



# 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)



## March-National Nutrition Month

### Did you know the month of March is National Nutrition

**Month?** Since its introduction in 1973 as National Nutrition Week and expansion to a month long campaign in 1980, National Nutrition Month has become increasingly popular due to greater public interest in nutrition. The Academy of Nutrition and Dietetics hosts this campaign with a particular emphasis on creating balanced, mindful eating and physical activity routines in our population. The theme chosen for 2016 is “Savor the Flavor of Eating Right” which encourages individuals to enjoy nutritious and delicious foods and remember to celebrate the amazing flavors, pleasure and social aspect that these foods can bring to our lives. How, when, why, and where we eat are just as important as *what* we eat. Developing a mindful eating pattern that includes nutritious and flavorful foods is the best way to ‘savor the flavor’ of eating right!



SAVOR  
THE FLAVOR  
OF EATING  
RIGHT

NATIONAL NUTRITION MONTH® 2016

Academy of Nutrition  
and Dietetics  
[www.eatright.org](http://www.eatright.org)

Looking for ways to celebrate National Nutrition Month? Here's some ideas:

- \* Prepare your favorite produce in a new recipe, check out-EatFresh.org for ideas
- \* Try a new fruit or vegetable
- \* Attend a local farmer's market
- \* Set S.N.A.C.K. goals for each week

If you want to make a healthy change, the best way to start is by setting a goal. When you set a goal, you want to make sure that you can achieve it and an easy way to do this is using S.N.A.C.K. Once you decide on a goal, remember to keep track of your progress such as by using a calendar or journal.

### **S = Small**

Is this goal small enough so that I can accomplish it in a short period of time?

### **N = Needed**

Is this a change that I need to make for better health?

### **A = Achievable**

Can I achieve this goal? Will I need the help of others to meet this goal? Is it a goal that I can really accomplish?

### **C = Can I Count it?**

Is this goal written in a way that I can count and measure my progress?

### **K = Knowledge**

Do I know enough information to set this health goal? Where would I find more information on this topic?

**Examples:** Walk for 30 minutes every day  
Add a piece of fruit to lunch  
Drink 1 glass of water at dinner

## Herb Garden



Children are often taught about fruits and vegetables but what about the importance and cultivation of herbs? Herbs not only add variety, a burst of flavor and vivid green color to our food, but are also nutritious!

Herbs are perfect for children to plant when starting their first garden as they are relatively simple to grow and are low maintenance. All you need to get started is a sunny area and the supplies listed below.

### Supplies:

- \* Wide and shallow plastic container with holes in bottom
- \* Seeds (ex. cilantro, parsley, rosemary, thyme, mint, basil and dill are perfect for indoors)
- \* Potting mix
- \* Compost/fertilizer

### Steps:

**Prep:** Sow the selected seeds following the instructions on the package. Top with more soil. Fill the containers half-way with potting mix. Add a little bit of fertilizer or compost and mix well to distribute.

1. Once seedlings (little plants with at least three leaflets) are ready, make a well in the pot that is as deep as your seedling. Gently remove the seedling from its container (*Tip:* tap on the bottom of the container to loosen the roots).
2. Plant into your pot, making sure the new soil stays level with the soil the seedling is planted in. Press down around the plant to lightly compact the soil.
3. Give the seedlings a good watering to help them settle into their new home.
4. Make sure to continue watering as the soil gets dry but be careful not to over-water.
5. Enjoy your new herbs by cooking with it! Try adding fresh parsley or dill to scrambled eggs/ tucking mint or basil into turkey sandwiches/garnish burgers with cilantro/muddle mint in water or unsweetened iced-tea or fresh basil to pasta sauce.

*Adapted from KidsSpot, The Washington Post Wellness*

## Fruity Salsa Recipe

This fruity salsa recipe is a great way to incorporate local and seasonal produce into our diets while packing a fresh and sweet punch! Try this colorful recipe at your next classroom celebration potluck.

### Ingredients

- 1 cup finely chopped strawberries
- 1-8oz can crushed pineapple in natural juices, drained (save the juice)
- 3 kiwis, peeled and finely chopped
- 1 naval orange, peeled and cut into small pieces
- 1 cup raspberries, chopped
- 2 apples, peeled, cored and diced
- 1 tablespoon lemon juice
- Mint, chopped (used from herb garden-activity above)
- Whole wheat pita chips



*Recipe adapted from  
www.thegirlwhoateeverything.com*

### Directions:

1. Mix all ingredients together in a bowl and add 1 tablespoon of pineapple juice.
2. Let sit covered in refrigerator for 10 minutes.
3. When ready to serve, drain any excess liquid and serve with whole wheat pita chips.

## Seed Planting

Did you know you can grow an apple tree from apple fruit seeds? Apple trees are simple to grow from store bought apples. This planting activity is a great way to broaden children's understanding of agriculture. The fruit trees and fruit harvest may vary in size and shape compared to commercial apple orchards. Have children keep their apple cores from lunch so you have the seeds needed for the entire class.



### How to plant an apple seed

#### Steps:

1. Remove the seeds from the fruit.
2. Plant them an inch deep in a pot containing soil.
3. Moisten the soil.
4. Bury the pot outdoors in the ground in fall, or place it in a plastic bag in the refrigerator away from ripening fruits and vegetables.
5. Periodically check the soil to make certain it stays moist but not wet.
6. Remove from the refrigerator after 3-4 weeks.
7. Put in a sunny location. The seeds should sprout in several weeks.
8. Replant in a larger pot once the seedling reaches several inches tall.
9. Plant in the ground, or a very large container, once the sapling reaches a couple of feet tall.

