir que otros miembros de su familia (abuelo/a, tío/a, hermanos) participen a leer en alta voz.

¿Necesita ideas para como leer juntos o de que leer? Aquí encontrara sugerencias que les puede ayudar:

### Para Bebés:

- Libros con páginas gruesas y colores brillantes son los mejores.
- Los bebés les encantan oír su voz y disfrutan de rimas y canciones.
- Uno de nuestros libros favoritos es *La Oruga Muy Hambrienta escrito por Eric Carle*.

### Para Niños Pequeños:

- Los niños pequeños son curiosos y les gustan hacer cosas solitos. Lee libros con texturas para tocar y solapas para abrir.
- Libros que se tratan de los colores, figuras, tamaños, y tiempo son los mejores.
- Uno de nuestros libros favoritos es *Eating the Alphabet escrito por Lois Ehlert*.

### Para Niños Preescolares:

- Niños preescolares tiene buenas memorias y les gustan contar cuentos que oyen en casa o en escuela. Repite canciones y cuentos para ayudar a que sus hijos practican esta habilidad.
- Libros con rimas y animales ayudan a que sus hijos tendrán una grande imaginación.
- Unos de nuestros libros favoritos es *Nunca Jamás Comeré Tomates escrito por Lauren Child* y *Huevos Verdes con Jamon escrito por Dr. Seuss*.

### Para Niños Escolar de Primaria :

- Los niños de escolar están aumentando sus habilidades en comunicación y su capacidad de poner atención. Escoge libros con los títulos que dicen "Easy Reader" y "Beginning Reader."

Sus niños pueden leer estos libros solitos después que los leen juntos.

- Escoge libros de capítulos que cuentan sobre deportes, animales, y ciencias.
- Uno de nuestros libros favoritos es *Hear Your Heart escrito por Paul Showers*.

¿Sabía usted que todos las bibliotecas son **gratis**? Usted y su hijo pueden aplicar para una tarjeta de biblioteca **gratis**. Bibliotecas contienen libros, revistas, DVDs, y CDs en Engles, Espanol, y Ruso. Las bibliotecas también organizan eventos como Tiempo de Leer para los niños y actividades de cada festividad para familias.

Aquí encontrara una lista de bibliotecas en el Condado de Yolo:

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<http://www.yolocounty.org/general-government/general-government-departments/library>