



# Fuel Their Minds

Ideas for Better Eating and Active Play with Young Children



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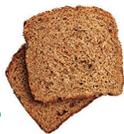
## GO and WHOA Snack Challenge

This activity helps children practice traveling in space and learn healthy foods with **GO** and **WHOA** foods.

1. Discuss what **GO** or everyday foods are and what **WHOA** or once in a while foods are and how these effect our bodies. Tell the children that “**GO**” foods can be eaten everyday! They make you strong, fast, and healthy. We say “**GO!**” when we see **GO** foods.” Tell the children that “**WHOA** foods can be eaten once in a while. These can make you tired, slow, and sick. We say “**WHOA!**” when we see **WHOA** foods.”

Give some examples of **GO** and **WHOA** foods:

Watermelon	Corn
Broccoli	Fat-Free Milk
Fish	Tomato
Strawberries	Grilled Chicken
Whole grain bread	Fat Free Cheese
Cucumber	Apple
Peanuts	Beans
	Whole grain pasta



Cookies	Whole fat Milk
Candy	Fried Chicken
Cake	Ice Cream
Soda	Fried Onion Rings
Doughnuts	Bacon
Punch	
Pie	
Chicken Nuggets	



3. Begin to scatter the children throughout the activity area.

4. Tell the children that when you call out a **GO** snack they get to march, gallop, or skip around the activity area. If you call out a **WHOA** snack, the children can tip toe, or drag their hands by their knees throughout the activity area.

### Some great teaching tips include:

- Remind children to watch for empty spaces
- Remind children that this is not a running game
- Try different movements that can be done fast and in slow motion like jogging in place, squatting, or flapping arms.



## Lactose intolerance

If you or someone you know avoids milk because they are lactose intolerant, the best way to get the health benefits of milk is to select:



- lactose-free milk and milk products
- calcium-fortified soy milk (soy beverage)

Also, many people who have a problem digesting lactose can usually eat or drink milk products such as:

- Smaller portions (up to ½ cup) of milk **with a meal**
- Yogurt or hard cheeses
- Milk on hot or cold cereal

Always choose low-fat or fat-free milk, yogurt, and cheeses. Always check with your doctor for his or her advice if you have trouble digesting milk products.

If you or someone you know does not drink or eat any foods in the Dairy Group, be sure to get the calcium you need from other foods. These include:

- Calcium-fortified juices and other beverages, cereals, or breads
- Tofu
- Canned fish with bones you eat
- Soybeans, black eyed peas, and white beans
- Some leafy greens (collard and turnip greens, kale, bok choy)



ChooseMyPlate.org

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Follow Potter the Otter and his friends as they prepare for a healthy picnic..



Use these books to spend 20 minutes a day reading together!



## Kitchen Skills

Children can learn many skills related to food and nutrition at a very early age. It can be challenging but also fun to cook with children. It is a way of teaching children valuable life skills and creating wonderful childhood memories of doing things together. Use these lists to help inspire some learning in the kitchen.

### For 3-5 year olds

#### Sort and Classify foods

- Count 8 or 10 items
- Read letters like A, B, and C's on items
- Use fingers to peel, roll, juice, mash

#### Evaluate

- Identify fruit, kitchen equipment
- Distinguish between real pictures and cartoon pictures on packages
- Review kitchen safety rules

### For 4-6 years olds

#### Order, Sequence, Comprehend

- Count beans, rice, or pasta to 100
- Read words on packages
- Identify food groups in meals
- Name foods in mixtures
- Use fine coordination skills like measuring, cutting, grinding, using hand egg beater

#### Evaluate

- Prompt questions about pictures or words on packages
- Use the fat ring test to identify fat (place fatty food on a napkin and wait until fat soaks a ring around food)
- Classify foods seen on TV



## Sweet potato French toast

Here is a yummy and healthy twist on a kid friendly classic dish!

#### Ingredients

- 2 tbsp. butter
- 4 slices whole wheat bread
- 4 cups sweet potato purée (you can bake two sweet potatoes ahead of time and blend in a food processor)
- 2 eggs
- 1 cup of non-fat milk
- 4 tsp ground cinnamon and/or nutmeg
- Your choice of fruit

#### Instructions

1. Melt 1 tbsp. of the butter in a frying pan over medium heat. Cut each slice of bread into four lengthwise sticks.
2. Whisk the sweet potato purée with the eggs and milk. Add the cinnamon and a pinch of nutmeg. Dunk each stick in the egg mixture and flip to coat completely. Place the egg soaked bread onto the hot pan.
3. Cook for 3 minutes or until brown and then flip. Cook for another 2 minutes and remove from the pan. Add the remaining butter to the pan and cook the remaining sticks of bread. Serve warm with fruit.



