



Fuel Their Minds

Ideas for Better Eating and Active Play with Young Children



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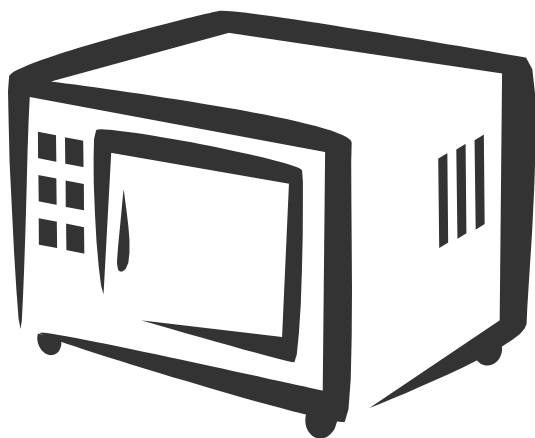
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Microwave Cooking

Microwave cooking can be easy. If you are always busy and do not have time to cook vegetables, microwaves offer a fast and convenient way to cook them. Rather than heat food from outside in, microwaves heat food from inside out using water molecules. Simply washing your veggies and not drying them afterwards is usually enough water for microwave cooking.

Vegetables you can cook in your microwave are:

- ⇒ Broccoli: 2 minutes; until the color intensifies
- ⇒ Brussels sprouts: 2-3 minutes
- ⇒ Cauliflower: 4-5 minutes
- ⇒ Carrots (sliced): 3-4 minutes
- ⇒ Kale, chard, spinach: 1 minute
- ⇒ Asparagus: 2-3 minutes
- ⇒ Potato: 5-6 minutes; cut the potato in half first



Microwaves can be harmful if used in the wrong ways. Always make sure you use microwave safe containers when heating up food. Microwaves can release dangerous chemicals if you heat food in non-microwave safe plastic containers, plastic bags, or plastic plates.

Containers that are always microwave safe:

- ⇒ Glass
- ⇒ Ceramic dishes
- ⇒ Paper plates
- ⇒ Towels
- ⇒ Napkins
- ⇒ Wax
- ⇒ Parchment paper

Containers that are not microwave safe:

- ⇒ Aluminum foil
- ⇒ Brown paper bags
- ⇒ Storage plastic containers (such as margarine, cottage-cheese, and yogurt tubs)
- ⇒ Onetime use plastic containers
- ⇒ Dishes with metallic paint or trim
- ⇒ Foam-insulated cups, bowls, plates, and trays
- ⇒ Plastic containers that say “microwave safe.”

Probiotics



Did you know that there is such a thing as good bacteria? That's right. About 100 trillion different kinds of bacteria live in the healthy stomach. The World Health Organization says probiotics are living bacteria that, when given

in enough amounts, benefit your health. These are bacteria that live only in the stomach and keep other types of harmful bacteria in check. These good bacteria help us digest food and absorb nutrients. These good bacteria also help our immune system by destroying bad bacteria before they get us sick. Probiotics have shown to benefit both children and adults.

Although probiotic supplements do exist,

probiotics can also be found in food.

Some probiotic foods include:

- ⇒ Yogurt
- ⇒ Sauerkraut
- ⇒ Japanese miso soup
- ⇒ Soft cheeses like cheddar, Swiss, parmesan, gouda
- ⇒ Sourdough bread
- ⇒ Milk with probiotics

If you decide to buy probiotics you should read all the ingredients on the label and make sure that they are familiar to you. Probiotics are generally considered safe because they are already present in a normal digestive system, however, it is a good idea to still let your doctor know if you decide to buy and take probiotic supplements for you or your child.

Adapted from "Health benefits of taking probiotics." For more information please visit, www.health.harvard.edu

Carrot Apple Soup

This sweet soup is sure to keep children warm, healthy, and happy this winter!

INGREDIENTS

- 1 tablespoon olive or canola oil
- 1 medium onion, peeled and chopped
- 2 pounds carrots, peeled and sliced
- 1 apple, peeled (if you like), cored and chopped
- 8 cups chicken or vegetable stock
- 1/2 cup Greek or plain non-fat yogurt (if you want to make it "creamy")



INSTRUCTIONS

- 1) Wash your hands with soap and water, then gather all your kitchen gear and ingredients and put them on a clean counter.
- 2) Put the soup pot on the stove and turn the heat to medium. Add the oil.
- 3) Add the onion, carrots, apple, and cook covered for 15 minutes or until the vegetables soften. Use the wooden spoon to stir them occasionally while they cook.
- 4) Raise the heat to high, and add the chicken or vegetable stock and bring to a boil.
- 5) Reduce the heat to low, and cook for about 20 minutes. Set aside to cool for 20 minutes.
- 6) Use a slotted spoon to remove the solids, and put in the blender or food processor. Process until smooth.
- 7) Add the yogurt, if you like, and process again, then stir this mixture back into the soup in the pot. Serve right away or cover and refrigerate for up to 3 days.

