



# Fuel Their Minds

Ideas for Better Eating and Active Play with Young Children



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## Spring Forward

Spring is here! The clocks have been changed, the sun is setting later everyday, and the weather is warming up, so why not take advantage of it? Get the family outside and have some fun!

- ◆ Plant an herb, vegetable or flower garden using recycled tin cans as flower pots and in just a few short weeks you will see results
- ◆ Take lunch or dinner outside and have a picnic at a local park or in the backyard
- ◆ Make Lady Bug Rocks- Collect smooth, flat rocks, paint them in different colors, add some eyes with a black marker, and set out in the garden or decorate a window sill



- ◆ Make birthday cards at home ahead of time-gather some wild flowers, dry them, glue them to the front or inside of cards made of construction paper and you will always have a card handy for the next birthday boy or girl.
- ◆ Check in with your local library, they offer many fun events for children and the whole family and most of them are free!
- ◆ Do some spring cleaning and have a garage sale or donate items that you haven't been using to your local Goodwill.

## Pleading, Bargaining, & Bribes, Oh My!

Toddlers and young children are difficult in that they love something one day and hate it another. They are learning to become individuals and each day is a challenge and a learning opportunity. Eating is one of those challenges. Meals don't have to be filled with pleading, bargaining, and bribes, to get your child to eat their vegetables. Consider stepping back and letting your child decide **what or if** they will eat when it's time for a meal or a snack. Your job as the parent and care taker is **to offer healthy and new** foods on a regular basis but keep the focus off of whether or not the child eats.

Children are sensitive to pressure and the pressure put on them about eating everything

on their plate or eating a new food is very stressful. By your wiliness to take a back seat they will be more adventurous and want to try new foods and to eat at regularly scheduled meal times if they are hungry.

Children will not starve themselves but they will not eat if they are not hungry.

**By letting your child listen to their body they will grow up to be healthy eaters and not struggle with food issues later in life.**

Your children will reward you now by not whining, complaining, and fighting with you over every meal so everyone can come to the table and enjoy themselves.

## Asparagus Frittata

Frittata is an egg dish that is similar to an egg pancake or a Spanish tortilla. Asparagus is a quick cooking vegetable that is in season now so why not try this recipe for a fast, healthy weeknight dinner. To help get children excited about a new vegetable they can help wash and snap off the asparagus ends.

### Serves 4

2 tablespoons canola oil  
1 small onion, diced  
6 large eggs  
1/2 cup low fat Jack or Cheddar Cheese, shredded  
2 cups asparagus, diced  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1/4 cup non fat milk



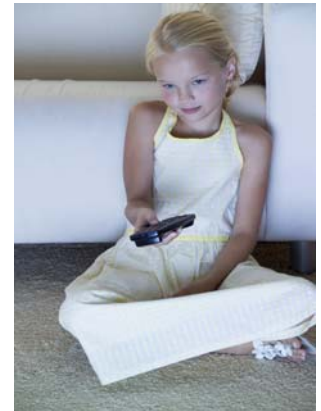
Heat oil in a large oven safe pan over medium heat. Add onions and cook until soft, 3 minutes. Add diced asparagus to the pan and cook for 5 minutes. The asparagus will be a bright green and crisp tender. Meanwhile, whisk eggs and milk in a medium bowl. Add salt and pepper to egg and milk mixture. Add the eggs to the pan and let cook for 3-5 minutes. While the eggs are cooking turn on the broiler. When eggs begin to set add the shredded cheese and put the pan in the oven with the door cracked. The cheese will bubble and brown after a couple minutes and the frittata will be ready. Remove pan from oven with an oven mitt, cut frittata like you would a pizza and serve with French bread or a whole wheat roll and a mixed green salad.

## Not all screen time is bad. . .

Televisions, movies, and computers are everywhere so it's no wonder that children spend more time in front of a screen than ever before. Banning all screen time from our lives is hardly an option so why not see what positive programming is out there. Here are a few tips to help guide your family's television viewing.

