

Fall 2008



for the kids

CHILD NUTRITION PROGRAM OF SOUTHERN CALIFORNIA

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SERVING LICENSED FAMILY DAY CARE PROVIDERS
IN SOUTHERN CALIFORNIA
SINCE 1981

TEST YOUR FRUIT AND VEGETABLE I.Q. IS IT TRUE OR FALSE

Eating fruits and vegetables every day as part of a healthy diet can help you fight disease.

TRUE. A good source of many essential vitamins, fruits and vegetables are important to promoting good health. Research consistently shows that compared with people who consume a diet with only small amounts of fruits and vegetables, those who eat more generous amounts as part of a healthful diet are likely to have reduced risk of chronic disease, including stroke, type 2 diabetes, certain cancers, and perhaps heart disease and high blood pressure. In addition to fruits and vegetables, a healthy diet also includes whole grains, fat free or low fat milk products, lean meats, fish, beans, eggs and nuts, and is low in saturated fats, trans fats, cholesterol, salt and added sugars. A healthy diet also means staying within your daily calorie needs.

Most people do not eat enough fruits and vegetables for good health.

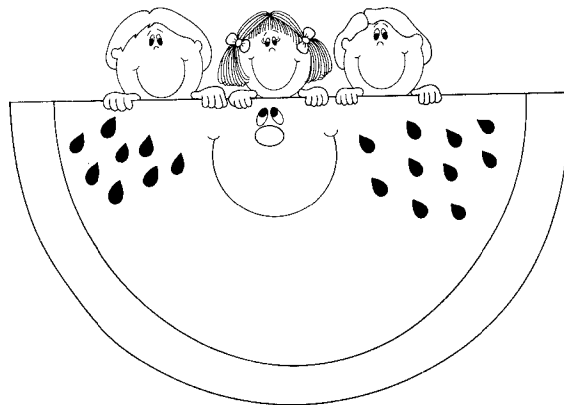
TRUE. Despite the many health benefits, most Americans do not consume enough fruit and vegetables every day. Are you meeting your needs? Visit www.fruitsandveggiesmatter.gov to see how many cups you need each day.

Green vegetables are the most nutritious.

FALSE. No one food contains all the nutrients your body needs. To get a healthy variety, think color. Eating fruits and vegetables of different colors, including plenty of dark green vegetables, gives your body a wide range of nutrients like fiber, folate, potassium and vitamins A and C.

Fresh, frozen, canned, and dried varieties of fruits and vegetables all count toward your daily recommendation.

TRUE. No matter what the form – fresh, frozen, canned, dried, juice – all varieties of fruits and vegetables count toward your daily recommendation. Choose fruits without added sugars, sweeteners or syrups, and vegetables without added salt, butter or cream sauces. Although 100% fruit or vegetable juice counts toward your daily recommendation, the majority of the total daily amount of fruits and vegetables should come from whole fruits and vegetables to help you get enough fiber.



Test your fruit and vegetable I.Q. continued . . .

Fruits and vegetables can play a role in weight management.

TRUE. Besides having vitamins and minerals that can help protect your health, many fruits and vegetables are lower in calories and higher in fiber than other foods. Studies have shown that when people eat more low-calorie foods, they naturally eat fewer high-calorie foods. That is because people tend to eat similar amounts of food even when the calories in the food vary. As part of a healthy diet, eating fruits and vegetables instead of high fat foods may make it easier to control your weight.

Fruits and vegetables are always more expensive than other foods.

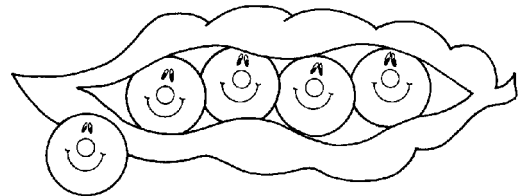
FALSE. The USDA analyzed the prices of 154 different forms of fruits and vegetables and found that more than half cost less than 25 cents per serving. Compared to a candy bar, soda, or prepared snacks, fruits and veggies are a bargain.

Preparing fruits and vegetables always takes to much time.

FALSE. With so many varieties to choose from, it's easier than ever to eat more fruits and vegetables. Look for simple recipes that take only minutes to prepare. Try whole fruits and vegetables. There are many varieties you can just rinse and eat.