This recipe is easy and can be used for an activity with little kids as well!

Adapted from www.chopchopmag.org

Simon Says

It can be difficult to play outside in the winter time but with the "Simon Says" game, you can provide a child with their much needed physical activity while helping them learn. Best of all, there are no materials necessary!

Children can learn:

- ⇒ listening skills
- ⇒ directionality
- ⇒ types of movement
- ⇒ how to follow directions
- ⇒ how to strengthen their movement skills
- ⇒ names of body parts

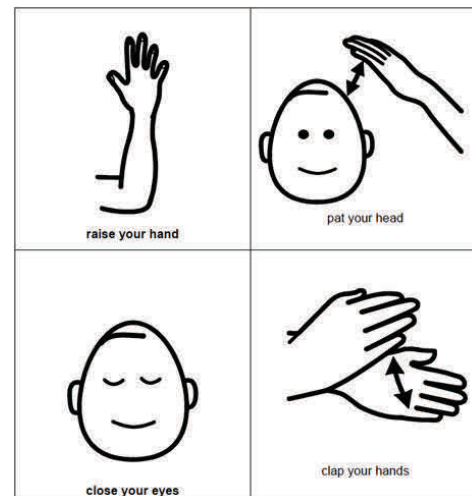
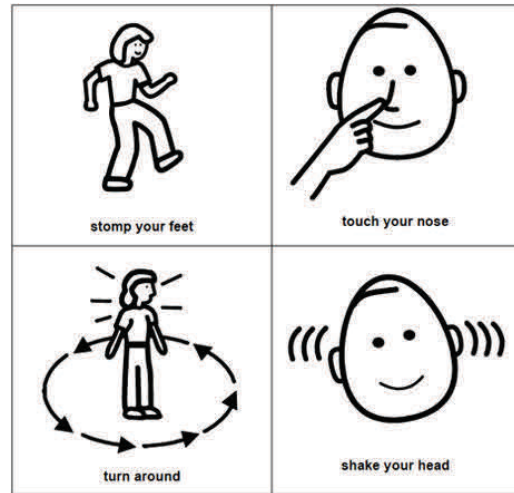
1) Warm up should include stretches where the children lift up their arms, touch their waist, put their hands on their knees, and touch their toes. It helps to point to and name body parts before beginning.

2) Explain how to play "Simon Says." Tell children that you will give directions for them to follow. If you say "Simon says" first, they should do it. If you do not say "Simon says" first, they should not do it. Tell children to listen carefully and follow directions.

3) Start the game with "Simon says, put your finger on your chin." Help any children who are having difficulty by pointing to your chin and putting your finger on it. Continue with commands that include up, down, and out. Once children are comfortable following one-step directions, give them two-step directions to follow. For example, ask them to stand on their right foot and hop in place.

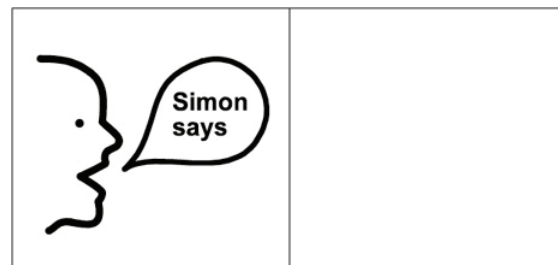
4) Sometimes experienced players of "Simon Says" are often "out," or excluded from the game, when they make a mistake. Young children and English Language Learners should keep playing even when they make mistakes, so that they can improve through play. Later on you can invite children to take turns giving the directions.

Some helpful hints to get you started are included in the visuals below:



Commands

Action	Lower	Body Parts	Toes
Touch	Shake	Ear	Lips
Hop	Point	Nose	Elbows
Close	Rotate	Chin	Ankles
Stretch	Straighten	Fingers	Wrists
Wave		Feet	Head
Clap		Arms	Eye brows
Pat		Waist	
Lift		Knees	



Adapted from "Simon Says Game" for more information please visit www.connectability.ca

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.



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July, 2013

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Fuel Their Mind Nutrition Newsletter Enclosed

calFresh Nutrition Education
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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.”
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 530-666-8740



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The Division of Responsibility in Feeding Part 1

Ever struggle with a fussy eater? Does the thought of sitting down together for a family meal cause you stress? Well, the division of responsibility is a simple guide to help make mealtimes a happy and enjoyable experience. The guide uses very specific roles for children and adults so that everyone knows what they need to do.

The Role of the Child:

- *It is a child's job to decide if they will eat*
- *How much they will eat*

The Role of the Parent:

- *It is the parent's job to decide when food is served*
- *Where food is served*
- *What food is served*

This sounds simple and easy but it will take some practice before everything runs smoothly. If children are used to eating in front of the television or grazing all day long, sitting down at a table with the rest of the family for a meal will be hard to do. Take small steps to get everyone in the family on the same page.

