



# Fuel Their Minds

Ideas for Better Eating and Active Play with Young Children



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Teeth: Preschool years

## Did you know...

- By the time preschoolers are about 2 1/2 years old, most children will have 20 first (primary) teeth.
- Good eating habits begin early with toddlers.
- Teeth need rest. Avoid children carrying bottles or sippy cups around and eating all the time to help teeth rest.
- Children should brush teeth with fluoride toothpaste twice a day (but make sure they don't swallow it).
- Even before this, some children develop decay. This usually involves the top front teeth and the first molar teeth and is often related to the long daily use of bottles and cups filled with sugary drinks like juice, soda, and milk.
- Good eating habits are needed for healthy teeth. Good eating habits begin with toddlers.



## Suggestions for healthy teeth:

- Limit access to sweet foods.
- Dairy foods can help prevent decay because the proteins protect teeth. Serve dairy foods everyday such as milk, cheese, and yogurt.
- Have a schedule for feeding time and stick to it.
- Off water frequently.



## Picky Eater

### What would you do with these picky eaters?

*“Sara-Mei won’t eat anything green she even refuses a whole meal if one green pea appears on her plate!”*

*“Santiago is interested in everything at the table but eating!”*

*“Dillon gets upset when one food on his plate touches another!”*

*“Mariffa wont eat anything but an orange or a banana; two days ago she’d only eat peanut butter sandwiches!”*



### Suggestions for handling a picky eater:

1. Treat picky food fazes casually. The more attention you give, the more attention the child will seek.
2. Consider what a child eats over several days, not just at each meal. Most kids eat more food variety than we think.
3. Trust the child’s appetite, don’t force a child to eat everything on their plate. Forcing a child to eat encourages overeating and could make them gain too much weight.
4. Set reasonable time limits for a meal, then remove the plate quietly if they are done (what’s reasonable depends on each child).
5. Stay positive and avoid criticizing or calling any child a “picky eater.” Children believe what you say!
6. Serve food plain with sauces, spices and toppings as options. Respect the “no foods touching” rule if that’s important to the child.
7. offer the same food for everyone. Plan at least one food everyone will eat, such as sliced apples.
8. Provide three or four choices of food. Then let your child decide which, and how much to eat.
9. Focus on your child’s positive eating behavior. Like how brave they were to smell a new food, or helpful when they passed the sauce.

USDA Team Nutrition Food and Nutrition Services

## The Food Bank’s Children’s Harvest Program



Access to nutritious, fresh foods is among the top priorities for Yolo County families with children 5 years old and younger. To help meet this need, Yolo Food Bank has started the Children’s Harvest program sponsored by First 5 Yolo.

Through Children’s Harvest, families with kids ages 5 and younger receive 10 pounds of fresh produce twice a month.

Families can access this program at Yolo Family Resource Centers located in Winters, Esparto, Davis, Clarksburg, Knights Landing, Yolo, and Arbutle. The program currently serves more than 600 families per month.

The “Children’s Harvest Distribution Schedule” Can be found at :

**[www.yolofoodbank.org/childrens-harvest](http://www.yolofoodbank.org/childrens-harvest)**

For more information please contact the food bank:  
[info@yolofoodbank.org](mailto:info@yolofoodbank.org)  
**530-668-0690**

## Active Transportation

Spring is upon us! Encourage your students and families to dust off their bike, pump up their tires, find their helmet and go out for a bike ride!

- **Family rides are a great way to see your community, get the kids to school, and spend some time being active together.**
- **Being a safe rider is just as important as the ride itself, whether you are riding to school, work, or just for fun. Always wear a helmet.**
- **Remember to use bike lanes, obey traffic signals, and use a front light and rear reflector when riding at night.**

How do you become a safe rider? Spending just 5 minutes reviewing these guidelines with your students can help them enjoy the benefits of riding a bike for years to come!

Did you know that May is National Bike Month and May 6<sup>th</sup> is National Bike to School Day?



Join the thousands of adults and kids nationwide that hop on their bikes in May to get some exercise, explore their communities, commute to school and work, and just have fun.

Want to know more about bike to school day? Ask your school if they are hosting an event, or visit [www.walkbiketoschool.org](http://www.walkbiketoschool.org) for information on how you and your school can get involved.



Yolo County Health Department

## Homemade Ice-Cream

Here's a quick and easy way to make a delicious dessert. The children are able to prepare their own dessert as well as shake their wiggles out!

### Ingredients:

- 1/2 cup half-and-half
- 2 tablespoon sugar
- 1/2 teaspoon vanilla
- 1 sandwich Ziploc bag
- 1 gallon Ziploc bag
- 3 cups crushed ice
- 1/2 cup rock salt

Optional Toppings: Nuts, strawberry, granola, peaches, etc.