Television shows should:

- ◆ Teach something
- ◆ Hold children's interest
- ◆ Encourage listening skills and ask questions
- ◆ Teach new words
- ◆ Introduce new ideas, things, or foods



Need some more help? Parent's Choice is a quarterly review of children's media including television programs and home video materials. They can be found on the web at [www.parents-choice.org](http://www.parents-choice.org) or you can write to them at Parent's Choice Foundation Suite 303, 201 West Padonia Road, Timonium, MD 21093.

It is recommended that screen time be limited each day so that children get out, play, and explore the world around them. Also, all computers, televisions, and video games should be kept in one location of the home like the living room and not in the bedrooms. Studies have shown that these devices make it harder for children and adults to wind down and fall asleep at night.

## Allergy Relief

Do you or your family members suffer from Allergies?

“The doctor has said that you have seasonal allergies” That means **something** you breathe in the air, such as dust or pollen is upsetting your “immune system” and your body is showing an **Allergic reaction**.

### How do allergy symptoms happen?

The things that upset your immune system are called Allergens. When allergens enter your body, your immune system fights the allergens and tries to protect the body in many ways and sends out a substance called *histamine*. *Histamine* makes you sneeze, itch, cough, causes breathing difficulties, (wheezing and asthma), have a runny nose and watery eyes, diarrhea, hives and rashes and in some severe cases Anaphylaxis (anaphylactic shock). These are all called *allergy symptoms*.

### People are Allergic to many different Allergens:

**Seasonal allergens:** These allergies are common during the pollen season when flowers are in bloom in the spring and pollen is in the air.

**Airborn allergens:** Dust, Pollen, Fumes

**Pets and other animal allergens:** Cats, Dogs, Bee stings, Horses, Cockroaches

**Plant allergens:** Peanuts, Pollen, Flowers, Fruits (strawberries), wheat

**Other common allergens:** Laundry detergents, Cosmetics, a variety of dyes or perfumes.

**Food allergens:** Peanuts, Milk, Eggs, Beef, Seafood and shellfish.

**Some Food alternates to the above food allergens:** Rice or Almond Milk, Cashew or Almond Butter, Soy foods.

### Treating Allergies:

There is no real cure for allergies but it is possible to relieve symptoms. Stay away from exposing yourself to things that seem to bring on a reaction. Doctors and pharmacists recommend medications and lifestyle changes as treatment plans. Try to be aware of *what may cause allergic reactions* or avoid them if you know them. Follow all recommended lifestyle changes and save yourself from suffering from allergens.



## Vegetables Have Calcium Too!

We have all heard that, “Milk does a body good”, and milk is a great source of calcium which young children need to build strong bones, but what if you or your little one cannot tolerate milk? This is called lactose intolerance, the body’s inability to digest the milk sugar, lactose.

Well here are some alternate calcium sources for young children and adults:

Foods	Calcium Content (mg per serving)	Serving Size
Pinto Beans	45 mg	3 ounces
Broccoli	35 mg	1/2 cup
Calcium fortified Orange Juice	300 mg	1 cup
Calcium fortified Soy milk	300 mg	1 cup
Milk 1%	300mg	1 cup
Spinach	115 mg	1/2 cup
Sweet Potatoes	44 mg	1/2 cup
Tofu	258 mg	1/2 cup
Almonds	389mg	1 cup



Children 1 to 4 years of age should get 800 mg a day of calcium. Adults and children over the age of 4 should get 1000 mg of calcium a day. So, once again here is another reason to eat your fruits and vegetables everyday!

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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

## Activity Kits Free From the University of California

The University of California has prepared activity kits to help you teach food and activity concepts to your young children. **These lessons come "ready-made"** with all of the materials you need to teach a fun and interactive lesson with your preschoolers or kindergarteners. Three top-rated curriculum are used; Go Glow Grow; Happy, Healthy Me; and Food and Me. These curriculum were developed by the University or Scholastic, Inc.

**We will bring the materials to your site, free of charge,** and we can even provide your staff with trainings and additional resources to increase their confidence in these topics. We can also plan classroom, food-themed parties, special events, and other fun sessions.

If you are interested in signing up to receive these materials, please contact Angela at 530-666-8740.

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