



Fuel Their Minds

Ideas for Better Eating and Active Play with Young Children



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Reading to Your Preschooler

It is difficult to go outside during the winter because of the cold, rainy weather. Instead of putting on a movie, have a reading club! Read books to the children that all contain the same theme. As a parent and teacher, you have the power to increase your children's learning potential by making books a part of their lives. Reading positively influences many aspects of a child's life, including;



A stronger adult/child relationship. As children grow older, they are constantly on the move - running, jumping, playing and exploring their environment. Taking time out to sit down and read with an adult allows for a quiet time of listening. Make this time special for you and your students and they will grow up thinking of reading as a fun and special activity.

Improved academic success. One of the main benefits to reading is a higher interest in learning. The children will learn how to turn pages, put sentences together, enunciate, and learn social skills. By reading a variety of books, it introduces new vocabulary to children on a daily basis. Being exposed to reading at an early age increases the likelihood that a child will gain the skills necessary to master reading. Being a good reader makes learning other subjects much easier, such as reading history books later in school.

Improved language skills. Throughout preschool, children are learning language and speaking skills. By listening to you read, the children are learning the basic forms of language including pronunciation of certain sounds of words, cadence of speech, intonation, context of words, the flow of concepts, and much more. Reading the same book multiple times will allow the children to become familiar with the words and start to understand and possibly memorize the story.

Better interpersonal communication skills. When you spend time reading with preschoolers, they will likely feel comfortable expressing themselves and relating to others in a positive way. As the children hear and learn the way certain characters from the book interact with each other, they are learning important interpersonal communication skills.

Better thinking skills. As you read more, children can start to understand abstract concepts, apply logic in certain situations, see cause-and-effect scenarios, and use good judgment. Children can relate the book to situations in their personal lives which can increase their willingness to read.

Acceptance of new experiences. As the children come across situations that are new or out of the ordinary, using a story can help ease the transition or new experience by

giving the children a character to whom they can relate. The children will feel like they are not alone, and will progress toward overcoming their fear.

Increased concentration and discipline skills. When children first come to preschool they may be squirmy and can hardly sit still. By introducing story time, the children will slowly increase their ability for self-discipline and a longer attention span, which will be useful as the children enter elementary school.

Having a positive pastime. Early reading for preschoolers exposes them to a variety of stories and experiences. Those who are exposed to reading at an early age tend to choose books over television, video games, and other related games later in life.

Books have an incredible power to transform children into power houses of imagination and creativity. Here are a few suggested books to add to your library that are geared toward 3-5 year olds. We have the majority of the books listed below available in our office library. If you are interested in checking them out contact Christie Hedrick at clhedrick@ucdavis.edu

I Will Never Not Ever Eat a Tomato by Loren Child

The Very Hungry Caterpillar by Eric Carle

Blueberries for Sal by Robert McCloskey

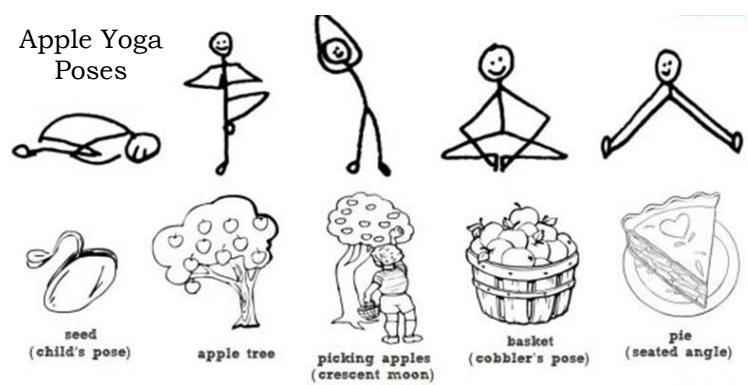
The Tortilla Factory by Gary Paulsen

Pumpkin Soup by Helen Cooper

The Ugly Vegetables by Grace Lin

Rainy Day Yoga

During the Winter, it becomes difficult to allow your preschoolers to have free play outside. Even if the children aren't able to go outside, they still need to get 60 minutes of physical activity every day. A great option for indoor physical activity that helps children work on their coordination and balance is yoga. No equipment is required - just an area to perform the yoga poses. Relate yoga poses to objects children are familiar with. Allow your class to create new names for the poses you decide to do with your students. This activity will boost creativity and imagination.



Article adapted from OMazing Kids

Seasonal Fruits and Vegetables

Everyone should eat their fruits and vegetables! Fruits and vegetables contain antioxidants which help our immune system to fight off bacteria and viruses, such as the common cold and flu. So the more fruits and vegetables you eat, the less likely you are to get sick. Make sure that your students are eating many fruits and vegetables this winter season by including them in every snack and meal.

