



Fuel Their Minds

Ideas for Better Eating and Active Play with Young Children



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Free Nutrition Curriculum for your School

Cooperative Extension offers **free** curriculum to elementary schools and preschools in Yolo County to encourage children to consume healthy foods and engage in regular physical activity.

Lessons are easy to use and require only a few supplies. Many of the supplies, books, and materials are provided by the Cooperative Extension staff, and

delivered to you. Free teacher trainings are included to familiarize your staff



Start healthy habits early to last a lifetime.

with the material before they engage the children, and provide other ideas on how to make your

preschool environment healthier.

There is no minimum or maximum time commitment, and many schools integrate daily lessons into their program.

We can also help you start a garden, set up parent trainings, provide guidance on meal planning, and attend school fairs.

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Bright Ideas for Sharing Food Tasks

Parents decide what food is served.

- ◆ Serve a variety of foods from the Food Guide Pyramid
- ◆ Make sure there is something the child likes at each meal

Parents decide when food is served

- ◆ Have a schedule for meals and snacks and stick to it. Kids should eat only at these times. Don't let them eat at other times.

Kids decide how much to eat

- ◆ Serve small portions. Let them ask for more if they are still hungry

- ◆ Don't tell the child that they haven't eaten enough or has eaten too much. Their bodies will tell them they are hungry or not.

Kids decide whether or not to eat

- ◆ Don't worry if a child occasionally doesn't eat at a meal or snack. If they know they can only eat a meal or snack time, they'll eat if they are hungry.
- ◆ Even if a child chooses not to eat, have them come to the table. This teaches them that mealtimes are important times to be shared by all family members.

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Kid Friendly Recipes for Summer

Southwest Bean Salad

Makes 4 servings

Ingredients:

- 1 can (15oz.) kidney beans, drained
- 1/2 cup whole kernel corn
- 1/2 cup jicama, sliced
- 1/2 cup red bell pepper, chopped
- 1 medium tomato, sliced
- 1/2 cup low-fat vinaigrette dressing



Directions:

- In a bowl, combine ingredients; mix well.
- Serve with torn lettuce greens or cooked, diced chicken, if desired.

Hawaiian Pizza

Makes 4 servings

Ingredients:

- 1 (12inch) pizza crust
- 1 tablespoon olive or vegetable oil
- 1 cup (8 oz can) low-sodium tomato sauce
- 1-1/2 cups (6 oz) shredded part skim milk mozzarella cheese
- 1 cup (8 oz can) pineapple tidbits in juice, drained
- 1/4 cup (2 oz) diced extra lean ham
- 2 tablespoons chopped bell pepper



Directions:

- Brush pizza crust with oil. Spoon sauce over crust, sprinkle with cheese and pineapple.
- Top with ham and bell pepper. Bake at 425 F for 20 to 25 minutes.

Baked Cinnamon Crisps

This is a great kitchen activity for kids!

Makes 10 servings

Prep time: 10 minutes

Cooking time: 20 minutes

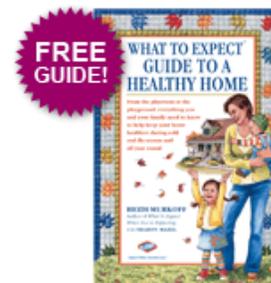


Ingredients:

- 3 tablespoons granulated sugar
- 3/4 teaspoon ground cinnamon
- Nonstick cooking spray
- 10 reduced fat flour tortillas
- 2 tablespoons light margarine, melted

Directions:

- Preheat oven to 350 degrees. In a small bowl or cup, blend sugar with cinnamon. Coat two cookie sheets with nonstick cooking spray.
- Place a tortilla on cutting board. Brush top of tortilla with light margarine. Sprinkle about 1 teaspoon of cinnamon/sugar mixture over the top. Cut into 4 wedges and place on prepared pan. Repeat with remaining tortillas. Bake until very crisp and lightly brown (about 20 minutes), checking often. Serve immediately.



Free Healthy Home info:

The What to Expect Guide to a Health Home, is free. To order a copy of this guide for your family, please go to www.whattoexpect.com

Helpful Hints

Survival tips for shopping with kids:

- ◆ Plan to spend extra time at the store.
- ◆ Shop when everyone is rested.
- ◆ Give the kids a snack beforehand.
- ◆ Shop on weekday mornings and early afternoons when the store is less crowded.
- ◆ Have young kids sit in the child's seat in the cart, and use the seatbelt if there is one available.
- ◆ Create a grocery list for your child with pictures so they can help you shop.
- ◆ Make up games as you shop, such as finding all of the letters of the alphabet, or items of a certain color.
- ◆ Let them help- weigh the produce, tie up the produce bags, count the cans, choose the smallest carton, or determine what items are needed to make their favorite peanut butter sandwich.
- ◆ Keep them engaged to keep them happy.

Preventing Childhood Obesity

Childhood obesity is more than just a cause for concern:

Parents can do much to step in and fill the gap including:

- ◆ Setting a good example for children by practicing healthy eating habits and getting regular exercise.
- ◆ Limiting the family's computer and television time to less than two hours a day.
- ◆ Take a family walk, ride bikes or toss a ball around. Plan family vacations that include vigorous exercise such as hiking and skiing.
- ◆ Eating family meals together and involving the kids in meal planning.
- ◆ Read food labels with children to learn about nutritional values, ingredients and calorie counts.
- ◆ Not expecting children to clean their plates or using food as a reward.
- ◆ Serving only water, milk, decaffeinated tea, or limited portions of juice at home. Soda is nothing but empty calories.
- ◆ Instead of equating special occasions with food, celebrate with a special outing or activity.
- ◆ Staying involved in your child's day care or school by inquiring about play-time exercise or physical education classes and monitoring cafeteria menus.
- ◆ Pack healthy lunches for your young children. Get older children to help make their lunches. Be sure to include an ice pack or frozen water bottle to keep things chilled.
- ◆ Avoiding fast food in general but, when necessary, choosing healthy menu items such as fruit and grilled chicken items. Always remove cheese and mayonnaise, and get smaller sizes.
- ◆ Giving your children household chores that require physical exertion, keeping in mind their levels of strength, coordination and maturity will teach them responsibility and



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Curriculum Choices for Preschools & Kindergarten

Go Glow Grow This curriculum is designed to meet the specific needs and abilities of preschoolers. Children will make learn how eating healthy foods will help them to Go, Glow, and Grow.

Happy, Healthy Me. . . This curriculum provides opportunities for young children to explore nutrition and physical activity concepts in a fun and interactive way. Children will learn about good nutrition, physical activity, and how to have a healthy body.

Food and Me The goal of Food and Me is to improve the health of children by empowering them to: eat a variety of foods, eat more fruits, vegetables, and grains, eat lower fat foods more often, and be physically active.

Eating Healthy From Farm to Fork....Kindergarten Promoting School Wellness is a nutrition education curriculum that makes the connection between local food systems, garden-based learning, school food service, and the establishment of healthy nutrition habits. Eating Healthy from Farm to Fork uses a consistent easy to use format that provides all the information needed to successfully implement the curriculum in the classroom, as well as informal educational settings.



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