-Centers for Disease Control and Prevention

Nutrition Edition, January 2008, Contra Costa Child Care Council



FALL FRUITS AND VEGETABLES IN SEASON

September

apples, cantaloupe, figs, grapes, grapefruit, honey dew melon, peaches, pears, Persian melon, plums, prunes, Valencia oranges, cabbage, cucumbers, eggplant, green snap beans, green lima beans, lettuce, onions, peas, peppers, summer squash, sweet corn, tomatoes

October

apples, dates, figs, grapes, pears, Persian melon, persimmons, Valencia oranges, broccoli, Brussels sprouts, cabbage, carrots, cucumbers, eggplant, green snap beans, green lima beans, lettuce, okra, peas, peppers, potatoes, sweet corn, sweet potatoes, tomatoes, winter squash

November

apples, avocados, dates, grapes, persimmons, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, eggplant, green snap beans, lettuce, peas, peppers, potatoes, sweet corn, sweet potatoes, winter squash

OCTOBER IS FIRE PREVENTION

Protect your day care and home by knowing the rules of fire prevention.

1. Do not overload electrical outlets.
2. Make sure night-lights and lamps are not touching bedspreads, drapes or other fabrics.
3. Have your chimney cleaned once a year.
4. Supervise children using the stove or other kitchen appliances.
5. Do not run electrical wires under rugs.
6. Do not leave matches or lighters around the house.
7. Replace or repair appliances that spark, smell unusual, or overheat.
8. Check smoke detectors once a month, and change the batteries twice a year.
9. Every adult should know how to use the fire extinguisher.

Develop a Fire Escape Plan

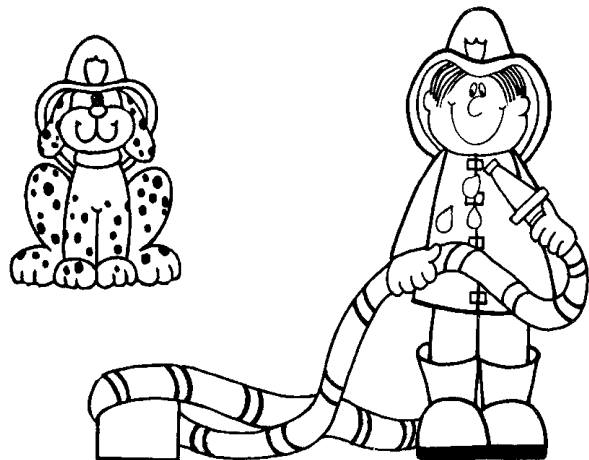
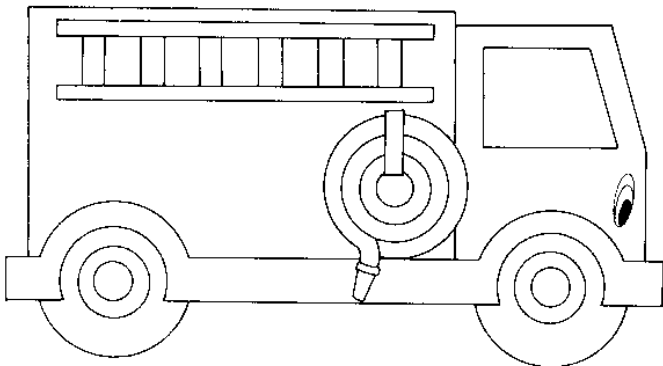
Develop a plan for getting out of your home on paper. Establish a place for everyone to meet outside. Practice a fire drill once a month.

Stop, Drop, and Roll

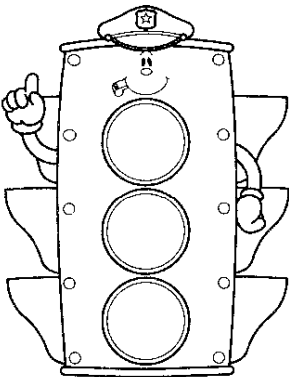
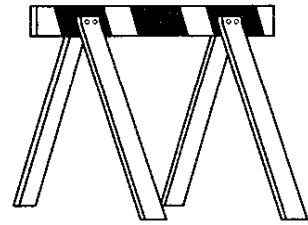
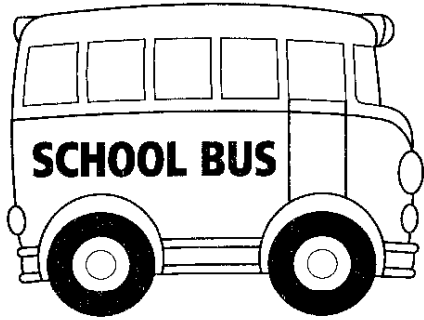
Teach your children to stop, drop, and roll. Practice while playing music. When the music stops, have the children stop, drop, cover their face with their hands, and roll around on the ground. Explain to the children this helps smother the flames, if their clothes were to catch on fire.