Winter Vegetables

- ✦ Broccoli
- ✦ Brussel sprouts
- ✦ Kale
- ✦ Carrots
- ✦ Cauliflower
- ✦ Celery
- ✦ Cabbage (purple or green)
- ✦ Winter squash (butternut, acorn, spaghetti)
- ✦ Swiss chard



Winter Fruits

- ✦ Grapefruit
- ✦ Clementines
- ✦ Kiwis
- ✦ Kumquats
- ✦ Pears
- ✦ Persimmons
- ✦ Tangerines



Many fruits and vegetables that are not currently in season can be found dried, frozen, or canned. These are just as healthy as fresh produce, and can provide variety throughout the year.

When choosing *fresh* produce, make sure to store them properly. Don't wash until ready to eat, as the moisture can speed up spoilage. If the fruit is not yet ripe when purchased, you can leave them on the counter at room temperature for a few days to ripen. Refrigerate once ripe if you will be saving them for later. Store vegetables unwashed in the refrigerator until ready to use. Wash fresh produce before serving and consuming.

When choosing *frozen* produce, avoid those with added sauces or sweeteners that may contain extra calories, sugar, or sodium. A great way to prepare frozen vegetables is to steam them in the microwave. This helps keep the nutrients inside the food, instead of leaching out into the water, which occurs when boiling. But throwing handfuls in to soups, sauces, pasta other dishes is a quick and easy way to up the veggie count of your meal.

When choosing *canned* produce, look for those that are labeled "low sodium" for vegetables and "packed in water or juice" for fruit. If you are unable to purchase low sodium or low sugar items, rinse the produce under cold running water to reduce the sugar and sodium content.

Article adapted from Fruits & Veggies More Matters

Creamy Broccoli Soup

Broccoli is a great winter vegetable! This recipe is delicious and easy to prepare.

Preparation time: 15 minutes

Cook time: 35 minutes

Makes 6 servings

Ingredients

- 2 medium carrots
- 2 medium Russet potatoes
- 1 small onion, white or yellow
- 3 tablespoons oil
- 2 cans (14 & 1/2 oz. each) low sodium chicken broth
- 2 small broccoli bunches
- 2 cups milk, non-fat or low-fat (1%)
- 3 ounces cheese, any variety
- 1/4 teaspoon salt
- 1/4 teaspoon pepper



Instructions

1. Wash your hands and the children's hands with warm, soapy water. Provide clean aprons for each child.
2. Have the children wash the carrots, potatoes, onion, and broccoli in cool water.
3. Peel the outside skin from the potatoes and carrots.
4. Cut and peel the outside skin from the onion.
5. Cut the carrots, potatoes and onion into small pieces and set aside in small bowls.
6. Have the children break apart the broccoli, then under close supervision chop into small bite-size pieces with a butter or plastic knife.
7. Have two children each measure 1 cup of milk.
8. Grate 3 ounces of cheese (about 1/2 cup when grated), then place in a small bowl.
9. Heat the oil in a large saucepan over medium heat. Add the carrots and onions and let cook for 5 minutes, stirring often.
10. Add the chicken broth and stir. Bring the vegetables and broth to a boil.
11. Add the potatoes to the broth mixture and let all the ingredients cook together for about 10 minutes.
12. Stir in the broccoli and cook until all the vegetables are tender (when easily pierced with a fork), then turn off heat.
13. Pour the mixture into a blender in small batches. Let a child push the "puree" button. Add water to the blender as needed if the mixture is too thick.
14. Once the ingredients are blended, return the soup to the same saucepan and reheat over medium high heat.
15. Under close supervision, allow a few children to help you slowly add the milk and cheese to the soup while stirring.
16. Wait until the soup begins to boil then turn the heat to low.
17. Let a child add the salt and pepper to the soup then stir.
18. Serve and enjoy.

Recipe adapted from www.kraftrecipes.com

Activity Kits Free From the University of California

Do your part to impact childhood obesity 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 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 you need to teach a fun and interactive lesson with your students. The curriculum was developed by the University of California.

We will bring the materials to your site, free of charge, and we can even provide you or your staff with trainings and additional resources to increase confidence in these topics. If you are interested, we can also plan classroom food-themed cooking clubs, 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

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The Calcium Connection

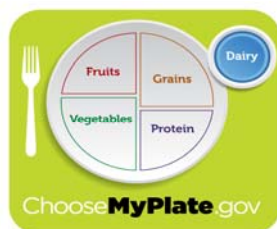
Calcium in milk helps our bodies build strong bones and teeth. Children and teens may be falling short of their daily calcium requirement because juice and other sugary drinks are easy to drink and could replace milk or other dairy products. Lack of calcium may lead to weak bones. Weak bones may break more easily. Milk is also a great source of vitamin D. Choose 1% or fat free milk for children older than 2. Children under age 2 need whole milk. If your family is having a hard time drinking lower fat milk, slowly switch from whole milk to reduced fat milk (2%). Then mix 2% reduced fat milk and 1% and so on. By switching to a lower fat milk you reduce the calories and fat but still keep all of the calcium and vitamin D. If you or your family members cannot drink milk, not to worry, many foods provide calcium.



