



# Fuel Their Minds

Ideas for Better Eating and Active Play with Children



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## The Power of Physical Activity Breaks

Researchers from the American Institute for Cancer found federal recommendations of physical activity may not be enough for individuals to counteract the health hazards of sitting down all day.

Though federal guidelines recommend 30 minutes of moderate to vigorous physical activity everyday for adults and 60 minutes for children, research shows this is simply not enough. Researchers suggest “sitting for long periods of time is associated with increased health risks for diabetes, cancer and cardiovascular disease-even for people who are regularly physically active.” When considering daily activities such as eating meals, work/school commutes, work/school environment (sitting) and screen time, a person can easily spend most or almost all of their day in sedentary behavior.

To increase physical activity throughout the day consider exercise in terms of “break time.” Quick physical activity breaks of 5-10 minutes are recommended for every 1 hour of sedentary behavior. By incorporating time for “physical” breaks you can infuse periods of movement that can help protect you against health problems, brain fatigue and creative blocks.

### Here are some practical ways to incorporate physical breaks:

- ✓ Set a reminder on your phone or computer every hour to take a short walk or walk in place.
- ✓ Keep light hand weights or stretch bands by chairs to use while reading, taking conference calls, or watching TV at home.
- ✓ Use **Energizers**, a classroom-based physical activity resource in the classroom or at home with your children, available from your UC Nutrition Education Program!

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### Sample Energizer Game: The 12 Days of Fitness

**Grade Level:** 3-5 **Formation:** Standing at desks **Equipment:** Use the holiday tune, “The 12 Days of Christmas”

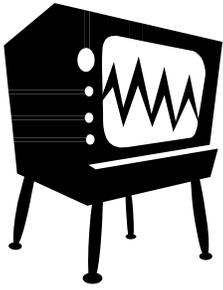
#### **Rules/Directions:**

1. Students will act out the following fitness song. Write the activities on the board or poster board to make them easier for children to follow and to sing along.
2. “On the first day of fitness, my trainer gave to me:”
  - » 12 jumping jacks
  - » 11 raise the roofs
  - » 10 knee lifts
  - » 9 side stretches
  - » 8 jogs in place
  - » 7 jabs/punches
  - » 6 kicks to the front
  - » 5 hula hoops
  - » 4 jumping ropes (imaginary rope)
  - » 3 muscle poses
  - » 2 scissors (feet apart then cross in front, feet apart then cross in back)
  - » 1 stork stand (balance on one foot)

For additional physical activity resources contact nutrition educator, Sonia Fernandez at [ssfernandez@ucanr.edu](mailto:ssfernandez@ucanr.edu) or 530-666-8702.

Article adapted from American Institute for Cancer Research, 2011

## Children and Junk Food Commercials



Are junk food commercials bad for kids? Yes.

Study's show that:

- Children's food brand knowledge increases significantly from 3 years of age.
- Brand knowledge is higher for unhealthy than for similarly advertised healthy foods.
- Parent eating habits predicts unhealthy brand knowledge more than child TV viewing.
- Restriction of unhealthy food marketing should extend beyond television.

**Things you can do to help children avoid junk foods:**

- Eat fruits and vegetables in front of children.
- Teach kids about the plants that grow food and if possible, plant a fruit or vegetable for a garden.
- Teach kids about nutrition labels and how too much sugar is not good for our bodies.
- Reduce screen time by encouraging kids to play actively like jumping rope or playing basketball.
- Cook with kids so they learn skills in the kitchen and eat out less.

*Article adapted from [foodnavigator.com](http://foodnavigator.com)*

## Avoiding Summer Weight Gain



Many children are less active during the summer and many summer activities can work *against* a healthy weight such as video games, barbeques, and campsite s'mores. This can lead to weight gain; Know what to look out for.

- **Stay busy.** When we're bored, it's easy to fall into a trap of doing nothing, eating more, and feeling low on energy. Filling your days with stuff to do can give you a sense of accomplishment. Limit your screen time (including TV, computer, and video games) to no more than 2 hours a day.
- **Beat the heat.** Don't let summer heat put your exercise plans on hold. Move your workout indoors. Check open hours at your community center or turn the grocery store into a scavenger hunt. If you love being outdoors, try swimming or move a soccer game to early morning or evening when it's cool with the sprinklers on.
- **Think about what (and how) you eat.** Summer means picnics and barbecues, activities that revolve around food. Don't overload your plate. Pack half the meal with fresh fruits and vegetables, choose smaller paper plates, and bring along distractions for active play (like a ball or kite).

