

Ideas for Better Eating and Active Play with Young Children

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

www.yolonutrition.ucanr.edu
ceyolo@ucdavis.edu

Division of Responsibility at Mealtime

Child care providers are one of children's first and most important teachers! Teachers' actions and attitudes are powerful in creating healthy environments for their students' development, especially at mealtime.

An important skill that preschool children need is self-regulation, meaning they are able to control their emotions and behaviors. This skill develops as children grow and is linked to school success and healthy behaviors. Examples of self-regulation skills are taking turns and being responsible for one's actions.

Self-regulation is also important when it comes to healthy eating! Young children have a natural ability to adjust their intake of food to get what they need to grow, but this ability declines with age. As children get older they need to learn how to control their eating behaviors to eat a healthy diet. Teachers can help build this skill through '**Division of Responsibility**' between teacher and child roles.

***It is the teacher's role to decide:**

- What to serve.
- Where to eat and when to eat.

***It is the child's role to decide:**

- Whether to eat.
- How much to eat of the food offered.



How to Use the Division of Responsibility at Mealtime:

- Serve meals and snacks at the same time every day.
- Give children only healthy food choices.
- Help children pay attention to their body signals for hunger and fullness.
- Eat together. Make meal time pleasant, don't discuss negative issues.
- Have children help prepare simple meals.
- Set daily routines that include sleep, play, and quiet time.
- Praise children for good behavior and nice manners.
- Try to be consistent with where meals are eaten. Limit distractions like TV.
- Encourage conversation.
- Don't use your cell phone while eating.
- Children often rush to playtime. Schedule playtime before meals if possible.

Adapted from: www.ucanr.edu

Animal Tag!

Before You Start:

- Demonstrate safe tagging: Light touch, like butterfly wings on the shoulder.
- Unsafe tags: hard contact that might cause the person being tagged to fall.
- Review the boundaries and the consequences for going outside them.
- Group children into 2 groups, assign each group to be an animal (dog, cat, duck, turkey etc.)
- Have groups practice making the sound of their animal.



Adapted from www.playworks.org

Set Up: Outline a large play area with clear boundaries and enough room for children to run around safely.

How to Play:

- The goal is to turn everyone into the same animal as your group.
- Once the game begins all children should be making animals noises and trying to safely tag each other.
- Once a child is tagged, they become the animal of the person that tagged them.
- The game continues until all children are the same animal!

Variations:

- Choose 1-3 children that cannot be changed from their original animal to keep the game going.
- For the hearing impaired, you can have children do animal movements instead animal sounds.

Find Recipes for your Childcare Center

Fall in love with delicious new recipes from Team Nutrition this season! Their recipes are written to yield 6, 25, and 50 servings. They are a tasty way to introduce new flavors at child care centers for a variety of class sizes.



Adapted from www.fns.usda.gov/tn/cacfp-recipes

* **Get started by visiting www.whatscooking.fns.usda.gov**

* **Search dozens of recipes, and refine your search to select:**

- Food group: fruits, vegetables, grains, proteins, or dairy
- Meal course: breakfast, snacks, sandwiches, main dishes, etc.
- Type of cuisine
- Cost of the recipe
- Nutrition focus: Reduce sodium, Get more calcium, or Limit saturated fat
- Cooking equipment

* Once you select a recipe, you can view the nutrition facts for a single serving. A few examples are pictured below.



Beef Picadillo



Collard Greens



Black Beans with Plantains

Reduce the Risk of Foodborne Illness: “Clean, Separate, Cook, & Chill”



A critical part of healthy eating is keeping foods safe. Childcare centers can reduce germs and keep food safe to eat by following safe food handling practices. Four basic rules that can help keep yourself and your students safe are “Clean, Separate, Cook, and Chill!” These rules are necessary for preschool kitchens and classrooms where food is being prepared, served or stored.

CLEAN

1. Wash hands with soap and warm water. Make a lather and scrub all parts of the hand for 20 seconds. Rinse and dry using a clean paper towel. Use a paper towel to turn off the faucet.
2. Sanitize surfaces: Wash them with hot, soapy water. A solution of 1 Tablespoon of unscented, liquid chlorine bleach per gallon of water can also be used.
3. Clean sweep refrigerated foods once a week: throw out refrigerated foods that should no longer be eaten. **Cooked leftovers should be discarded after 4 days; raw poultry and ground meats, 1 to 2 days.**
4. Rinse produce: Rinse fresh vegetables and fruits under running water before eating, cutting, or cooking. Even if you plan to peel or cut the produce before eating, it is important to rinse it completely first to prevent germs from transferring from the outside of the produce to the inside.