*Adapted from [www.todaysparent.com](http://www.todaysparent.com)*

# 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.



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Fuel Their Mind Nutrition Newsletter Enclosed



“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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# Fuel Their Minds Parent Corner

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## Be the Change

Parents are children's first teachers. Children need to practice healthy behaviors at home with parents in order to master them. Children learn how to be healthy and take care of themselves through repetition. Parents can be active role models by teaching children how to eat healthy and practice physical activity together every day. Talking about what to do and how to do it is just one piece of the puzzle. Doing is the second piece. Learning healthy behaviors early in life sets children up to become healthy adults that continue those healthy habits throughout their lives.



### What you can do for yourself and your family:

- Eat fruits and vegetables. Show children how much you love eating fruits and vegetables by eating a variety of colors in different ways.
- Move everyday. Walking, biking, hiking, or gardening together as a family gets everyone in the family active. Aim for at least half an hour every day.
- Drink water. Have water available everyday for all meals and snacks. Staying hydrated is good for your brain and body.
- Cook. Cooking at home together as a family teaches children how to prepare healthy foods, an essential life skill needed as an adult and makes them healthier eaters while also teaching reading, science, and math concepts.
- Limit screen time. Giving television, computers, and phones a break allows you to pay attention to how you are feeling. Relax and spend more time with family. Limit screens to two hours a day.
- Eat together. Stick to routine mealtimes and eat together as a family. Turn off distractions like televisions, radios, phones, and talk about your day's activities or upcoming events.
- Limit the temptations. Keep salty, sweet, and highly processed foods to a minimum. Fill your grocery cart with fresh, frozen, canned, and dried fruits and vegetables as snack alternatives.
- Do something for yourself. Join a book club, learn how to knit, or practice a craft that you have always wanted to try. Local libraries offer many free programs to try out year round. Show your children learning is a lifelong endeavor.
- Sleep. Getting quality sleep is crucial for your health, mental well-being, and stress. Children need 9-12 hours a night, less than this can impact their school performance. Adults need 7-9 hours a night.



When new activities or habits are practiced together as a family, it makes it easier for everyone to stick with it. Learning and growing together makes children feel supported and boosts self-esteem and confidence. When children go out into the world for school, sports, or other activities they will carry those healthy habits practiced at home with them.

Article adapted from [www.pbs.org](http://www.pbs.org) & [hhs.gov](http://hhs.gov)

## ¡Sé el Cambio!

Los padres son los primeros maestros en la vida de sus hijos. Niños necesitan practicar comportamientos saludables en casa y con padres para poder hacerlos bien. Los niños aprenden como cuidarse con repetición. Los padres podrán mostrar activamente como comer bien y practicar hacer ejercicios juntos todos los días. Platicando sobre qué hacer y cómo hacerlo es solo un pedazo de este rompecabezas. Haciendo es el segundo pedazo. Aprendiendo comportamientos saludables temprano en la vida les ayudara a los niños crear una fundación. Esto les facilitara crecer a ser adultos sanos que continúan los hábitos saludables por el resto de sus vidas.

### Que usted puede hacer para su familia y sí mismo:

- Come frutas y verduras. Enséñele a sus hijos que te encanta comer frutas y verduras. ¡Cómelos en una variedad de colores!
- Muévase diariamente. Caminando, usando bicicleta, corriendo, y hacienda jardinería juntos facilitara que todos se mantengan activos. Procura obtener por lo menos media hora de actividad fisica diariamente.
- Tome agua. Sirve agua y téngalo listo todo los días par las comidas y bocadillos. Manteniéndose hidratado es bueno para su cerebro y cuerpo.
- Cocina. Cocinando entre familia y en casa les ensene a los niños como preparar comidas saludables. Esto es una habilidad esencial y necesaria para adultos. También les ayudará en los estudios de matemáticas, ciencias, y literatura.
- Limite el tiempo frente de la pantalla. Desconectándose de las televisiones, computadoras, y teléfonos facilita que le pongas atención a sí mismo y cómo te sientes. Relájate y tome tu tiempo con tu familia. Procura perder solo dos horas diariamente frente a la pantalla.
- Comen juntos. Apegase a una rutina de comer entre familia. Apaga lo que les puede distraer como la televisión, el radio, teléfonos, y hablen entre familia de lo que les pasa diariamente y lo que les espera.
- Limite sus tentaciones. Alejase de comidas ultra salados, azucarados, y procesados. Llene sus bolsas del mercado con frutas y verduras frescas, congeladas, deshidratadas, y enlatadas. Use estos para sus bocadillos.
- Haga algo para sí mismo. Inscribiese en una clase para aprender costura, como bailar, o algo que siempre ha querido. Las librerías ofrecen muchos programas gratis y durante todo el año. Enséñele a sus hijos que el aprendizaje es para toda la vida.
- Duerme. Sueños de calidad es vital para su salud, cerebro, y tranquilidad. Los niños necesitan 9-12 horas cada noche, menos de eso les podrá afectar negativamente en la escuela. Adultos necesitan 7-9 horas cada noche.



Cuando se practican nuevas actividades y hábitos entre familia, los hacen más fácil para que todos seguían haciéndolos. Aprendiendo y creciendo juntos hacen que sus niños se sienten apoyados y les sube la autoestima y confianza. Cuando niños salen afuera en el mundo para participar en la escuela,