

Draw Your Dream Garden

Gardens are a great way to learn. Gardens allow children to start to talk about fruits and vegetables. Gardens allow children to understand how fruits and vegetables grow and where they are from. Gardens have shown to help children eat more fruits and vegetables.

In our program, we have a garden activity that is easy. In fact, it doesn't even require a real garden. In this activity, children get to draw their dream garden. Draw Your Dream Garden is an activity that can be done anywhere. All you need is a flat surface and crayons.

To begin,

- Have the children sit in a circle around you.
- Tell the children that "today we will be talking about gardens. A garden is a place where people grow plants to eat."
- Hold up a picture of a fruit (that you drew). This should be a fruit that your group of kids most likely know, such as a strawberry. Let the children know that "this is a fruit (or vegetable) plant grown in many gardens."
- Ask the children to "raise your hand if you have seen this food before?" And "raise your hand if you have eaten this food before?"
- Afterwards you can talk about one or two other common fruits and vegetables.
- Tell the children that "today each child will be drawing their dream garden."
- Lay a sheet of paper on a flat surface for yourself, have the kids crowd around you so they can all see you create a dream garden.

Hint: Grab a crayon and begin drawing rectangles where you would like your vegetables and fruits. Make sure you keep your drawing simple (only use 1-3 plots with 1-3 fruits or vegetables).

- Tell the children that they can draw the vegetable or fruit they want in their garden. They can also draw insects that live in gardens such as ladybugs, worms, bumble bees, and butterfly's.
- Pass out papers and crayons and let the kids begin drawing their dream garden.

Hint: You can use this as an opportunity to talk about how water and the sun help these fruits and vegetables grow. You can also talk about how some fruits grow on trees like oranges and some vegetables grow in the dirt like potatoes.



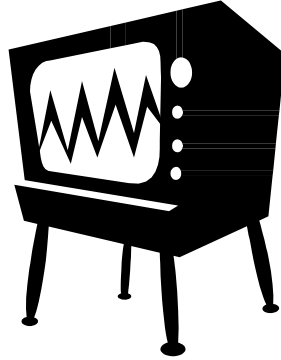
Make it a goal to have every child draw at least one fruit, one vegetable, and one pollinator.

Have fun!

Children and Junk Food Commercials

Are Junk food commercials bad for kids? Yes. Study's show that:

- Children's food brand knowledge increases significantly from 3 years of age.
- Brand knowledge is higher for unhealthy than for similarly advertised healthy foods.
- Restriction of unhealthy food marketing should extend beyond television.



Things you can do to help children avoid junk foods:

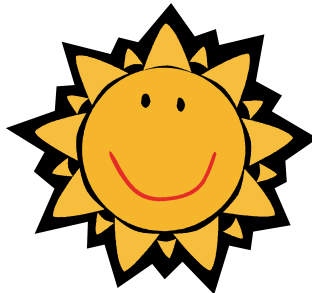
- Eat fruits and vegetables in front of children.
- Teach kids about the plants that grow food and if possible, plant a fruit or vegetable for a garden.
- Teach kids about nutrition labels and how too much sugar is not good for our bodies.
- Reduce screen time by encouraging kids to play actively like jumping rope or playing basketball.
- Cook with kids so they learn skills in the kitchen and eat out less.

Adapted from www.foodnavigator.com

Avoiding Summer Weight Gain

Many children are less active during the summer and many summer activities can work *against* a healthy weight such as video games, barbeques, and campsite s'mores. This can lead to weight gain; Know what to look out for.

Here are 5 things to tell kids to Avoid Weight Gain:



1. **Get going with goals.** When we don't have a plan, it's easy to spend summer moving from couch to computer, with regular stops at the refrigerator. Avoid this by aiming for a specific goal, such as learning a yoga pose or mastering a Frisbee toss.
2. **Stick to a schedule.** With school out, we lose our daily routines. If you don't have a specific job or activity to get up for, it's easy to sleep late, watch too much TV, and snack more than usual. Make sure your summer days have some structure (like getting up at the same time each day and eating meals at set times.) Plan activities for specific times, such as active playtime before breakfast.