Visit a local fire station

It is best to call ahead to arrange a date and time you may visit your local fire station. Many fire departments have fire safety kits, brochures and other free materials available. If you are unable to arrange a field trip, call your local fire station and see if you can pick up materials to share with your children.



Help the bus get to the schoolhouse.



FALL**MUSIC AND MOVEMENT**

Adapted Songs

Apple, Apple on the Tree*(to the tune of "Twinkle, Twinkle, Little Star")*

Apple, apple on the tree,
 I know you are good for me.
 You are fun to munch and crunch,
 For a snack or in my lunch.
 Apple, apple on the tree,
 I know you are good for me.

**Leaves, Leaves Everywhere***(to the tune of "Row, Row Your Boat")*

Leaves, leaves everywhere,
 Falling off the trees,
 Red and yellow, orange and brown.
 A wonderful sight to see.

**Movement Activities****Falling Leaves**

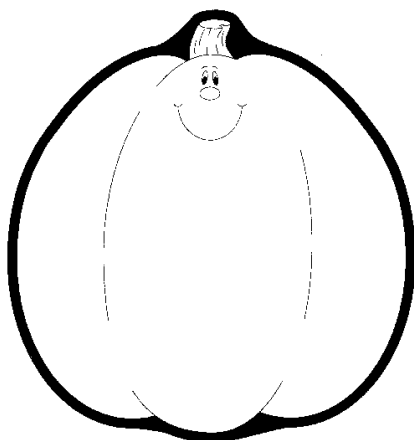
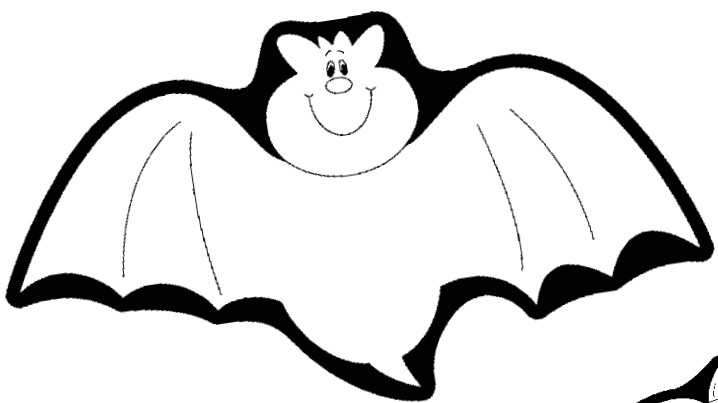
Play music for children to listen to (waltzes work well for this activity). First have children lie down on the floor, close their eyes, and listen to the music. As they listen, tell them to picture in their minds a large tree. Have students describe the tree with its fall colors. Tell them to imagine feeling the breezes blow gently, then a harder wind that blows the leaves off the trees. Next, instruct them to slowly stand up and pretend to move like the leaves in the gentle breeze. Then, have them move as if a strong wind is blowing (making sure to watch out for classmates). Allow children to finish the dance as leaves falling to the ground.

Comin' Round the Mountain

Gather materials (such as water jugs, spoons, washboards, etc.) for a "barn dance." Tell children that people all over the world celebrate harvest. Many people celebrate by throwing parties (hoedowns or barn dances). Allow students to dance and sing and use the materials to perform the song, "She'll be Comin' Round the Mountain."

Finger Play**The Apple Tree**

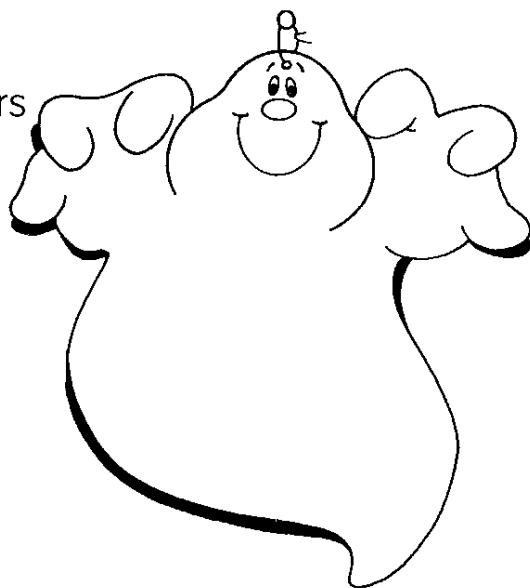
Way up high in the apple tree. (Point up, then hold arms in a circle overhead.)
 Two little apples smiled at me. (Hold up two fingers, then point to cheeks and smile.)
 I shook that tree as hard as I could. (Pretend to shake tree.)
 Down came the apples. Mmm, they were good! (Point down, then rub tummy.)



