



# Fuel Their Minds

Ideas for Better Eating and Active Play with Young Children



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## The Sizzling, Summer Sun!

We all know that summer is a time for vacations and outdoor activities so **don't forget to put on that sunscreen.** Too much exposure to the sun's ultraviolet (UV) rays creates sunburns that are very unhealthy for our skin. Too many sunburns over a lifetime may eventually lead to skin cancer. Even if you naturally have darker skin, you still need to wear sunscreen.

According to the American Cancer Society, children receive up to 80% of their life's total exposure to UV light by the age of 18, so make sure you are taking that extra step to ensure your child is protected at an early age.



Here are 5 easy ways to protect your child and yourself from the sun:

- ☼ Use a suntan lotion that contains **at least 15 SPF.**
- ☼ Wear a hat that covers not only the face, but the neck also.
- ☼ Wear protective sunglasses that shield your eyes.
- ☼ Play in the shade - especially during the UV peak hours of 10am to 4pm.
- ☼ Plan ahead if you are going to be outdoors. Keep sunscreen in your purse and car.

Always drink plenty of water to replace what you lose when outside in the heat.

## Fruit Juice Vs. Fruit Drink



Are you giving your child a fruit juice or a fruit drink? Read the label to find out! A juice product whose label reads "100% Juice" is made only from fruit juice. This means that the product contains many of the nutrients that real fruit contains.

Fruit drinks, ades, and punches are mostly made of sugar and water. Even with these drinks you can read the label to find out how much fruit is really in the product. Some fruit drinks contain a small percentage of real fruit with a few added nutrients and/or vitamins to make the drink more appealing. Do not let that fool you, they still lack the nutrients a real fruit juice has.

Make sure when you shop for juice you are looking for the items that contain **100% fruit juice!**

Even if it is 100% fruit juice, **children should be limited to 6 ounces a day,** the size of 1 juice box. Dilute the juice with water to make it stretch further. And always offer water first when children are thirsty.

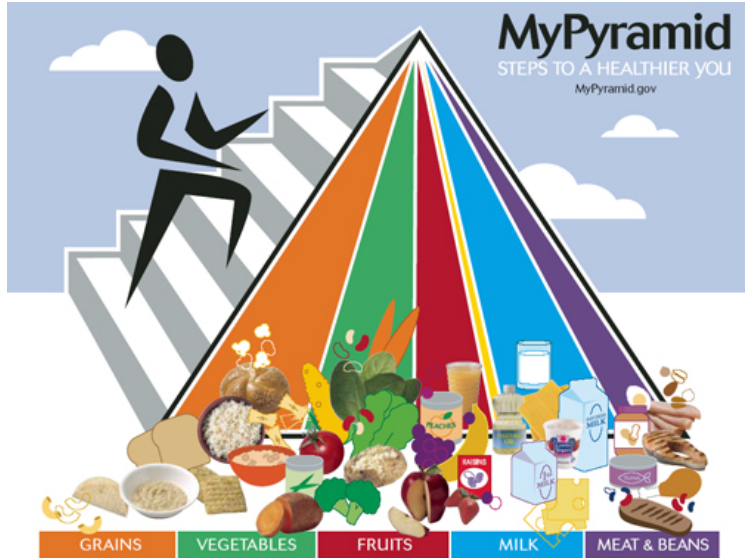
## Fast & Easy Snacks

Yes, **kids need snacks**. Most children should be consuming 3 main meals and 2 snacks every day. But snacks don't need to be unhealthy or time consuming. There are many healthy snack options your children will love. Snacks are a supplement to main meals that should be **healthy and nutritious!** Use your shopping list to stock up on tasty, easy to prepare foods. Using a list helps to prevent wasted time and money. Especially during the hot summer months, be sure to put all refrigerated foods away immediately. Food that has sat out in room temperature too long may become spoiled and can make you sick.

