



Fuel Their Minds

Ideas for Better Eating and Active Play with Young Children



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Food Dance!

This activity is a silly way to encourage children to think about healthy eating.

How to Do It:

1. Gather the children in a clear open space. You may play music to motivate the children during this activity.
2. Ask the children to stand in a circle. Tell the children that you will call out a specific food, and they are to make their bodies in the shape of the food and dance around like they think that food would dance.
3. Call out a variety of foods such as the following: (Some are easier than others, so accept any of the children's attempts to make those shapes and dance around)
 - ~Banana
 - ~Tomato
 - ~Spaghetti
 - ~Turkey
 - ~Carrot
 - ~Fish
 - ~Cucumber
4. Let the children call out foods for the rest of the class to imitate.



Have a Happy Halloween!

Halloween can sometimes offer too many high calorie, and high sugar treats. Did you know that these are not the only options kids enjoy?

Other treats on Halloween include:

- Glow in the dark bracelets
- Temporary tattoos
- Miniature toys
- Spider rings
- Halloween pencils and erasers

At home, parents can try this:

- Offer healthier treats such as chocolate covered strawberries with nuts.

- Offer festive snacks such as ranch flavored popcorn in ghost bags, frozen eyeball grapes, or spaghetti brain pasta.
- Put all treats in one spot. Allow up to 100 calories of treats a day. This equals: 2 small candies, 1 medium candy, 1 cookie, or ½ soda. Check labels for details.

Let us know what worked for you!

Have a happy Halloween!



Adapted from www.parents.com

October is Walk Month

“Walktober” is right around the corner!



Did you know that October is National Walking Month and that October 7th is National Walk to School Day?

Many cities and agencies are planning activities and events, such as the City of Davis and The Bike Campaign. Also, the Sacramento Area Council hosts a commuter incentive program that offers rewards for commuting or doing errands

using alternatives to driving alone such as walking, biking, carpooling, etc. Check out this website to sign up for free and log your commuter miles to win prizes : (<http://sacregioncommuterclub.org/>).

Whether you walk, bike, or roll, October can be a great month to get some physical activity while getting around town.

The Yolo County Health and Human Services booth at the City of Woodland’s “Movies on Main” on 10/9/15 at 5:30 pm will be offering helmet fittings, bike safety education and free bike helmets and fitting for youth. Please visit, walk, bike, and have fun!

Yolo County Health Department



Public Health
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Sleep, School, and Food

Sleep, school, and food are connected in the lives of preschoolers. Now that school is in session, parents that reinforce good sleep habits are also reinforcing a healthy appetite and better school performance.

What happens when kids sleep? The brain gets to work during sleep. It stores information, replaces brain fuel, and solves problems.

Not enough sleep? Without sleep kids get tired, cranky, over-eat and under-eat. They can't follow directions well, and misbehave. For these kids, easy tasks suddenly become impossible.

Sleep prepares children to learn, enjoy life, and recognize their bodies hunger and "feeling full" needs.



Children 3-6 years old should sleep everyday for 10-12 hours.

Follow these tips for easier sleep:

1. Make sleep a routine. Do the same things everyday and soon enough your preschooler will remind YOU when its bed time!
2. Make your pre-sleep activity something peaceful and calm like a soothing song, or a sleep-time book.
3. Do not have TV's in your preschoolers bed room. Avoid watching screens, or playing video games at least one hour before sleep time.
4. Be active during the day. The exercise helps kids and adults sleep better during night time.
5. Enjoy smaller dinners and larger breakfasts.
6. Do not give your preschoolers caffeine. Check beverage labels for details.

Adapted from www.kidshealth.org

Vegetable Dip Recipe

How can we make vegetables more exciting? Well with a healthy dip of course! Below is one great dip recipe that has worked for our students and might work with yours! Let the children help stir these ingredients and enjoy the taste testing!

Ingredients:

- ½ cup plain non fat yogurt
- ½ cup reduced fat mayonnaise (or low fat sour cream)
- 1tsp Mrs. Dash seasoning (or use ½ tsp dry chives, ½ tsp parsley, ¼ tsp garlic powder, ¼ tsp onion powder, ⅛ tsp salt, and ⅛tsp pepper)

Directions:

Mix these ingredients together and stir. Chop up some celery, carrots, yellow squash, or bell peppers into long thin easy to dip pieces. Serve these two items along side each other and enjoy!



Adapted from Cooking Matters for Kids Curriculum



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Let's Play!

A statement heard often by young children, 'let's play' is at once an invitation and a command. Children love to play and playing helps children grow and develop. Although, playing may seem like a simple and childish act, it is very important for babies, children, and even teens to play every day. Playing alone, or with friends or family helps children learn important communication and social skills. Play also helps with emotion regulation; children learn about their feelings and how to control them. Play also helps children in school by boosting their self-esteem. When children play, they practice, copy, and master behaviors and new skills. Parents benefit from playing with their children too. Playing together helps strengthen family bonds and builds children's confidence and self-esteem.



Playing with toddlers and preschoolers (2-5 years of age):

Pretend play helps boost imagination and social skills. Pretend play helps children understand what it feels like to be someone else, this develops empathy. Encourage and engage toddlers in dress up play with hats, scarves, and tools related to different professions. This helps toddlers imagine and act out what it is like to be a nurse, teacher, fire fighter, etc.

