



Fuel Their Minds

Ideas for Better Eating and Active Play with Young Children



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The color of fruit

Combining art with nutrition can be fun and educational. When we learn about primary colors we can apply this to real life by matching fruits to their colors.

The primary colors are yellow, red, and blue. When we mix these primary colors we can create secondary colors like orange, violet, and green.

Materials needed:

- White paper plates
- Water based paint in blue, red, and yellow.
- Fruit

Primary colors exercise:

- Hand out white paper plates and help the children write their names on back of the plate.
- Use non toxic water based paint to drop a tiny amount of blue, yellow, and red onto the white paper plate.
- Explain that we can mix these colors to make more colors.

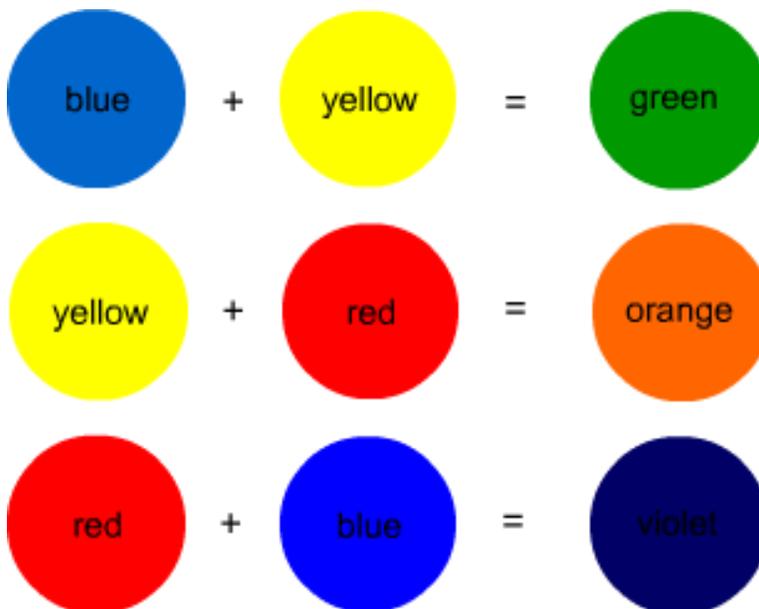
- Have the children mix blue and yellow to make green, yellow and red to make orange, and red and blue to make violet. If all colors are mixed they can make brown.
- Let plates dry.

The colors of fruits exercise:

- Now you will connect the colors the children have made to real life fruit.
- Explain that fruit comes in many colors.
- Try to match the fruit with its color.
- Set up a buffet that incorporates as many colors as possible.
- Have the children serve up a colorful snack on their painted plates.

Suggested fruits:

Red= Apple, Strawberry, Raspberry, Watermelon, Cherry
Yellow= Banana, Peach, Pear
Blue= Blueberries
Orange= Orange, Cantaloupe
Violet= Grapes, Blackberries, Plum
Green= Kiwi, Apple, Grapes, Honeydew



Going to the Grocery Store!

Taking children to the grocery store can be hard. Sometimes they get bored and overwhelmed. The good news is that there are ways to keep them entertained. Practicing what to do can also help. Children can practice “going to the market” as a play-time activity.



Set up a pretend market:

- Choose an area with tables for the children.
- Cut up small pieces of paper for the “money” or use coins.
- Grab six fruits and six vegetables (such as apples, bananas, oranges, grapes, pineapples, strawberries, carrots, cucumbers, spinach, celery, corn, potatoes.) (If you don’t have these on hand you can collect fruit and vegetable cans, plastic toy fruits and vegetables or pictures, print and cut, or draw six fruits and six vegetables.)
- Put out one small “cashier box.”
- Put out one small “basket.”
- Put out one brown paper bag.
- Set up a sign that says “\$1” on it near food.

You can set this pretend market in a play time area and have the children self-direct themselves through.

Your Brain Makes You Crave Food Not Your Stomach!

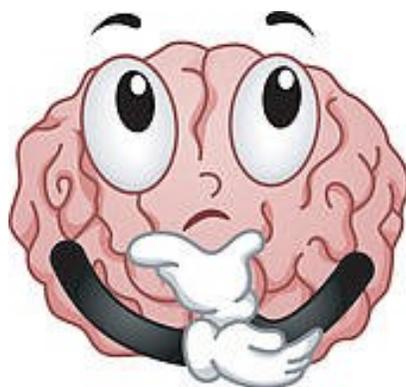
We all have cravings. Food cravings have a lot less to do with your stomach, and a lot to do with your brain. Cravings are feelings that push us to find and eat a specific food. The most commonly craved foods are those high in salt, sugar, and fat such as French fries, chips, and chocolate.

