



Fuel Their Minds

Ideas for Better Eating and Active Play with Young Children

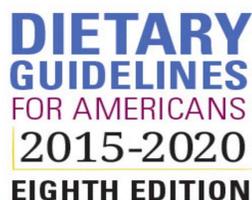


70 Cottonwood St. Woodland, CA 95695
530-666-8720

www.ceyolo.ucdavis.edu
ceyolo@ucdavis.edu



Nutrition Update: New Dietary Guidelines



As of January 2016, the U.S. Departments of Health and Human Services (HHS) and of Agriculture (USDA) released the 2015-2020 Dietary Guidelines for Americans.

The recent guidelines focus on creating an overall healthy eating pattern to maintain health and reduce the risk of chronic diseases like obesity, diabetes, and heart disease.

Everything we eat and drink matters. The right mix can help you and your students be healthier now and in the future. Start by making healthier choices at your school!

Below are the 5 Dietary Guidelines, along with tips on how to use them in your classroom:

- 1. Follow a healthy eating pattern across the lifespan:**
 - Every food and beverage choice you and your students make, day to day and over time, adds up.
- 2. Focus on variety, nutrient density, and amount:**
 - Select and prepare a variety of vegetables, i.e. dark green, red and orange, beans/peas, starchy, and others.
 - Use plenty of fruits- especially whole fruits like apples and pears in snacks and meals. Canned, frozen, and dried varieties of fruit and vegetables count as well!
 - Make sure that at least half of the grains you serve are whole grains. (bread, rice, pasta)
 - Choose fat-free or low-fat milk, yogurt, cheese, and soy beverages.
 - Select protein foods like seafood, lean meat, poultry, eggs, nuts, seeds, and soy products.
- 3. Limit calories from added sugars and saturated fats:**
 - Cut back on candy, cookies, and sugar-sweetened beverages like soda. Replace with more fruits and vegetables that contain sugar naturally.
 - Use oil instead of butter, lard, and margarine when possible.
- 4. Shift to healthier food and beverage choices:**
 - Making small healthy changes and substitutions in your current diet can add up to big benefits today and tomorrow!
 - Select nutrient-dense foods and beverages in place of less healthy choices. The less processed the food, the better.
- 5. Support healthy eating patterns for all:**
 - Be sure to incorporate you and your students' cultural and personal preferences to make these shifts easier to accomplish!
 - Everyone has a role in helping to create and support healthy eating patterns at school, at home, and in the community.

* For more information and resources visit <https://health.gov/dietaryguidelines/2015/guidelines/>

Adapted from fda.gov & choosemyplate.gov



Celebrate Walktober on October 5th!

Did you know that the month of October is national walking month? Walking to school is a great way for you and your students to get in some exercise. It also helps reduce pollution and can decrease congestion around school campuses. Plus, you get some sunshine and it's fun!



Wednesday October 5th, 2016 marks the 20th annual National Walk To School Day! Check with your school to see if they are hosting a Walk to School Day event, or consider helping to start one yourself! You can find information about Walk to School day at www.walkbiketoschool.org.

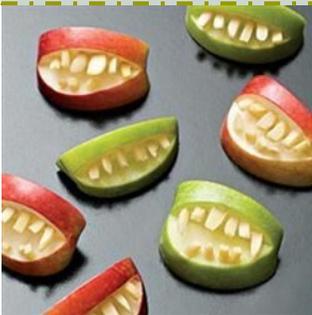
Don't wait until Walk to School Day to teach your little ones different ways of getting to school on foot safely:

- If walking directly from home isn't an option, encourage parents to park at a remote drop off site and walk a short distance to school with their kids.
- Suggest that parents work with friends or neighbors to get kids walking and biking together in groups. This will make walking the "cool" way to get to school.
- It's important that everyone remains visible when walking in the community. Reflective tape on backpacks or shoes, reflective vests or tags, and wearing bright colors around dawn and dusk can improve students' visibility to cars and cyclists.
- You can set a good example as well by obeying traffic laws and using crosswalks and crossing signals when available. Use those moments as teaching opportunities to help develop the next generation of safe pedestrians!

Adapted from yolohealth.org/saferoutes & cityofdavis.org



Halloween Recipe: Apple Teeth Treats



Servings: 16

Eating a balanced diet rich in fruits and vegetables supports a healthy body and mind. Exploring with familiar fruits like apples can help add variety to a child's diet and taste buds. Try this apple recipe at your classroom's Halloween celebration!

