



# Fuel Their Minds

Ideas for Better Eating and Active Play with Young Children



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

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

## What is Gluten?



Gluten free products have started to pop up everywhere. Many food manufacturers are offering their popular products in a gluten free version. Many restaurants are also offering gluten free menus, which are available upon request. But what is gluten and where do you find it?



Gluten is a protein found in barley, rye, and wheat. For some people, gluten can cause discomfort because of a gluten sensitivity, or celiac disease. People with celiac disease should avoid gluten and adopt a lifelong gluten free diet to avoid intestinal damage and side effects such as diarrhea and abdominal pain. Currently, there are no drugs to treat celiac disease. Celiac disease is a rare autoimmune disorder which can effect men or women of any age or race. It is currently estimated that 1% of the U.S. population has celiac disease. If you have a child with severe stomach upset issues, parents should consult their doctor to have the child evaluated for the possibility.



A wheat allergy or gluten sensitivity are different from celiac disease. A wheat allergy is an allergic response by the body that triggers symptoms such as asthma, rashes, or even anaphylactic shock. Gluten sensitivity or non-celiac gluten sensitivity may produce the same symptoms as celiac disease but not produce the intestinal damage. People with gluten sensitivity may experience headaches, joint pain, or numbness in the legs, arms, or fingers. Symptoms can occur hours or days after eating gluten.

All three conditions should be diagnosed by a doctor with a blood test, temporary elimination of all gluten to is usually advised to see if symptoms improve. If you have a student diagnosed with celiac disease, it would be important to provide a gluten free diet for the child.

Manufacturers change their products all the time, so reading all food labels is the best way to identify if a product contains gluten or not. The GF (gluten free) symbol will be located on the package as well if the product contains no gluten.



There are many books, cookbooks, and websites that offer more tips and information on celiac disease, gluten sensitivity, and wheat allergies. It is always best to consult with a doctor first, and once diagnosed continue researching foods, recipes, and meal plans that are suitable for changing a diet. A reliable website to start research is at the National Foundation for Celiac Awareness at [www.celiaccentral.org](http://www.celiaccentral.org).

There is no reason to avoid gluten unless you have been diagnosed by a doctor and told to do so. Eliminating whole grains is not advised for the general population (see article on page 3).

## Simple Kites

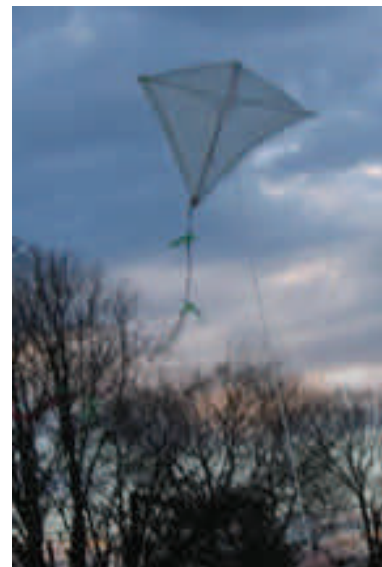
For those windy days in your neighborhood, flying a kite is a great experience for family interaction. Not only will your kids have fun making and flying the kite, it helps your kids get outdoors and stay active.

### Materials Needed:

- 13 gallon plastic trash bag (white bags are best for decorating)
- Two wooden dowels or straight sticks, one 24 inches long and the other 20 inches long
- Scissors
- Ruler
- String
- Clear Packing tape
- Ribbon and permanent markers for decoration
- Toilet paper tube

### Directions:

1. Cut open trash bag at seams to form a flat plastic sheet. Wrap ends of dowels or sticks with tape to help prevent bag from tearing when kite is flying.
2. Measure six inches down on the long stick and make a mark. Lay the short stick at the mark and form a "t" or cross shape. Tie the sticks together where they meet using string or tape.
3. Place the sticks on the trash bag. Using a permanent marker, draw a line around the frame creating a diamond. Cut your bag two inches (5cm) wider than your diamond pattern.
4. With sticks on the plastic diamond shape, fold plastic over each stick end and tape down. Fold over the extra two inches of plastic between frame points and secure each side with one long strip of tape. Turn the kite over and decorate it using markers.
5. Tape the ribbon to the bottom of the kite to create a tail for your kite.
6. Cut a piece of string long enough to fly your kite. Tie one end of the string to the dowels where they cross in the middle. Knot securely several times. Wrap the rest of the string around a toilet paper tube. You will need around 20 feet of string. Your kite is now ready to fly!