### Directions:

1. Put first 3 ingredients in the smaller Ziploc bag and seal bag (Make sure it is tightly closed!).
2. Put ice and rock salt in the larger bag and then add the filled small bag. Seal the large bag.
3. Squeeze bag until ice cream is thickened, about 10-15 minutes.
4. Remove small bag, unseal, and eat with a spoon.



**No need to even dirty a bowl!**

# Activity Kits Free From the University of California

You can help 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, health, 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 to teach a fun and interactive lesson. The curriculum was developed by the University of California.

**We will bring the materials to you, free of charge.** We can provide trainings and additional resources to increase your confidence in these topics. We can also plan classroom food-themed cooking clubs, special events, and other fun sessions.



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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.\*

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Fuel Their Mind Nutrition Newsletter Enclosed



“Our mandate as a land grant institution 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 Supplemental Nutrition Assistance Program and University of California Cooperative Extension. The SNAP 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 1-877-847-3663.



UCCE Yolo County  
70 Cottonwood Street  
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# Fuel Their Minds Parent Corner

Ideas for Better Eating and Active Play with Young Children



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## 'Good' Bacteria for Health!

Inside our stomach, small, and large intestines we have 'good' bacteria called probiotics. We also have 'bad' bacteria in our body, which is known as 'food poisoning' or 'stomach flu'. We need the 'good' bacteria to help us digest our food, keep our gut healthy, and keep our immune system strong.

By eating the 'good' bacteria, the body can get rid of the 'bad' bacteria by removing it when we go to the bathroom. Prebiotics are the nutritional food for probiotics, these are foods that humans cannot totally digest on their own. The 'good' bacteria helps us break it apart.

You can find 'good' bacteria in:

- dairy foods (yogurt, kefir, buttermilk)
- sauerkraut
- miso soup
- sourdough bread
- pickles
- tempeh (a fermented grain and soy bean food, a good meat substitute)



Foods that the 'good' bacteria like:

- artichokes
- asparagus
- almonds
- apples
- jicama
- leeks
- honey
- bananas
- whole grains (oats, whole wheat bread, whole wheat pasta)
- onions and garlic

Parents can help by adding the foods listed above into their child's diet. Too many 'bad' bacteria in your body can lead to abdominal pain, cramps, diarrhea, and missing several days of school. Daily food intake of 'good' bacteria is helpful for a healthy gut and immune system for all children by helping them to feel good and not miss any school. Note that these foods are whole plants. Foods that are processed, like candy and chips, get totally digested by your stomach and leave nothing for the 'good' bacteria to eat. Having a lot of 'good' bacteria in our bodies helps us to fight off colds and flus, recover faster from illness, absorb vitamins and minerals better, and helps prevent diarrhea and constipation.



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Ideas para comer mejor y estar activos con nuestros hijos



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## Bacteria 'Buena' Para Nuestra Salud

Adentro de nuestro estómago, tenemos el intestino delgado y el intestino grueso, el cual tiene la bacteria 'buena' llamada **PRO**bióticos. También tenemos la 'mala' bacteria en nuestro cuerpo, el cual se conoce como 'intoxicación de comida' o 'gripe estomacal.' Nuestro cuerpo necesita la 'buena' bacteria para que nos ayude a digerir nuestros alimentos, mantener nuestro intestino sano, y mantener nuestro sistema inmunológico fuerte.

Comiendo la bacteria 'buena' nos ayuda eliminar la 'mala' bacteria cada vez que usamos el baño. **PRE**bióticos es la comida que contiene nutrición para los probióticos, esta es la comida que nosotros humanos no podemos digerir por si solos. La 'buena' bacteria nos ayuda a separar y a quebrar esta comida.

### Usted puede encontrar la bacteria 'buena' en:

- productos lácteos (yogurt, keifer, suero de leche)
- chucrut
- sopa de miso
- pan de masa fermentada
- curtidos
- tempeh (un grano fermentado y frijol de soya, un alimento que substituye la carne)

### Comida donde la bacteria 'buena' se encuentra son:

- alcachofas
- espárragos
- almendras
- manzanas
- jícama
- puerros
- miel plátano
- granos enteros (avena, pan de trigo entero, pasta de trigo entero)
- cebolla y ajo



Padres pueden ayudar a añadir estos alimentos e introducirlos a la dieta de sus hijos. Mucho de la bacteria 'mala' en nuestro cuerpo puede provocar dolor abdominal, calambres, diarrea, y pérdida de días en la escuela. Comer diario de la bacteria 'buena' mantiene nuestro intestino y un sistema inmunológico saludable donde nuestros niños estén sanos y no pierdan días de clase. Note que estos alimentos son de plantas. Comidas que son procesadas, como los dulces y papitas, no ayuden la bacteria 'buena' y no sirven para ayudar nuestra salud. Al tener mucha bacteria 'buena' usted podrá combatir la gripe y resfríos, recuperarse de enfermedades, absorber las vitaminas y minerales mejor, y le ayudara combatir diarrea y constipación.