Young children often do not eat enough fruits and vegetables or whole grains. So when thinking about creating healthy, nutritious snacks, always include a fruit, vegetable, or whole grain. Consider these suggestions:

### For children 2-4 years old:

- ♥ Unsweetened applesauce
- ♥ Low-sugar, whole grain, dry cereal (such as oat "O's") mixed with dehydrated fruit pieces
- ♥ Whole wheat crackers (be sure they crumble easily) spread with mashed banana
- ♥ Diced melon salad
- ♥ Corn kernals
- ♥ Thawed frozen peas
- ♥ Diced avocado
- ♥ Small pieces of whole wheat pasta
- ♥ Cold, pre-cooked brown rice
- ♥ Instant oatmeal mixed with fruit juice
- ♥ A sandwich on whole wheat bread
- ♥ Canned, diced carrots
- ♥ Canned beans, cut in half
- ♥ Smoothie, made with whole fruit and juice
- ♥ Diced banana rolled in wheat germ



Want more ideas? Visit [www.mypyramid.gov](http://www.mypyramid.gov)

### For children over 4 years old:

- ♥ Celery Sticks spread with peanut butter
- ♥ Apple slices spread with almond butter
- ♥ A peeled orange
- ♥ Strawberries, blueberries, blackberries
- ♥ Kiwis (quartered, then inverted to eat)
- ♥ Frozen banana
- ♥ Grapes
- ♥ Baked corn tortilla chips & salsa
- ♥ Whole wheat tortilla & nonfat refried beans
- ♥ Soy beans (served in the shell for fun)
- ♥ Dried fruit (try something new)
- ♥ Cherry tomatoes
- ♥ Pickles
- ♥ Ear of corn, previously cooked then chilled
- ♥ Shredded carrots
- ♥ Lowfat popcorn
- ♥ Shredded whole wheat cereal
- ♥ Fruit juice mixed with mineral water



## Kids Need to Stretch Too!



Sports season is upon us, and this means that it is more important now for your child to stretch. Stretching with your child is essential to preventing sprains and muscle soreness, but can also be fun! Stretching can have a huge impact on the flexibility your child has and it also plays a major role in developing a healthy body. Stretching, flexibility, and balance activities allow children to develop coordination and balance skills. Children who incorporate these types of activities into their sports and active play routines will create strong and healthy bodies while seeing short term results such as: reduced soreness, better sports performance, better sleep, and increased ability to concentrate.

**When performing stretches remember:** 1) keep joints, such as knees slightly bent 2) don't bounce, hold steady 3) it should not hurt, ease up if it does 4) hold the stretch for about 10 seconds, release, then try again to go further, holding for at least 10 seconds. For balance, start with arms and legs close to the body, then move them further away as skill increases.

Some stretching techniques to try at home or on the field with your children:

- ◆ Sit down with your legs straight out in front of you and reach for your toes.
- ◆ Sit down and put the bottom of your feet together, knees bent and open to the side (like butterfly wings). Put your hands on your feet and push your knees down with your elbows.
- ◆ Stand with your feet shoulder width apart. Touch your chin to your chest and gently roll your head from side to side.
- ◆ Stand with feet wide apart. Reach down to your right foot with your left hand while the other hand is straight up in the air, twisting the body. Switch sides.
- ◆ Stand up and shrug your shoulders up for a few seconds and then release.
- ◆ Lay flat on the ground with your hands above your head stretching to the wall and your feet together pointing to the opposite wall. This exercise will stretch the entire body and is great for an overall body stretch.
- ◆ Reach hands behind the back, clasp, and then extend backwards to stretch the chest.

\*Adapted from NETA Quarterly Newsletter: University of California Cooperative Extension, Alameda County (Volume 8, Issue 2) March 2008

## Do We Need Magnesium?

We all need magnesium in our diets. It is primarily found inside our bones. Magnesium helps with muscle and nerve function and with maintaining good blood pressure. It also helps to create a healthy heart and immune system. When preparing meals make sure you are including various food groups. Here are a few sources of Magnesium:

- |                  |                  |  |                    |                    |
|------------------|------------------|--|--------------------|--------------------|
| ◆ Cooked Spinach | ◆ Black beans    |  | ◆ Red Kidney Beans | ◆ Leafy Vegetables |
| ◆ Brown Rice     | ◆ Baked Potatoes |  | ◆ Walnuts          | ◆ Grapefruit       |
| ◆ Almonds        | ◆ Peanuts        |  | ◆ Broccoli         | ◆ Cantaloupes      |
| ◆ Apples         | ◆ Avocados       |  |                    | ◆ Yogurt           |

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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 Christie at 530-666-8740.

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