*Activity adapted from National Geographic Kids*

## Summer Meal Program

The Summer Food Service Program is available to students 18 years and younger at 23 sites throughout Yolo County. The purpose of the program is to provide nutritious meals in line with the federal standards throughout the summer. Meals are offered Monday through Friday from the middle of June through the beginning of August. There are no income requirements for the summer meal program and again it's **free** for all children up to 18 years of age!

### Woodland School Sites:

Beamer Elementary  
Dingle Elementary  
Greengate Center  
Lee Middle  
Maxwell Elementary  
Pioneer High  
Plainfield Elementary  
Whitehead Elementary  
Woodland High  
Woodland Prairie Elementary  
Zamora Elementary

### Winters School Sites:

Waggoner Elementary  
Winters High

### Woodland Park Sites:

Beamer Park  
Casa Del Sol  
Ferns Park  
Pioneer Park  
Woodside Park

### West Sacramento School Sites:

Elkhorn Elementary  
Riverbank Elementary  
Southport Elementary  
Westfield Elementary

### Esparto School Site:

Esparto Middle School



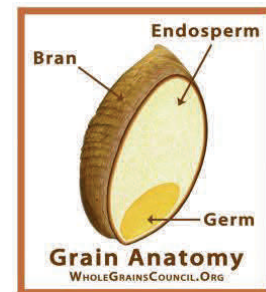
Article adapted from [www.fns.usda.gov/cnd/summer](http://www.fns.usda.gov/cnd/summer) and [www.cde.ca.gov](http://www.cde.ca.gov)

## Great Grains

The 2010 Dietary Guidelines recommends that at least half of our grains be whole. What are whole grains exactly? Whole grains have all of the grain intact: the bran, germ, and endosperm. Whole grains have more fiber, magnesium (which boosts immune function), and phosphorous (which aids in cell repair) than refined grains like white bread, white rice, and white pasta. Some familiar and easy to identify whole grains are oats, brown rice, whole wheat pasta, and 100% whole wheat bread; but there are many other wonderful whole grains. Variety and a nutritional boost can be added to everyday meals by simply trying some new whole grains. A few lesser known whole grains that cook quickly are bulgur, cornmeal (polenta), semi-pearled farro, and quinoa. These grains are slowly becoming more popular and are now available at most grocery stores. Grains can be cooked in larger batches and stored in the refrigerator for 3-4 days. When introducing new whole grains to little ones try adding them to soups or salads, or pairing them with familiar and readily accepted foods. For example, add farro to a chicken and rice soup by simply substituting the white rice for farro for an easy nutrient boost. Here is a quick guide on cooking times:



1 cup of this grain:	Add this much water or broth:	Bring to a boil, then simmer for:	Amount after cooking:
Bulgur	2 cups	10-12 minutes	3 cups
Cornmeal (polenta)	4 cups	25-30 minutes	2 1/2 cups
Semi-pearled Farro	2 cups	20 minutes	3 cups
Quinoa	2 cups	12-15 minutes	3 cups



Article adapted from [www.wholegrainscouncil.org](http://www.wholegrainscouncil.org)

## Banana Ice Cream

Beat the summer heat with a healthy, easy treat that can be made in minutes. Banana ice cream is very simple with only a few ingredients and no need for an ice cream maker. All the makings of this soft serve treat are probably sitting in the kitchen right now.

*Tip: If bananas are sitting on the counter ripening and turning brown too quickly, don't throw them out! Simply peel, slice, and place in a zip top freezer bag and store in the freezer until they are needed for smoothies, muffins, or this ice cream treat. They can also be placed in the freezer whole, with their peels on. They will need to come to room temperature for a few minutes in order to peel and slice.*

### Ingredients:

3-4 bananas, frozen  
1-2 tablespoons nonfat or 1% milk  
Optional add ins:  
2 Tbsp. cocoa powder  
1 tsp. vanilla extract  
1/2 tsp. cinnamon  
1 Tbsp. peanut butter



### Directions:

1. Place frozen, sliced bananas in a blender or food processor, add optional add-ins if desired.
2. Blend using the pulse or smoothie button. Use a spoon to mix and push the bananas down to the bottom.
3. Keep blending until bananas turn creamy, this will take a few minutes. Add milk if the banana mixture is too thick.
4. Serve immediately. Store leftovers in a freezer safe container.

Recipe from [www.chopchopmag.org](http://www.chopchopmag.org)

## Activity Kits Free From the University of California

Do your part to 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 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.