Your brain loves to remember happy things. And sometimes it connects happy feelings to foods you were eating when you were most happy. If you are used to eating foods high in salt, sugar, and fat your brain will remember these foods and connect with happiness. Your brain will make you want to go out and find these foods. In order to start eating healthier and cut down on salt, sugar, and fat, you will need to re-program your brain.

Six ways to control cravings and make your brain happier:

1. Exercise helps, so go for a walk!

2. Only eat treats away from home. This keeps them special and limited.
3. Turn unhealthy meals into healthy ones at home by substituting whole grains for refined or by adding more vegetables to recipes.
4. Eat smaller portions of your favorite comfort foods.
5. Prepare healthy snacks for when you are out.
6. Try fruit for your sweet fix! They are high in vitamins and minerals and low in calories.



Adapted from www.fruitsandveggiesmorematters.org

Tips to Help Children sleep

Sleep is very important. When children sleep their bodies and brains grow. Getting enough sleep helps them learn, keeps them healthy, and helps them have enough energy to play and exercise their bodies.

Here are tips to help children sleep:

1. Avoid feeding large meals close to sleep time.
2. Avoid highly stimulating activities like running or watching TV before sleep time.
3. Before hand, warn the children that sleep time is in five minutes.
4. Establish a consistent time for sleep.
5. If the child likes to sleep with a specific blanket or stuffed animal, let them.
6. Give positive feedback every time the child successfully sleeps. Focus on how good they feel when well rested.
7. If the child gets up, walk them back to bed with little to no interaction. Keep everything calm and repeat as necessary.
8. As soon as the child is tired, they should lay down. You can miss your window of opportunity, and if you wait too long, have a wound up child.



For more tips please visit www.parents.com

Pumpkin Loaf With Raisins

Here's a recipe for a sweet and wholesome quick bread that's the perfect treat to serve with a glass of milk and some apple slices for a snack.



Ingredients:

- Cooking spray
- 1 cup whole-wheat flour
- 1/2 cup all-purpose white flour
- 1 1/2 teaspoon baking powder
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 3/4 cups canned pumpkin (not pie filling)
- 6 tablespoons canola oil
- 1/2 cup honey
- 3 tablespoons dark brown sugar
- 2 large eggs
- 4 tablespoons raisins

Instructions:

1. Have the child wash their hands with soap and water, then gather all their kitchen gear and ingredients and put them on a clean

counter.

2. With the help of an adult, turn the oven on and set it to 350 degrees. Spray the loaf pan with cooking spray.
3. Put the flours, baking powder, cinnamon, and salt in the small bowl and use the whisk to mix well. Set aside.
4. Put the pumpkin, canola oil, honey, brown sugar and eggs in the large bowl and use the mixer or a spoon to combine until well blended.
5. Pour in the dry ingredients and mix well.
6. Add the raisins and mix well to combine.
7. Pour the batter into the oiled pan. Put the pan in the oven and bake until a toothpick, when you stick it into the loaf, comes out clean with no batter on it, 50-55 minutes.
8. Set aside to cool in the pan. Turn the loaf out onto a cooling rack and let cool completely. Cover and leave at room temperature for up to 3 days.

For more easy recipes please visit www.chopchopmag.org

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. If you are interested in signing up please contact us.



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Fuel Their Mind Nutrition Newsletter Enclosed

UNIVERSITY of CALIFORNIA
fresh Nutrition Education

“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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The Scoop on Poop!

All of the food we eat must be digested and expelled from our body, at some point. A diet high in fast food, a lack of physical activity, and little to no water all create a recipe for poor digestive health. Constipation is the failure to go to the bathroom or the feeling of pain when going to the bathroom. Constipation in children can be common, long lasting, or irregular. Children often suffer constipation because of lifestyle habits or changes in routine. Stressful life events like potty training, starting school or a new school, or a family conflict can affect digestion too. The good news is constipation is easily fixed or overcome.