Here is a quick guide of some calcium rich foods to add to your family's meals or snacks:

- Dark green vegetables like broccoli, spinach, mustard, or collard greens, (add to soups or casseroles)
- Calcium fortified cereal
- Calcium fortified bread
- Calcium fortified orange juice
- Canned fish like anchovies, sardines, or salmon
- 1% or non fat milk, yogurt, or pudding
- Almonds (whole only for children 4 and older) or almond butter for those over 2
- Soybeans (edamame) or tofu with calcium
- Blackstrap molasses (add to muffins, cookies, or quick breads)
- Calcium fortified rice, almond, or soy milk

Don't forget to get outside and exercise! Sunshine and exercise helps our bodies build and keep strong bones. Sunshine provides our bodies with Vitamin D, which helps bind the calcium we eat. Just ten minutes of sunshine without sunscreen is enough time for our bodies to make Vitamin D. Exercise helps strengthen our bones; so walk, run, dance, or play Frisbee as a family to build and keep strong bones. For more information on how to include dairy foods into your meals or if you need exercise tips visit choosemyplate.gov.



Nutrition Facts	
Serving Size 1 Container (8 oz.)	
Amount Per Serving	
Calories 127	Calories from Fat 4
% Daily Value*	
Total Fat <1g	0%
Saturated Fat 0g	0%
Cholesterol 5mg	2%
Sodium 175mg	8%
Total Carb 17g	6%
Dietary Fiber 0g	0%
Sugars 17g	
Protein 13g	
Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 2%
*Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	



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La Conexión a Calcio

Calcio en la leche ayuda a nuestro cuerpo a construir huesos y dientes fuertes. Los niños y adolescentes pueden bajar debajo de sus requerimientos diarios de calcio, porque jugo y otras bebidas azucaradas son fáciles de beber y podrían sustituir leche o otros productos lácteos. Falta de calcio puede dejar los huesos débiles. Huesos débiles pueden quebrarse más fácilmente. La leche también es una gran fuente de vitamina D. Elija leche sin grasa o de 1% para los niños mayores de 2. Los niños menores de 2 años necesitan leche entera. Si su familia tiene dificultad bebiendo leche baja en grasa, trate de cambiar lentamente de la leche entera a leche de grasa reducida (2%). Luego, mezcla leche reducida de 2% a 1% hasta reducir a leche descremada. Por cambiando a una leche de grasa reducida, reduzca las calorías y grasa pero, todavía mantiene todo el calcio y vitamina D. Si usted o sus familiares no pueden tomar leche, no hay que preocuparse, muchos alimentos proporcionan calcio.



Aquí está una guía de algunos alimentos que contienen mucho calcio para agregar a las comidas o bocadillos que le ofrece a su familia:

- Verduras verdes en color oscuro como brócoli, espinacas, acelga o hojas de berza, (añadir a las sopas o guisados)
- Cereales fortificado con calcio
- Pan fortificado con calcio
- Jugo de naranja fortificado con calcio
- Pescado enlatado como salmón, sardinas o anchoas
- Leche de 1% o sin grasa, yogur o pudín
- Almendras (enteras sólo para niños de 4 años o mayores) o crema de almendras para los niños mayores de 2 años
- Soja (edamame) o tofu con calcio
- Melaza de Blackstrap (añadir a panecillos, galletas o panes rápidos)
- Arroz, almendra o leche de soya fortificado con calcio

No olvides salir y hacer ejercicio! El sol y ejercicio ayuda a nuestro cuerpo a construir y mantener huesos fuertes. El sol proporciona nuestros cuerpos con vitamina D, que ayuda a enlazar el calcio que comemos. Sólo diez minutos de sol sin protección solar es suficiente para que nuestros cuerpos hagan vitamina D. Ejercicio ayuda a fortalecer los huesos, así como caminar, correr, bailar o jugar Frisbee como una familia para construir y mantener huesos fuertes. Para obtener más información sobre cómo incluir los productos lácteos en sus comidas o si usted necesita consejos de ejercicio, visite choosemyplate.gov.



Artículo adaptado por el Institute of Medicine, Dairy Council of California, y el National Institutes of Health

Nutrition Facts	
Serving Size 1 Container (8 oz.)	
Amount Per Serving	
Calories 127	Calories from Fat 4
% Daily Value*	
Total Fat <1g	0%
Saturated Fat 0g	0%
Cholesterol 5mg	2%
Sodium 175mg	8%
Total Carb 17g	6%
Dietary Fiber 0g	0%
Sugars 17g	
Protein 13g	
Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 2%

*Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.