3. **Stay busy.** When we're bored, it's easy to fall into a trap of doing nothing, eating more, and feeling low on energy. Filling your days with stuff to do can give you a sense of accomplishment. Keep in mind to limit your screen time (including TV, computer, and video games) to no more than 2 hours a day.
4. **Beat the heat.** Don't let summer heat put your exercise plans on hold. Move your workout indoors. Check open hours at your community center or turn the grocery store into a scavenger hunt. If you love being outdoors, try swimming or move a soccer game to early morning or evening when it's cool with the sprinklers on.
5. **Think about what (and how) you eat.** Summer means picnics and barbecues, activities that revolve around food. Don't overload your plate. Pack half the meal with fresh fruits and vegetables, choose smaller paper plates, and bring along distractions for active play (like a ball or kite).

Adapted from www.kidshealth.com

Frozen Yogurt Fruit Cups

These frozen yogurt fruit cup desserts are delicious and nutritious on hot summer days.



Materials:

- 18 Muffin tin cups
- 18 Muffin tin paper cups
- Large mixing bowl
- Knife
- Spoon
- Clean Plastic bag

Ingredients:

- 3 bananas
- 24 ounces fat-free strawberry yogurt
- 10 ounces sliced frozen strawberries, thawed, with the juice
- 8 ounces canned crushed pineapple, with the juice

Instructions:

1. Line 18 muffin tin cups with muffin tin paper cups.
2. Peel, and mash bananas and place in large mixing bowl.
3. Stir in remaining items.
4. Spoon mixture into paper cups and freeze at least 3 hours or until firm. Remove frozen cups and store in a plastic bag in freezer.
5. Before serving, remove paper cups and let stand 10 minutes.

UCCE Nutrition Education Program, Yolo County

Summer Food Service Program

Summer food sites in your community help make sure no child goes hungry. The more parents, children, and teenagers know about where food is served for free, the more they will come eat. Pre-registration is NOT required.

2014 SUMMER FOOD SERVICE PROGRAM

Woodland sites:

- BEAMER ELEMENTARY
- DINGLE ELEMENTARY
- DOUGLASS MIDDLE
- FERNS PARK
- FREEMAN ELEMENTARY
- GREENERY APARTMENTS
- GREENGATE CENTER FOR EXCEPTION
- LEE MIDDLE
- PLAINFIELD ELEMENTARY
- RHODA MAXWELL ELEMENTARY
- TERRACINA
- T.L. WHITEHEAD ELEMENTARY
- WOODLAND PRAIRIE
- WOODLAND PUBLIC LIBRARY
- WOODLAND SENIOR HIGH

- WOODSIDE PARK
- ZAMORA ELEMENTARY

Esparto sites:

- ESPARTO MIDDLE SCHOOL

West Sacramento sites:

- SOUTHPORT ELEMENTARY SCHOOL
- WESTFIELD ELEMENTARY SCHOOL

Knights Landing site:

- SCI-TECH ACADEMY-ANNEX

Winters sites:

- WAGGONER ELEMENTARY
- WINTERS HIGH SCHOOL



Call **1-866-3HUNGRY** or **1-866-3HAMBRE** to find free, nutritious meals near you.

For dates and times visit www.cde.ca.gov/ds/sh/sn/sfs201457.asp

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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"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

UNIVERSITY of CALIFORNIA
cal Fresh Nutrition Education

530-666-8740

"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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Secondary Drowning

Being physically active every day is important. During the summer months, it usually includes hot weather and water. Water safety is important to remember. "Secondary drowning can cause problems but it is not always immediately apparent."



What is secondary drowning?