## CONTACTS



**Kimberly Prado**  
Bilingual Preschool Program  
Coordinator  
530-666-8740  
[kyprado@ucdavis.edu](mailto:kyprado@ucdavis.edu)



**Christie Hedrick**  
Program  
Coordinator  
530-666-8740  
[clhedrick@ucdavis.edu](mailto:clhedrick@ucdavis.edu)



**Sonia Fernandez**  
Bilingual Elementary Program  
Coordinator  
530-666-8702  
[ssfernandez@ucdavis.edu](mailto:ssfernandez@ucdavis.edu)



**Angela Asch**  
Teen & Adult Program  
Coordinator  
530-666-8731  
[alash@ucdavis.edu](mailto:alash@ucdavis.edu)



**Marcel Horowitz**  
Program Director  
[mhorowitz@ucdavis.edu](mailto:mhorowitz@ucdavis.edu)



The University of California prohibits discrimination or harassment of any person on the basis of race, color, national origin, religion, sex, gender identity, pregnancy (including childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition (cancer-related or genetic characteristics), ancestry, marital status, age, sexual orientation, citizenship, or status as a covered veteran (covered veterans are special disabled veterans, recently separated veterans, Vietnam era veterans, or any other veterans who served on active duty during a war or in a campaign or expedition for which a campaign badge has been authorized) in any of its programs or activities. University policy is intended to be consistent with the provisions of applicable State and Federal laws. Inquiries regarding the University's nondiscrimination policies may be directed to the Affirmative Action/Staff Personnel Services Director, University of California, Agriculture and Natural Resources, 330 Lakeside Drive, 6<sup>th</sup> Floor, Oakland, CA 94612-3550, (510) 987-0096. Funded by USDA's Food Stamp Program through the Network for a Healthy California and the University of CA Cooperative Extension, Yolo County Office. This institution is an equal opportunity employer. The Food Stamp 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 530-666-8143

"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

cal Fresh Nutrition Education  
UNIVERSITY of CALIFORNIA

530-666-8740

a better diet. To find out more, call  
It can help you buy nutritious food for  
assistance to people with low income.

Stamp program provides nutrition  
equal opportunity employer. The Food  
of CA Cooperative Extension, Yolo  
County Office. This institution is an  
Healthy California and the University  
Program through the Network for a  
Funded by USDA's Food Stamp

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



UCCE Yolo County  
70 Cottonwood Street  
Woodland, CA 95695





## Food Safety



Having a family picnic or barbecuing at a local park, beach, or even in the backyard are great ways to spend family time together during the warm summer months. Keeping food safe is a good idea so everyone can enjoy quality time together and stay safe. There are a few things to remember when the weather gets warm. Food can spoil quickly so it's wise to follow 4 simple rules: clean, separate, chill, and cook.

**Clean:** before preparing food and after handling food, wash hands thoroughly with warm water and soap. Teach children to sing the "Happy Birthday" song twice or wash for at least 20 seconds. Make sure to clean under fingernails and jewelry too. Wash all kitchen utensils, food and drink containers, and coolers with warm water and soap. If preparing food at a location away from home, make sure to pack a sponge, soap, paper towels, and bottled water so cutting boards and surfaces can be cleaned.

**Separate:** avoid cross contamination by keeping foods separated. Keep raw meats and seafood in sealed containers or in zip top plastic bags so their juices do not come in contact with other foods. Never put cooked foods on the same plate or serving tray as raw foods. Wash all plates and serving trays with warm water and soap after raw foods have touched them.

**Cook:** use a clean meat thermometer to check the temperature of cooked foods. Meat thermometers will ensure that food is cooked thoroughly. Insert the thermometer in the thickest part of the meat to get the most accurate reading. Check temperatures toward the end of cooking times and off of the flame. Hamburgers (beef, pork, veal, or lamb) should reach at least 160 degrees. Chicken breasts should reach 165 degrees. Fish should flake easily with a fork, be firm, and reach at least 145 degrees. Wash the thermometer after each use. Keep hot foods hot. Store cooked foods in an insulated container away from cold foods. If serving baked beans with meats, make sure the beans are in an insulated container and stored in an insulated bag while they are waiting to be served. Hot dogs are fully cooked but should still be reheated to an internal temperature of 165 degrees; never eat or serve them raw, as they could have been contaminated after packaging. Never serve raw eggs, cook eggs until the yolks and whites are firm.

**Chill/Heat:** keep cold foods cold and keep hot foods hot. Make sure all foods that need to stay cold are stored in a cooler with ice or ice packs. Keep coolers in the shade and out of direct sunlight. Return all cold foods to the cooler after they have been served. It's best to keep cold drinks in a separate cooler as it will be opened more frequently and the inside temperature will warm up more quickly. When the weather climbs over 90 degrees, do not let food sit out for more than 1 hour. On cooler days, food can be kept at room temperature for up to 2 hours. After that time period, bacteria starts to grow rapidly and foods either need to be re-cooled, if a chilled item, or reheated, if a warm item, before serving. Keep foods out of the temperature danger zone 40-140 degrees.

