



Fuel Their Minds

Ideas for Better Eating and Active Play with Young Children



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Sponge 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.

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, including enough ice packs. Freeze bread, juice containers, or water bottles for additional chilling power, and teach children to throw away dangerous foods.

Red Cabbage & Apple Slaw

Red cabbage is in season during the winter months so why not take advantage of this colorful vegetable and make a delicious snack your students will enjoy. Have your students help in the preparation process by giving each child or group of children a task to complete. Having students participate will increase the chance of them eating the food, especially if it is something new. Recipe serves 8.

Ingredients:

- 5 cups red cabbage
- 2 tablespoons vinegar, any variety
- 2 teaspoons oil, any variety
- 3/4 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 cup sugar
- 4 apples, any variety
- 3 tablespoons lemon juice
- 4 medium carrots
- 1 cup shelled sunflower seeds



Recipe adapted from www.myrecipes.com

Materials:

- Large Bowl
- Medium Bowl
- Grater
- Foil or Plastic Wrap
- Cutting Board
- Measuring Spoons and Cups

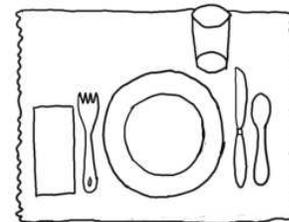
Directions:

1. Wash your hands and the children's hands with warm, soapy water. Put on clean aprons or old shirts.
2. Let the children assist in washing the red cabbage, carrots, and apples. Set aside.
3. Using a clean, sharp knife, cut the cabbage head in half. Lay the cut side down on a clean cutting board and cut the cabbage into thin pieces. Have a child help place the cabbage into a clean, large bowl.
4. Have the children help you add vinegar, oil, salt, black pepper, and sugar to the cabbage. Have one child mix the ingredients together.
5. Cover with foil or plastic wrap and place in the refrigerator for 30 minutes.
6. Using a clean grater, grate carrots into cabbage mixture.
7. Put lemon juice in a clean, medium bowl.
8. Using a grater, grate apples with skin on, not including the core and seeds. Place shredded apples into the bowl of lemon juice and stir.
9. Combine apples into the cabbage mixture.
10. Add sunflower seeds and stir well.

Have a couple children practice their table setting and serving skills by providing them with small snack plates, napkins, and an eating utensil. Have the children set the table and serve their fellow classmates.

Meal Etiquette

Table manners are an important life lesson, which if practiced daily will become habit. Below are a few items to teach your children at mealtime; these are reinforced in our lesson plan called *Meal Etiquette*.



Children should know how to:

- **Excuse themselves from the table.** Teach children to ask “May I be excused please?” before leaving the table.
- **Pass a food item.** Try not to reach across the table for items like salt or pepper. By saying “May I please have the (food item)” you can get what you want without potentially spilling or bothering another person at the table.
- **Dislike a food politely.** When a food is not liked, quietly spit the food out into a napkin. Not making a scene will show respect for the cook who worked hard to prepare the food.
- **Not talk while eating.** It is generally not acceptable to talk with food in your mouth because it is unsightly to watch and food can also accidentally spill out! Waiting until food is completely chewed and swallowed until talking is the best approach and will also make talking easier! Discuss this before mealtime, and then remind the children as necessary.
- **Refrain from inappropriate conversations.** Let the children know there are times and places for certain conversations. Talking about bodily functions, or other such things, is not appropriate table talk. But, if the child is unsure, he/she may ask, “May I talk about...”



Start slow in introducing proper table manners to young children. Give them one direction at a time so they will be able to remember your instructions. This will soon provide them with confidence to participate in any table situation and will be helpful later in life.

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.



Activity Kits Free From the University of California

The University of California Cal-Fresh Nutrition Education Program has prepared activity kits to help you teach nutrition and physical activity concepts to your young children while integrating math, language arts, and science. **These lessons come “ready-made”** with all the materials you will need to teach a fun and interactive lesson with your preschoolers. The curriculum was developed by the University of California.

We will bring the materials to your site, free of charge, and we can 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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Fuel Their Mind Nutrition Newsletter Enclosed

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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.

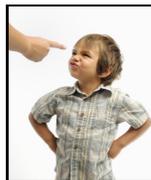
Tips to improve:

- 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 explícarles 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

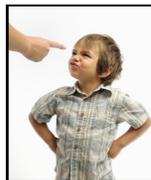
Muy pocas demandas son impuestas a sus hijos con este estilo de crianza. Disciplina es raramente utilizado y siguiendo sobre consecuencias no se ve.

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."