Secondary drowning occurs when children get water into their lungs. It does not take much, less than four ounces of water is enough to cause harm to the lungs and possibly death to a child. When water enters the lungs, swelling occurs, and the body wants to send in more fluids to reduce it, this results in too much fluid in the lungs and "drowning." If children are playing in spas or pools, the water they swallow contains chlorine. If this enters the lungs, they can get *chemical pneumonitis*, which is swelling of the lungs. This will cause them to struggle with their breathing. Bacteria may be present in lakes and rivers, which can cause infection too.

What are the symptoms?

Children may show a change in personality, act very tired, may have trouble breathing, or may have a wet, gurgling sound to their breathing.

What should you do if you suspect secondary drowning?

It is always best to keep a close eye on children playing in and around water. Life vests, water wings, and other floatation devices are helpful for teaching children how to become more comfortable in the water but not something to rely on to protect children from drowning or secondary drowning. If the child shows signs of behavior change, drowsiness, or coughing, it is recommended that they go to the emergency room. Time is critical, so do not delay getting medical care. At the hospital, they will X-ray the child to see what is in the lungs, oxygen may be given, and the child will be kept at the hospital to be watched for any changes.

What can you teach children about water safety?

- Have children practice blowing out water and tell them never to swallow water.
- Teach them to listen to their bodies and rest when they feel tired from too much water play.
- Stay relaxed in the water, panicking can cause children to swallow more water.

Water should not be avoided during the hot summer months. It is a great way to keep cool while being physically active, just use caution.



Ahogamiento Secundario

Ser físicamente activo todos los días es importante. Durante los meses de verano, generalmente esto incluye un clima caliente y agua. La seguridad de agua es importante de recordar. "Ahogamiento secundario puede causar problemas, pero no siempre es evidente de inmediato.



¿Qué es ahogamiento secundario?

Ahogamiento secundario se produce cuando a los niños le entra agua en sus pulmones. No toma mucho, menos de cuatro onzas de agua es suficiente para causar daño a los pulmones y posiblemente mortalidad a un niño. Cuando agua entra en los pulmones inflamación comienza a producirse, y a causa, el cuerpo quiere hacer pasar más fluidos para reducir el inflamación. Esto se traduce en exceso de líquido en los pulmones y "ahogamiento" ocurre. Si los niños están jugando en piscinas, el agua que pasan contiene cloro. Si esto entra en los pulmones, pueden conseguir *pneumonitis química*, que es la inflamación de los pulmones. Esto hará que los niños tienen dificultad con su respiración. Las bacterias pueden estar presentes en los lagos y ríos, que también pueden causar infección.

¿Cuáles son los síntomas?

Los niños pueden mostrar un cambio en la personalidad, actuar muy cansado, tener problemas para respirar, o tenga un mojado, gorgoteo sonido a su respiración.

¿Qué debe hacer si sospecha de ahogamiento secundario?

Siempre es mejor mantener vigilancia sobre los niños jugando en y alrededor del agua. Chalecos salvavidas, flotadores y otros dispositivos de flotación son útiles para enseñar a los niños cómo ser más cómodo en el agua pero, no es algo para contar para proteger a los niños de ahogarse o ahogamiento secundario. Si su niño muestra signos de cambio de comportamiento, somnolencia, o tos, se recomienda ir a la sala de emergencia. Es importante no retrasar la atención médica. En el hospital, sacarán una radiografía para ver que hay en los pulmones, puede administrar oxígeno, y mantendrá el niño en el hospital para vigilar por cualquier cambio de salud.

¿Qué puede enseñar a los niños sobre seguridad de agua?

- Pida los niños que practiqué soplar hacia fuera agua y decirles no tomar el agua.
- Enseñarles a escuchar a sus cuerpos y restar cuando se sienten cansados de jugar demasiado en el agua.
- Estar relajado en el agua, estar de pánico puede causar que los niños tomen más agua.

No debe evitar el agua durante los meses de verano. Es una gran manera de mantener el cuerpo fresco mientras siendo físicamente activo, sólo tenga cuidado.