**Foods that don't need to be kept hot or cold:** snack type foods like chips or pretzels, nuts and nut butters, dried fruits, crackers, breads, whole fruits like apples or bananas. Remember to keep foods covered while out for serving so dust, pets, and bugs don't touch the food. Set out a small quantity of all foods being served. More food can always be added, which will help keep the temperature of the food at a safe level.





## Seguridad de Alimentos



Tener una partida de campo o barbacoa en un parque, playa, o su patio son buenas maneras de pasar tiempo con familia juntos durante los meses de verano. Mantener los alimentos seguros es una buena idea para que todos puedan disfrutar de tiempo de calidad juntos y mantenerse a salvo. Hay algunas cosas que debe recordar cuando el clima es caliente. Los alimentos pueden perder rápidamente por lo que es mejor seguir 4 simples reglas : limpiar, separar, poner a enfriar, y cocinar.

**Limpiar:** antes de preparar comida y después de manipular alimentos, lávese bien las manos con agua tibia y jabón. Enseñe a niños cantar el “Cumpleaños Feliz” canción dos veces o lavarse durante al menos 20 segundo. Asegúrese de limpiar debajo de las uñas y las joyas antes lavarse las manos. Lave todos los utensilios de cocina, alimentos y envases de bebida

y enfriadores con agua tibia y jabón. Si se prepara la comida en un lugar lejos de casa, asegúrese de llevar una esponja, jabón, toallas de papel y agua embotellada para que las tablas de cortar y las superficies se pueden limpiar.

**Separar: evitar la contaminación cruzada por mantener los alimentos separados.** Mantenga las carnes crudas y mariscos en contenedores sellados o en bolsas de plástico zip por lo que sus jugos no entran en contacto con otros alimentos. Nunca coloque alimentos cocidos en el mismo plato o bandeja de servicio como los alimentos crudos. Lave todos los platos y bandejas con agua caliente y jabón después que los alimentos crudos les han tocado.

**Cocinar:** utilice un termómetro de carne para verificar la temperatura de los alimentos cocinados. Termómetro de carne va asegurar los alimentos se han cocinado a fondo. Inserta el termómetro en la parte mas gruesa de el carne para obtener el mas preciso medida. Revise la temperatura hacia el final de los tiempos de cocción. Hamburguesas (carne de res, cerdo, ternera o cordero) deben alcanzar por lo menos 160 grados. Pechugas de Pollo debe alcanzar 165 grados. Los peces deben flake fácilmente con un tenedor, ser firme, y llegar a por lo menos 145 grados. Lave el termómetro después de cada uso. Mantenga los alimentos cocinados calientes. Guarda los alimentos cocinados en un recipiente aislado de los alimentos fríos. Si sirve frijoles cocinados al orno con carne, asegúrese que los frijoles están en un recipiente aislado y almacenados en un bolso aislado mientras esperan para ser servido. Las salchichas deben ser completamente cocidas pero todavía recalentadas a una temperatura interna de 165 grados; Procura nunca comer o servir las crudas. Nunca sirve huevos crudos, huevos cocinados hasta que las yemas y claras son firmes.

**Poner a Enfriar:** mantenga los alimentos fríos, fríos y mantenga los alimentos calientes, calientes. Asegúrese de que todos los alimentos que necesitan mantenerse frío se almacenan en una hielera con hielo o bolsas de hielo. Mantenga las hieleras en la sombra y fuera de la luz directa del sol. Regresa todas las comidas frías a la hielera despues que ya los ha servido. Es mejor mantener bebidas frías en otro hielera como se abrirá con más frecuencia y el interior temperatura se calentará más rápidamente. Cuando el clima sube pasada 90 grados, no deje que la comida se cuede afuerra por mas de una hora. En los días fríos, la comida puede mantenerse a temperatura ambiente durante un máximo de 2 horas. Despues de ese tiempo, bacteria empieza crecer rápidamente y las comidas necesitan estar Re-enfriado, si es una comida frío o recalentado, si es un comida caliente, antes de servir. Mantenga los alimentos fuera de la zona de peligro temperatura, 40-140 grados.

**Alimentos que no necesitan ser calentado o enfriado:** bocadillos tipo como patatas fritas o pretzels, nueces y mantequillas, frutos secos, galletas, panes, frutas como manzanas o bananas. Recuerde que debe mantener los alimentos cubiertos mientras se sirven para evitar que el polvo, animales domésticos y insectos no toquen los alimentos. Establecen una pequeña cantidad de todos los alimentos que se sirve. Siempre se pueden agregar más alimentos que ayudarán a mantener la temperatura de los alimentos a un nivel seguro.