SEPARATE

5. Separate foods when shopping: Place raw seafood, meat, and poultry in plastic bags. Store them below ready-to-eat foods in your site’s refrigerator.
6. Separate foods when preparing and serving: Always use a clean cutting board (and knife) for fresh produce and a separate one for raw seafood, meat, and poultry. Never place cooked food on the same plate or cutting board that held raw food.



COOK AND CHILL

7. Use a food thermometer when cooking to ensure that food is safely cooked and that cooked food is held at safe temperatures until eaten.
 - Cook all raw beef, pork, and lamb steaks, chops, and roasts to a minimum of 145 °F.
 - Cook all raw ground beef, pork, and lamb to at least 160 °F.
 - Cook all poultry, including ground turkey and chicken, to at least 165 °F.
8. Keep foods at safe temperatures: Hold cold foods at 40 °F or below in the refrigerator . Keep hot foods at 140 °F or above. **Foods are no longer safe to eat when they have been in the danger zone between 40-140 °F for more than 2 hours.** This means left out food must be thrown away after a couple of hours. Be sure to store food as soon as you are done eating!

Adapted from www.fsis.usda.gov

Autumn Tree Finger Painting



This fun and easy craft idea will get children into the autumn spirit in no time!

You will need:

- 1 Piece of white construction paper
- 1 Small paint brush
- Brown, yellow, orange, and red paint

Instructions:

- Paint each child’s hand and wrist in brown paint.
- Have children stamp their hands onto their paper with fingers spread wide to look like tree branches.
- Finger paint yellow, red and orange leaves onto the tree, in any layout they would like. Paint leaves underneath the tree to show how they fall.
- Add red apples to the tree. Serve cut apples as a snack after completing this craft!

***Tip:** Use this craft idea to learn about each of the seasons after Fall. Make a new tree with different colors as each season arrives!

Adapted from www.activityvillage.co.uk



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.



"Like" 'UC-CalFresh Nutrition Education Program, Yolo County' on Facebook to receive nutrition and wellness tips for you and your classroom daily!



This material was produced by the University of California CalFresh Nutrition Education Program with funding from USDA SNAP, known in California as CalFresh (formerly food stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663.



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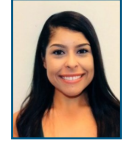
CONTACTS



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



Angela Asch



Lisa Gonzales



Mayra Diaz



Marcel Horowitz

Do you have a question about food or nutrition? Ask our Nutrition Educators by emailing ceyolo@ucdavis.edu.



Fuel Their Mind Nutrition Newsletter Enclosed

UNIVERSITY OF CALIFORNIA
calFresh Nutrition Education
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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UCCE Yolo County
70 Cottonwood Street
Woodland, CA 95695



Build a Better Lunch

Packing a healthy lunch can be easy if you follow the United States Department of Agriculture's (USDA) MyPlate tips. Adding a variety of colorful foods helps children get a range of vitamins and minerals, while keeping them healthy, and exposing them to eating an assortment of foods. Dried, fresh, canned, frozen, and cooked fruits and vegetables are a colorful way to get children excited about eating new and seasonal produce.

To help children, especially younger children, eat their lunch with ease, try:

- Cutting up fruits and vegetables
- Adding a small, reusable fork or spoon
- Using easy to open containers
- Packing smaller quantities with variety



Packing a healthy lunch every day saves money, helps children learn and grow, and protects their health. An insulated lunch box and cold packs keep lunch cold and safe for eating, especially during the hot summer months. Reusable containers that are leak proof and dishwasher safe will also cut down on the cost of purchasing lunch supplies. After their initial purchase, they are less expensive than disposable bags.

What to Pack:

Protein

Aim for 1 serving of lean protein

Cooked or diced chicken
Turkey slices
Tuna salad
Hard boiled eggs
Mashed, cooked pinto beans
Shelled edamame beans*
Walnuts, almonds, cashews*
Nut butter
Bean based dip (hummus)

Grains

Aim for 1 whole grain serving (1 slice, 1/2 cup)

100% whole-wheat bread
Whole wheat or corn tortilla
Whole-wheat lavash or pita
Whole-wheat crackers
Whole-wheat pasta
Brown rice



Water

Aim for a 16-ounce bottle

Pack a reusable water bottle, an insulated bottle will keep water cold and refreshing.