Ingredients:

- 4 apples - cored and quartered
- 1 teaspoon lemon juice (optional)
- 1 (2.25 ounce) package blanched slivered almonds (check for allergies before serving)

Directions:

1. With a small, sharp paring knife, cut a lengthwise wedge from the skin side of each apple quarter, leaving the peel around the wedge for lips.
2. If desired, rub the cut portions of the apple quarters with lemon juice to prevent browning. Poke 5 or 6 slivered almonds into the top and bottom of the cut-out area to make snaggly teeth!

*Mix and match apple varieties for more color. Have the kids help assemble the teeth to their liking for a fun snack activity. Who can make the creepiest smile?

Recipe adapted from allrecipes.com



Creepy, Crawly Active Play Routine

Here's a fun way to help children stay active for at least 60 minutes a day. Give your active play an entertaining theme! What better way to get the little ones moving this fall than to use some favorite words from Halloween!

This quick and simple fitness routine includes 5 easy exercises that kids (and teachers) can do inside or out in the coming months!

Complete each of the following "creepy, crawly" exercises ten times:

1. **Spider Crawls:** Place hands on floor and pull in one leg at a time to the chest.
2. **Pumpkin Push-Ups:** Push-ups in any position that meets your students' fitness level.
3. **Bat Flaps:** Alternate swinging arms and legs back and forth at the same time.
4. **Werewolf Windmills:** Arms out, touch right hand to left foot, then left hand to right foot.
5. **Jack-O-Lantern Jumping Jacks:** Stand with feet together and arms to sides. Jump while raising arms and separating legs to sides. Land with legs apart and arms overhead. Jump again while lowering arms and returning legs to starting position.

Adapted from jamschoolprogram.com



These activities are easy, safe, and fun! Remember to:

- Aim for active play throughout the day.
- Balance active play and healthy eating.
- Provide plenty of water.

Finger Paint Turkey Craft



Try this great Thanksgiving craft with your little pilgrims that will make a wonderful homemade decoration. Display the art in the classroom or have the children take it home. Extend the activity by asking the children what they are thankful for or get them moving by doing a turkey strut around the classroom! Gobble Gobble!

Supplies needed:

- White construction paper
- Finger paint (brown, red, yellow, orange)
- Paint brushes
- Scissors
- Glue
- Construction paper (red, orange)
- Googly eyes

Directions:

1. Create a turkey body template like the one in this picture and cut out the shape. Trace the turkey body shape onto a piece of white paper for each student.
2. Let the children paint their turkey body brown. It is easier for kids to paint this before you cut the shape out. Set the body aside to dry.
3. Get out a second sheet of white paper. Use a paint brush to paint yellow paint onto the child's hand and make a couple of handprints on the paper. Repeat this with red and orange as many times as you like. Encourage students to overlap their prints for a nice looking turkey. Mixing colors can be a great teaching moment also! Set the handprint page aside to dry.
4. Cut out the brown turkey body. Cut out a few small triangles from orange construction paper to use as feet and a beak, and cut a red peanut shape out for a gobbler.
5. Glue the body onto the handprint feathers.
6. Glue on the eyes, feet, beak and gobbler.

Activity from allkidsnetwork.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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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.

CONTACTS



Christie Hedrick
530-666-8740
clhedrick@ucanr.edu



Bailey Rose



Sonia Fernandez



Angela Asch



Marcel Horowitz

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.



UCCE Yolo County
70 Cottonwood Street
Woodland, CA 95695





Fuel Their Minds Parent Corner

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70 Cottonwood St. Woodland, CA 95695
Phone: 530-666-8740

<http://ceyolo.ucdavis.edu>
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Weight Matters

Children grow and develop at their own pace; gaining, and losing weight as they grow. The genes we are born with and lifestyle habits both play a role in a child's growth and health. Lack of movement and poor eating choices can lead to poor health and excess weight gain. Children need to eat healthy foods and be physically active every day. Combining healthy eating and more movement provides a healthy base for children to grow and develop. Gaining too much weight rapidly over a short period may be a sign of a problem. Talk with your health care provider if you notice sudden changes in your child's health. To prevent excess weight gain in children, parents can model and guide healthy behaviors for and with their children. Check your child's weight and find out more at healthychildren.org.