**Here are 5 ways to fight off summer weight gain:**

- **Get going with goals.** When we don't have a plan, it's easy to spend summer moving from the couch to computer, with regular stops at the refrigerator. Avoid this by aiming for a specific goal, such as learning how to play a new game, or learning a new skill like cooking or gardening.
- **Stick to a schedule.** With school out, we lose our daily routines. If you don't have a specific reason or activity to get up for, it's easy to sleep late, watch too much TV, and snack more than usual. Make sure your summer days have some structure (like getting up at the same time each day and eating meals at set times). Plan activities for specific times, like exercising before breakfast or walking after dinner.

*For more information visit [www.kidshealth.com](http://www.kidshealth.com)*

## Frozen Banana & Peanut Butter Nibbles

Making quick, healthy, and low-cost snacks can be a challenge. This recipe not only is easy to prepare but is sure to chill your taste buds this summer!

Serves: 2-3

### Ingredients:

- 1 large banana
- 2 tablespoons peanut butter, any kind (or sunflower seed butter if nut allergies are a concern)



### Instructions:

1. With clean hands, peel banana. Slice banana into  $\frac{1}{4}$  thick slices as shown above in picture.
2. Gently spread a small amount of peanut butter on one half of banana slice and make a banana sandwich by placing the other half of the banana slice on top.
3. Line a cookie sheet or plate with parchment paper and place banana sandwiches on top.
4. Place cookie sheet or plate in freezer. Freeze uncovered for 1 hour and enjoy!

*Tip: When eating, use a toothpick or slide semi-thawed banana peanut butter nibbles on a skewer or toothpick.*

## Summer Food Program



Promoting summer feeding sites in your community is one of the most important things you can do to ensure no child goes hungry.

Here is a list of sites participating in the distribution of the summer meal program across Yolo County. Pre-Registration is **not** required.

### Davis sites:

- MARGUERITE MONTGOMERY ELEMENTARY
- OLIVER WENDELL HOLMES MIDDLE

### Esparto sites:

- ESPARTO MIDDLE SCHOOL

### Knights Landing site:

- SCI-TECH ACADEMY-ANNEX

### West Sacramento sites:

- SOUTHPORT ELEMENTARY
- WESTFIELD ELEMENTARY SCHOOL

### Winters sites:

- WAGGONER ELEMENTARY
- WINTERS HIGH

### Woodland sites:

- BEAMER ELEMENTARY
- DINGLE ELEMENTARY
- DOUGLASS MIDDLE
- FERNS PARK
- FREEMAN ELEMENTARY
- GREENERY APARTMENTS
- GREENGATE CENTER FOR EXCEPTION
- LEE MIDDLE
- PLAINFIELD ELEMENTARY
- RHODA MAXWELL ELEMENTARY
- TERRACINA
- T.L. WHITEHEAD ELEMENTARY
- WOODLAND PRAIRIE ELEMENTARY
- WOODLAND PUBLIC LIBRARY
- WOODLAND SENIOR HIGH
- WOODSIDE PARK
- ZAMORA ELEMENTARY

*For more information, please contact your local school or call **1-866-3HUNGRY** or **1-866-3HAMBRE** (for Spanish speakers).*

# Activity Kits Free From the University of California

The University of California has prepared activity kits to help you teach nutrition and physical activity concepts to your children, while integrating math, language and science. **These lessons come “ready-made”** with all of the materials you need to teach a fun and interactive lesson with your students. The curriculum was developed by the University of California 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 us.

## CONTACTS



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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.\*

Fuel Their Mind Nutrition Newsletter Enclosed



530-666-8702

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# Fuel Their Minds Parent Corner

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## Secondary Drowning

Being physically active every day is important. During the summer months, it usually includes hot weather and water. Water safety is important to remember. "Secondary drowning can cause problems but it is not always immediately apparent."