## Lactose Intolerance

If you or someone you know avoids milk because they are lactose intolerant, the best way to get the health benefits of milk is to select:



- lactose-free milk and milk products
- calcium-fortified soymilk (soy beverage)

Also, many people who have a problem digesting lactose can usually eat or drink milk products such as:

- Smaller portions (up to ½ cup) of milk **with a meal**
- Yogurt or hard cheeses
- Milk on hot or cold cereal

Always choose low-fat or fat-free milk, yogurt, and cheeses. Always check with your doctor for his or her advice if you have trouble digesting milk products.

If you or someone you know does not drink or eat any foods in the Dairy Group, be sure to get the calcium you need from other foods. These include:

- Calcium-fortified juices and other beverages, cereals, or breads
- Tofu
- Canned fish with bones you eat
- Soybeans, black eyed peas, and white beans
- Some leafy greens (collard and turnip greens, kale, bok choy)



# 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  
california Fresh Nutrition Education

UCCE Yolo County  
70 Cottonwood Street  
Woodland, CA 95695



# Fuel Their Minds Parent Corner

Ideas for Better Eating and Active Play with Children



70 Cottonwood St. Woodland, CA 95695  
Phone: 530-666-8740

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

## Be the Change

Parents are children's first teachers. Children need to practice healthy behaviors at home with parents in order to master them. Children learn how to be healthy and take care of themselves through repetition. Parents can be active role models by teaching children how to eat healthy and practice physical activity together every day. Talking about what to do and how to do it is just one piece of the puzzle. Doing is the second piece. Learning healthy behaviors early in life sets children up to become healthy adults that continue those healthy habits throughout their lives.



### What you can do for yourself and your family:

- Eat fruits and vegetables. Show children how much you love eating fruits and vegetables by eating a variety of colors in different ways.
- Move everyday. Walking, biking, hiking, or gardening together as a family gets everyone in the family active. Aim for at least half an hour every day.
- Drink water. Have water available everyday for all meals and snacks. Staying hydrated is good for your brain and body.
- Cook. Cooking at home together as a family teaches children how to prepare healthy foods, an essential life skill needed as an adult and makes them healthier eaters while also teaching reading, science, and math concepts.
- Limit screen time. Giving television, computers, and phones a break allows you to pay attention to how you are feeling. Relax and spend more time with family. Limit screens to two hours a day.
- Eat together. Stick to routine mealtimes and eat together as a family. Turn off distractions like televisions, radios, phones, and talk about your day's activities or upcoming events.
- Limit the temptations. Keep salty, sweet, and highly processed foods to a minimum. Fill your grocery cart with fresh, frozen, canned, and dried fruits and vegetables as snack alternatives.
- Do something for yourself. Join a book club, learn how to knit, or practice a craft that you have always wanted to try. Local libraries offer many free programs to try out year round. Show your children learning is a lifelong endeavor.
- Sleep. Getting quality sleep is crucial for your health, mental well-being, and stress. Children need 9-12 hours a night, less than this can impact their school performance. Adults need 7-9 hours a night.



When

## ¡Sé el Cambio!

Los padres son los primeros maestros en la vida de sus hijos. Niños necesitan practicar comportamientos saludables en casa y con padres para poder hacerlos bien. Los niños aprenden como cuidarse con repetición. Los padres podrán mostrar activamente como comer bien y practicar hacer ejercicios juntos todos los días. Platicando sobre qué hacer y cómo hacerlo es solo un pedazo de este rompecabezas. Haciendo es el segundo pedazo. Aprendiendo comportamientos saludables temprano en la vida les ayudara a los niños crear una fundación. Esto les facilitara crecer a ser adultos sanos que continúan los hábitos saludables por el resto de sus vidas.

### Que usted puede hacer para su familia y sí mismo:

- Come frutas y verduras. Ensénele a sus hijos que te encanta comer frutas y verduras. ¡Cómelos en una variedad de colores!
- Muévase diariamente. Caminando, usando bicicleta, correando, y hacienda jardinería juntos facilitara que todos se mantengan activos. Procura obtener por lo menos media hora de actividad física diariamente.
- Tome agua. Sirve agua y téngalo listo todo los días par las comidas y bocadillos. Manteniéndose hidratado es bueno para su cerebro y cuerpo.
- Cocina. Cocinando entre familia y en casa les ensene a los niños como preparar comidas saludables. Esto es una habilidad esencial y necesaria para adultos. También les ayudará en los estudios de matemáticas, ciencias, y literatura.
- Limite el tiempo frente de la pantalla. Desconectándose de las televisiones, computadoras, y teléfonos facilita que le pongas atención a sí mismo y cómo te sientes. Relájate y tome tu tiempo con tu familia. Procura perder solo dos horas diariamente frente a la pantalla.
- Comen juntos. Apegase a una rutina de comer entre familia. Apaga lo que les puede distraer como la televisión, el radio, teléfonos, y hablen entre familia de lo que les pasa diariamente y lo que les espera.
- Limite sus tentaciones. Alejase de comidas ultra salados, azucarados, y procesados. Llene sus bolsas del mercado con frutas y verduras frescas, congeladas, deshidratadas, y enlatadas. Use estos para sus bocadillos.
- Haga algo para sí mismo. Inscríbese en una clase para aprender costura, como bailar, o algo que siempre ha querido. Las librerías ofrecen muchos programas gratis y durante todo el año. Ensénele a sus hijos que el aprendizaje es para toda la vida.
- Duerme. Sueños de calidad es vital para su salud, cerebro, y tranquilidad. Los niños necesitan 9-12 horas cada noche, menos de eso les podrá afectar negativamente en la escuela. Adultos necesitan 7-9 horas cada noche.