What can parents do?

- Serve fruits and vegetables every day with every meal and snack. Limit sweets and snack foods.
- Offer water as the first drink of choice, have cold water waiting in the refrigerator for easy access. Serve water throughout the day. Provide water bottles for all family members.
- Set an example by modeling healthy eating and exercising habits every day, do this as a family so it is a group focus.
- Be active with your child: running, biking, hiking, walking, and dancing are all great ways to move together.
- Reward with positive words, hugs, kisses, love, and activities. Not food!
- Limit screen time (all screens: computer, phone, video games) to **2 hours a day**.
- Keep a regular schedule for meals and snacks so children do not overeat or go too long without eating: sit down to eat together without the distraction of screens. Enjoy the food, talk about your day, the changing seasons, how food grows, or upcoming special events, etc.
- Stay positive. Do not focus on counting calories or restricted foods. Think what "can" you do, instead of what "can't" you do.
- Involve all family members in food purchasing and preparation, then everyone can learn how to prepare healthy foods.
- Make sleep a priority. Children need 10 hours of sleep a night to do well in school, cope with their emotions, and keep a healthy weight.



By staying positive, modeling healthy behaviors, and including all family members in healthy eating and physical activity children will grow to understand and adapt those behavior for themselves. Children will carry these positive actions with them throughout their life and become healthy, active adults.

El Peso Importa

Los niños crecen y desarrollan a su propio ritmo; aumentan y pierden de peso a medida que crecen. Los genes con que nacemos al igual que nuestro estilo de vida juegan una importancia en el crecimiento y la salud de los niños. La falta de movimiento y pobres hábitos alimentarios pueden conducir problemas de salud y aumento de peso excesivo. Los niños necesitan comer alimentos saludables y estar físicamente activos todos los días. La combinación de una alimentación saludable y más movimiento proporcionan una base sana para que los niños crezcan y se desarrollen. El aumento de peso rápido durante un corto periodo de tiempo puede ser señal de un problema. Hable con su proveedor de cuidado de salud si nota cambios repentinos en la salud de su hijo. Para evitar el aumento de peso excesivo en los niños, los padres pueden modelar y dirigir comportamientos sanos para y con sus hijos. Controle el peso de su hijo y encuentre más información en la página healthychildren.org.



¿Qué pueden hacer los padres?

- Servir frutas y verduras todos los días con cada comida y merienda. Limitar los dulces y bocadillos.
- Ofrecer agua como la primera bebida de opción, tener agua fría en el refrigerador para acceso fácil. Sirva agua durante todo el día. Provea botellas de agua para todos los miembros de la familia.
- Dé un buen ejemplo modelando la alimentación saludable y hábitos de ejercicio diario. Haga esto como una familia, para que sea un enfoque de grupo.
- Esté activo con su hijo: corriendo, andando en bicicleta, caminando, y bailando son todas buenas formas de moverse juntos.
- Premie con palabras positivas, abrazos, besos, amor, y actividades. No con comida!
- Limité el tiempo de uso de pantalla (pantallas como: computadora, teléfono, juego de videos) a **2 horas al día**.
- Mantenga un horario regular para las comidas y meriendas para que los niños no coman en exceso o pasen demasiado tiempo sin comer. Siéntense a comer juntos sin la distracción de las pantallas. Disfruten de la comida, hablen acerca de sus días, el cambio de las temporadas, cómo la comida crece, o futuros eventos especiales, etc.
- Manténgase positivo. No se concentre en contar calorías o en restringir alimentos. Piense en lo que “puede” hacer, en vez de lo que “no puede” hacer.
- Involucre a todos los miembros de la familia en la compra y preparación de alimentos. De esta manera todos pueden aprender a preparar alimentos saludables.
- Haga el dormir una prioridad. Los niños necesitan 10 horas de dormir cada noche para hacer bien en la escuela, para lidiar con sus emociones y para mantener un peso saludable.



Al mantenerse positivo, modelando comportamientos saludables, y incluyendo todos los miembros de la familia en la alimentación saludable y la actividad física los niños crecerán entendiendo y adaptando estos comportamientos por ellos mismos.

Los niños llevarán estas acciones positivas con ellos durante su vida y se harán adultos sanos y activos.