Fruits

Aim for 1 serving (1 cup fresh or frozen, 1/2 cup cooked, 1/4 cup dried)

Fresh: strawberries, apple slices, grapes, plums, kiwi, fig
Frozen: *blueberries, mango
Canned: pears
Cooked: Applesauce
Dried: *raisins, prunes

Vegetables

Aim for one serving (1 cup fresh, 1/2 cup cooked, 1/4 cup dried)

*Baby carrots, Green beans, *celery sticks, Radishes, cucumber slices, Zucchini sticks, *jicama, broccoli, Snap peas, bell pepper slices, Corn, avocado dip (guacamole), Cherry tomatoes, pitted olives, *Carrot chips, green bean chips, and dried peas

Dairy

Aim for one low-fat serving

Yogurt, cheese, milk,
Yogurt based dip (great for dipping with fruits or vegetables)

*Choking hazard for children younger than years old.

Make it a family project by getting everyone involved in the shopping, preparing, and packing of lunches. By doing this together, not only does it make the task easier and faster, it teaches vital life skills like teamwork, cooperation, and food preparation. Happy packing!





Construyendo un Mejor Almuerzo

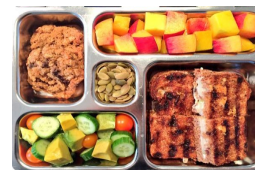
Hacer un almuerzo saludable puede ser fácil si sigue las sugerencias de MyPlate del Departamento de Agricultura de los Estados Unidos (USDA). La adición de una variedad de alimentos coloridos ayuda a los niños a obtener una gama de vitaminas y minerales, manteniéndolos sanos y exponiéndolos a comer un surtido de alimentos. Las frutas y verduras secas, frescas, enlatadas, congeladas y cocinadas son una forma colorida de entusiasmar a los niños por comer productos nuevos y de temporada. Para ayudar a los niños, especialmente a los niños más pequeños, comer su almuerzo con facilidad, intente:

- Cortar las frutas y vegetales en cubos pequeños
- Incluya un pequeño tenedor o cuchara desechable
- Use recipientes que son fáciles de abrir
- Envolve comidas variadas en cantidades pequeñas



Empaquetar un almuerzo saludable todos los días ahorra dinero, ayuda a los niños a aprender y crecer, y protege su salud. Una bolsa de almuerzo insulada y paquetes congelados mantienen el almuerzo frío y seguro para comer, especialmente durante los meses calurosos de verano. Los contenedores reutilizables que son bien sellados y para uso en lavaplatos automáticos también reducen el costo de la compra de utensilios para el almuerzo. Después de su compra inicial, son menos costosas que las bolsas desechables.

Que Empacar:



Granos

Proponga 1 porción de grano integral

(1 rebanada, 1/2 taza)

100% Pan Integral
Tortilla integral o de Maíz
Pan de Pita integral
Whole-wheat crackers
Whole-wheat pasta, brown rice

Proteína

Proponga una porción de proteína baja en grasa

Pollo cocido o picado en cubo
Rebanada de carne de Pavo
Ensalada de AtÚn
Huevo cocido, Frijoles fritos
Frijoles de soya estilo edamame *
Nues, Almendras, y Anarcados*
Mantequilla de nuez
Bean based dip (hummus)

Agua

Proponga una botella de 16 onzas

Empaque una botella reutilizable, una botella insulada mantiene la agua fría y refrescante.

Frutas

Proponga una porción
(1 taza frescas or congeladas, 1/2 taza cocida, 1/4 taza seca)

Fresas, rajadas de Manzana, Uvas, Mangos, Peras, Ciruelas, Cubos de Melon, *Arandas, Frambuesas, kiwi, Rajas de Naranja, Higos, Pure de Manzana, *Pasas y Ciruela Pasa

Vegetales

Proponga 1 porción
(1 taza frescos, 1/2 taza cocidos, 1/4 taza secos)

*Zanahoria pequeña, Ejotes, *Rajas de Apio, Rabanos, Rodajas de Pepino, Rajas de Calabasitas, *Jicama, broccoli, Guisantes, Rajas de chile campana, Maiz, Guacamole o Rajas de Aguacate, Jitomates Cherry, Aceitunas sin hueso, Papas de Zanahoria o Ejote, Chicharo seco

Lácteos

Proponga una porción baja en grasa

Yogur, Queso, Leche, Salsas basadas en Yogur (buenas para inmersión de frutas y vegetales)

*Peligro de asfixia para niños menores de 4 años.



Haga el embolsamiento de almuerzo un proyecto de la familia que todos participan en las compras, preparación y empaque de los almuerzos. Haciendo esto juntos, no sólo hace la tarea más fácil y más rápido, enseña habilidades vitales de la vida como trabajo en equipo, cooperación, y preparación de la comida. Suerte!

Artículo adaptado de www.choosemyplate.gov, prevention.com, nuggetmarket.com. Photo credits weelicious.com

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