Let children choose their own 'free' play activity regularly, this allows for more creativity, freedom, and skill building. Structured play is organized and guided by an adult and helps children start a new activity but all play does not need to be structured.

Playing with children (6-12 years of age):

Physical play helps boost fine and gross motor skills. Easy physical activity ideas that build gross (large) motor skills are riding bicycles, swimming, and climbing at the playground or park. Physical activity is a great way to release energy and develop a lifelong love for movement.

Easy physical activities that build fine (small) motor skills are painting, cooking, baking, and completing small piece puzzles together.

Group games help children learn how to problem solve and negotiate with one another, an important life skill. Group games like Tag, Hide-and- Seek, and Simon Says, are all easy and fun.

Playing with teenagers (13-18 years of age):

Socializing is an important part of teenage play; talking with friends, listening to music, or playing computer games are ways in which teenagers enjoy play. Limit leisure screen time like television and computers (not homework) to two hours a day. Encourage teenagers to get and stay involved in the family by planning a family outing based around their interests (like going to a local museum, attending a concert, enrolling in a cooking class, or going to a sporting event). Start a family game night: encourage teenagers to plan the day, time, location, and game to be played as a family.



Group sports are also a great way to encourage teenagers to continue participating in physical activity, build social skills, and 'play' together with friends. Schools, local parks departments, and recreation centers are a great place to ask about and sign up for group sports.

Playing together as a family builds and strengthens family bonds, keeps children open and engaged in the family, and keeps all members of the family active and healthy. Set a goal to play today!



¡Jugamos!

Cuando los niños oyen “¡vamos a jugar!” oyen una invitación y un orden. Les encantan jugar a los niños y les ayuda crecer y desarrollar. Aunque parece básico y cosa de niños, es muy importante que los bebés, niños, y adolescentes juegan todos los días. Jugando solo, con amigos, o con familia ayuda a que los niños forman sus habilidades sociales y también aprenden como comunicarse. Jugando también ayuda con la habilidad de poder regular las emociones. Cuando juegan, los niños aprenden sobre sus sentimientos y como regularlos. Jugando en la escuela ayuda aumentar la autoestima. Cuando los niños juegan ellos practican, copian, y mejoran sus habilidades físicas, mentales, y sociales. Los padres que juegan con sus niños benefician también. Jugando entre familia realiza relaciones positivas con lazos fuertes. Cuando los niños juegan con sus familias les aumenta su confianza y autoestima.

Jugando con niños de 2-5 años:

Jugar a pretender ser alguien les ayuda a los niños desarrollar la imaginación y habilidades sociales. Jugar a pretender ser alguien les ayuda a saber cómo otras personas se sienten y realiza la empatía. Anime a los niños a que se disfrazen y usen sombreros, bufandas, y herramientas de diferentes profesiones. Esto ayuda que los niños imaginen y actúan como es ser una enfermera, maestra, o bombero. Deje que los niños escojan su juego regularmente, esto ayuda aumentar la creatividad, libertad, y desarrollo en capacidades. Jugando con estructura es organizado y guiado por un maestro. Jugando con estructura ayuda que los niños empiezan nuevas actividades pero no todos los juegos necesitan tener estructura.



Jugando con niños de 6-12 años:

Los juegos físicos ayudan desarrollar habilidades motoras gruesas y finas. Actividades físicas que ayudan mejorar habilidades motoras gruesas son usando una bicicleta, nadando, y escalando en el recreo o parque. La actividad física es una buena manera de deshacerse de energía y realizar un amor para el ejercicio que durara toda la vida. Juegos fáciles que ayudan desarrollar habilidades finas son pintar, cocinar, y usando rompecabezas con pedazos chiquitos. Juegos en grupo ayudan a que los niños aprenden como resolver problemas y como negociar. Estos son habilidades esenciales para cuando sean adultos. Juegos en grupo como futbol, ‘El teléfono escacharrado’, y jugar al rescate son sencillos y divertidos.

Jugando con jóvenes de 13-18 años:

La socialización es un tipo de juego que es muy importante para adolescentes. Hablando con amigos, oyendo música, jugando en la computadora, y videojuegos son maneras en que los jóvenes de esta edad disfrutan jugar. Ponle límites al tiempo que estos jóvenes usan pantallas. Deje que solo usen pantallas como televisión y computadoras para pasar el tiempo por no más que dos horas al día (esto no incluyendo tiempo en la computadora para la tarea). Anime a sus jóvenes que se involucren en actividades entre familia y que ayuden escoger que hagan juntos. Pueden tal vez sugerir ir a un concierto, museo, una clase de cocinar, o evento deportivo. Empieza una rutina de noches entre familia donde todos participan en juegos de mesa y deje que sus adolescentes planeen el día, tiempo, lugar, y juego. Deportes con grupos también son buenas maneras para incluir adolescentes y motivarlos a participar en actividad física, desarrollar sus habilidades sociales, y “jugar” con amigos cooperativamente. Escuelas, parques, y áreas recreativas son lugares buenos para preguntar sobre como registrarse en grupos deportivos.



Jugando entre familia realiza relaciones positivas con lazos fuertes. Esto facilita una comunicación abierta y activa entre familia. Jugando entre familia también mantiene a todos miembros de la familia activos y sanos. ¡Procura planear un juego que su familia ahora mismo!

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.



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