Here are some signs that show a child is having a hard time going to the bathroom:

- Child moans about belly pain or that they feel bloated
- Fights using the bathroom
- Wets the bed at night or has soiled clothes during the day
- Has less than three bowel movements a week
- Has pain while going to the bathroom
- Child feels sick
- Blood on the surface of stool

Children may resist going to the bathroom, feel embarrassed, or might be scared to use the bathroom, especially if it is painful to go. This will make the problem worse and can lead to a cycle. If a child has a fever, throws up, has a swollen belly, loses weight, or cannot go to the bathroom for two weeks, a doctor's visit is in order. The doctor can check the child, test for any medical illnesses (like irritable bowel syndrome or diabetes) that may be the cause for the constipation, and give a laxative to help ease the pain. Luckily, there are some easy ways to help children get back on track.

Here are some suggestions to help children go to the bathroom easily and regularly:

- Offer water every day and at every meal. Water helps move food through the intestines.
- Offer a variety of foods every day that are fiber rich; such as fruits, vegetables, beans, and whole grains. These foods should make up most of the meals.
- Stick to a routine; set a time every day, so the child can take a break and use the bathroom. This will remind them to go and make it less stressful. Consistent mealtimes will also help.
- Get moving, being active every day stimulates the body to move food along. Try doing yoga as a family.
- Remind children to listen to their bodies; identify different emotions and reinforce what feeling good and other sensations look and feel like.

Stay patient and positive! Children need help learning to listen to their bodies. Shaming or punishing children will only make the problem worse. It takes time to get back on track. Talk to your pediatrician if problems persist.





Como Fijarse Si Su Hijo Sufre del Estreñimiento y Remedias

Cuando comemos, nuestro sistema digestivo metaboliza y elimina esa comida. Una dieta lleno de comidas chatarras, comidas rápidas, insuficiente actividad física, y insuficiente agua cree una receta para el estreñimiento. Constipación es la falta de poder usar el baño o la sensación de dolor cada vez que uno usa el baño. La constipación en los niños puede ser común, largo tiempo, o irregular. Los niños frecuentemente sufren de la constipación debido a hábitos o cambios en rutina. Eventos en la vida que causan estrés como aprendiendo a usar el baño por primera vez, empezando escuela o matriculándose en una nueva escuela, y conflicto entre familia pueden afectar el sistema digestivo también. Pero hay buenas noticias, tenemos remedias fáciles para prevenir la constipación.

Aquí tenemos indicaciones que muestran un niño teniendo dificultades cuando usando el baño:

- Niño gime por dolor de estómago o se siente inflamado
- Pelea con la necesidad de usar el baño
- Moje la cama durante la noche o moje su ropa durante el día
- Niño defeca menos de tres veces a la semana
- Siente dolor cuando va al baño
- Niño se siente enfermo
- Se ve sangre encima



Niños podrán resistir ir al baño, sentirse avergonzado, o tener miedo de usar el baño, especialmente cuando sienten dolor al usar el baño. Esto va empeorar la problema and podrá empezar un ciclo. Si un niño tiene fiebre, vomito, tiene su estomago inflamado, pierde peso, o no puede ir al baño por dos semanas, necesita visitar a su doctor. El doctor puede revisar el niño, preparar exámenes para investigar si tiene enfermedades médicas (como el síndrome del intestino irritable o diabetes) que podrán ser las causas de la constipación. También el doctor podrá dar laxativas para ayudar disminuir el dolor de ir al baño. Afortunadamente, hay maneras fáciles en cómo ayudar a los niños y normalizar sus sistemas digestivos.

Aquí hay sugerencias para ayudar a que niños usan el baño fácilmente y regularmente:

- Ofrezca agua todos los días y con cada comida. Agua ayuda movilizar comida a través de los intestinos.
- Ofrezca una variedad de comidas cada día llenos de fibra; ejemplos son frutas, verduras, frijoles, y granos integrales. Estas comidas deberian constituir la mayoría de las comidas.
- Mantenga una rutina; decide en un tiempo durante el día para que el niño podrá tomar un descanso y ir a usar el baño. Esto les recordara a ir al baño y disminuirá el estrés. Tener tiempos de comer consistentes ayudara también.
- Empieza moverse, ser activo cada día estimule el cuerpo a movilizar la comida. Intenté movimientos de yoga con su familia.
- Recuérdale a sus niños a oír y poner atención a sus cuerpos; identificar diferentes emociones y reforzar cómo se siente el bien estar, y como se parece y se sienten otras sensaciones.

Manténgase paciente y positivo! Niños necesitan ayuda cuando están aprendiendo a oír sus cuerpos. Regañar o castigar los niños solo va empeorar el problema. Toma tiempo para que se regresan a lo normal. Consulta su doctor si los problemas continúan.