If family meals are new:

Start planning a family meal for the day of the week that is the least stressful. Let everyone in the family know it is family meal night. Tell everyone what time dinner will be served and where. Once it is time for dinner, turn off the television, put the cell phones away, and sit down and talk to one another about your day. Serve the food family style, which means putting out all the food in large containers on the table so everyone can serve himself or herself. If little ones need help, assist them with what they want to put on their plate. Use small serving spoons to reduce food waste and allow children to serve themselves more easily. Once, the one night a week dinner becomes a routine, add a second night. Then, add another night until family dinnertime becomes a daily routine.

Allow children to eat as much food as they wish. If they would like more of a food, let them eat more. Remember it is their job to decide how much food they would like to eat. It is the parents' job to serve healthy foods for meals and snacks. Do not make rules about the order in which foods should be eaten, such as no bread until all the peas have been eaten or no seconds on chicken until all the beans are eaten.

A few more tips for an enjoyable meal:

Ask funny questions or play a guessing game to keep little ones engaged. It is okay if they are done eating quickly, have them practice sitting at the table with the rest of the family while others finish eating. Ask them what their favorite super hero is and why, what is their favorite animal and why, or what would their favorite day look and feel like. Family meals are learning and sharing opportunities for all members of the family. Good food and good conversation help build social skills, family bonds, and lasting memories.



Article adapted from www.ellynsatterinstitute.org



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La División de Responsabilidad a la Hora de Comer Parte 1

¿Ha tenido problemas con un niño a la hora de comer? ¿Le causa estrés la idea de sentarse en una comida familiar? Usted puede utilizar el sistema de la división de responsabilidad para ayudarlo en estas situaciones. El sistema de la división de responsabilidad es fácil y le puede ayudar hacer los tiempos de comer más feliz y agradable. Este sistema les da instrucciones específicas para los niños y los padres.

La Responsabilidad Del Padre:

- Los padres deciden cuando van a servir la comida
- Los padres deciden donde van a servir la comida
- Los padres deciden cuales tipos de comida van a servir

La Responsabilidad Del Niño:

- Es el niño el que se encargara de decidir si va a comer
- El niño decide cuanto van a comer

Va tomar tiempo y practica antes que este sistema trabaje para usted. Si los niños están acostumbrados a comer en frente de la televisión todo el día, va ser difícil empezar a comer en la mesa. Padres pueden tomar pequeños pasos para llegar a que toda la familia entienda esta transición.



Si las comidas entre familia son nuevas:

Escoge un día de la semana en que todos pueden comer juntos sin interrupciones. Explícales a los miembros de su familia que este día es el día en que todos comen juntos. Enséñales a qué horas usted va a servir la comida y donde va a servir la comida. Cuando llegue esa hora de comer, apaga la televisión y los teléfonos, para platicar y compartir experiencias. Utiliza platos grandes para servir comida y para que cada persona se puede servir ellos mismos. Ayúdales a los niños pequeños si no se pueden servir ellos solitos. Utiliza cucharas pequeñas para la comida y para reducir desperdicio de alimentos. Estas cucharas pequeñas también son mejor para los niños chiquitos por sus manos pequeñas. Con tiempo y práctica, este día se va a convertir en una rutina y cuando se siente listo, usted puede aumentar el número de días en que todos comen juntos. Muy pronto todos los días van a hacer días en que todos comen juntos.

Deje que sus niños comen la medida de comida que quieren. Si piden más, deje que se sirven más. Recuerde que los niños deciden cuanto van a comer y los padres deciden qué tipos de comida pueden comer. Si usted escoge comidas saludables sin mucha grasa y azúcar, no les va hacer daño. Los niños se van acostumbrar a este sistema y van a ver que toda la familia come lo mismo. Con el ejemplo de los padres los niños van a empezar a probar comidas saludables en mesa. No deberían hacer reglas que son complicadas. Por ejemplo, deje que sus niños comen su comida en cualquier orden. Deje que comen su pan aunque no se han terminado sus chicharos, dejen que se sirven más pollo aunque no se han terminado sus frijoles.

Más conejos para una comida agradable:

Padres pueden incorporar temas divertidas en la conversación cuando comen todos juntos. Pueden platicar sobre deportes, caricaturas, animales, colores, o también pueden incluir un juego de adivinanzas. No es un problema si sus niños terminan de comer rápido. Deje que ellos practiquen su habilidad de quedarse sentado esperando que todos los demás terminan también. Comidas entre familia son tiempos en que podemos aprender y compartir. Buena comida y buenas conversaciones ayudan a desarrollar habilidades sociales, lazos familiares y recuerdos imborrables.