### What is secondary drowning?

**Secondary drowning** occurs when children get water into their lungs. It does not take much, less than four ounces of water is enough to cause harm to the lungs and possibly death to a child. When water enters the lungs, swelling occurs, and the body wants to send in more fluids to reduce it, this results in too much fluid in the lungs and "drowning." If children are playing in spas or pools, the water they swallow contains chlorine. If this enters the lungs, they can get *chemical pneumonitis*, which is swelling of the lungs. This will cause them to struggle with their breathing. Bacteria may be present in lakes and rivers, which can cause infection too.

### What are the symptoms?

Children may show a change in personality, act very tired, may have trouble breathing, or may have a wet, gurgling sound to their breathing.

### What should you do if you suspect secondary drowning?

It is always best to keep a close eye on children playing in and around water. Life vests, water wings, and other floatation devices are helpful for teaching children how to become more comfortable in the water but not something to rely on to protect children from drowning or secondary drowning. If the child shows signs of behavior change, drowsiness, or coughing, it is recommended that they go to the emergency room. Time is critical, so do not delay getting medical care. At the hospital, they will X-ray the child to see what is in the lungs, oxygen may be given, and the child will be kept at the hospital to be watched for any changes.

### What can you teach children about water safety?

- Have children practice blowing out water and tell them never to swallow water.
- Teach them to listen to their bodies and rest when they feel tired from too much water play.
- Stay relaxed in the water, panicking can cause children to swallow more water.

Water should not be avoided during the hot summer months. It is a great way to keep cool while being physically active, just use caution.

## Ahogamiento Secundario

Ser físicamente activo todos los días es importante. Durante los meses de verano, generalmente esto incluye un clima caliente y agua. La seguridad de agua es importante de recordar. "Ahogamiento secundario puede causar problemas, pero no siempre es evidente de inmediato.



### ¿Qué es ahogamiento secundario?

**Ahogamiento secundario** se produce cuando a los niños le entra agua en sus pulmones. No toma mucho, menos de cuatro onzas de agua es suficiente para causar daño a los pulmones y posiblemente mortalidad a un niño. Cuando agua entra en los pulmones inflamación comienza a producirse, y a causa, el cuerpo quiere hacer pasar más fluidos para reducir el inflamación. Esto se traduce en exceso de líquido en los pulmones y "ahogamiento" ocurre. Si los niños están jugando en piscinas, el agua que pasan contiene cloro. Si esto entra en los pulmones, pueden conseguir *pneumonitis química*, que es la inflamación de los pulmones. Esto hará que los niños tienen dificultad con su respiración. Las bacterias pueden estar presentes en los lagos y ríos, que también pueden causar infección.

### ¿Cuáles son los síntomas?

Los niños pueden mostrar un cambio en la personalidad, actuar muy cansado, tener problemas para respirar, o tenga un mojado, gorgoteo sonido a su respiración.

### ¿Qué debe hacer si sospecha de ahogamiento secundario?

Siempre es mejor mantener vigilancia sobre los niños jugando en y alrededor del agua. Chalecos salvavidas, flotadores y otros dispositivos de flotación son útiles para enseñar a los niños cómo ser más cómodo en el agua pero, no es algo para contar para proteger a los niños de ahogarse o ahogamiento secundario. Si su niño muestra signos de cambio de comportamiento, somnolencia, o tos, se recomienda ir a la sala de emergencia. Es importante no retrasar la atención médica. En el hospital, sacarán una radiografía para ver que hay en los pulmones, puede administrar oxígeno, y mantendrá el niño en el hospital para vigilar por cualquier cambio de salud.

### ¿Qué puede enseñar a los niños sobre seguridad de agua?

- Pida los niños que practiqué soplar hacia fuera agua y decirles no tomar el agua.
- Enseñarles a escuchar a sus cuerpos y restar cuando se sienten cansados de jugar demasiado en el agua.
- Estar relajado en el agua, estar de pánico puede causar que los niños tomen más agua.

No debe evitar el agua durante los meses de verano. Es una gran manera de mantener el cuerpo fresco mientras siendo físicamente activo, sólo tenga cuidado.