Door Ghost

Things you will need

- Ghost pattern
- Tagboard
- Black yarn
- Hole punch
- Black markers
- Glue
- Scissors



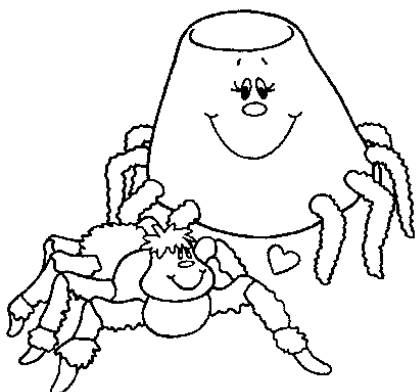
What to do

- * Teacher: Enlarge the ghost pattern.
1. Cut out the ghost pattern and glue the pattern to tagboard.
 2. Cut out the tagboard shape and punch a hole in the top.
 3. Loop a piece of yarn through the hole for hanging.
 4. Hang the ghost on a door for decoration.

HALLOWEEN

Ghost Footprints

Pour a thin layer of white tempera paint onto an old cookie sheet or into a tub. Have each child step in the paint (in bare feet) and then onto black construction paper with his toes near the bottom edge of the paper. Ask children to describe how the paint and paper feel on their bare feet. When the paint dries, allow children to draw ghost faces on the prints and spooky Halloween backgrounds on the black paper.

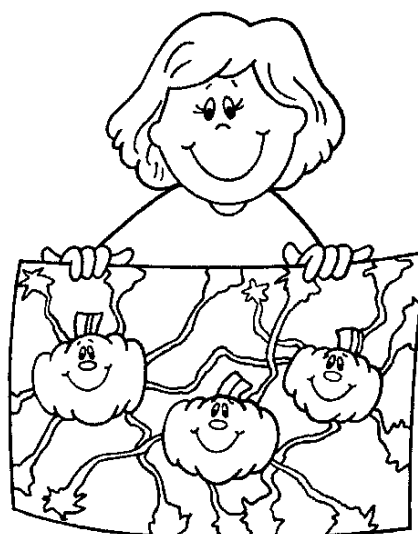


EGG CARTON SPIDERS

Gather several paper egg cartons and cut the sections apart. For each section, use a hole puncher to make four holes along the edge of each side. Place the sections, along with crayons, markers, and 3" to 4" lengths of black chenille craft sticks on a table. Invite children over to the table and have them create spiders using the materials. Direct each child to push the chenille craft sticks through the holes for eight spider legs and draw a spider face with crayons and markers.

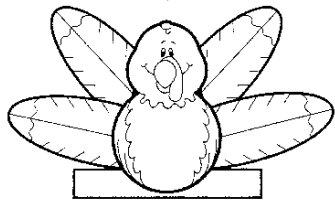
PUMPKIN VINES

Give each child a white piece of construction paper. Explain that you will drop diluted green tempera paint near the bottom of their papers and they should blow the paint around the paper with straws. Encourage children to blow the paint toward the sides of the paper to create vine-like forms. Give each child five or six small orange pumpkin shapes and a black crayon. Allow children to draw faces on the pumpkins while the paint dries, then have them glue the pumpkins on the vines.

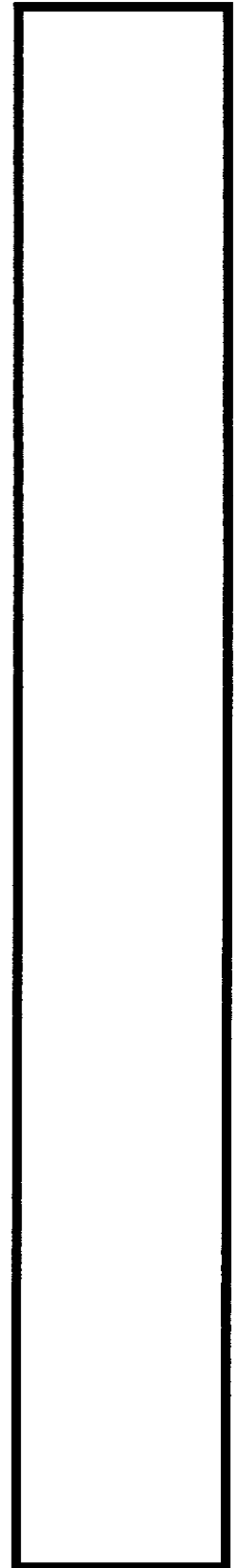
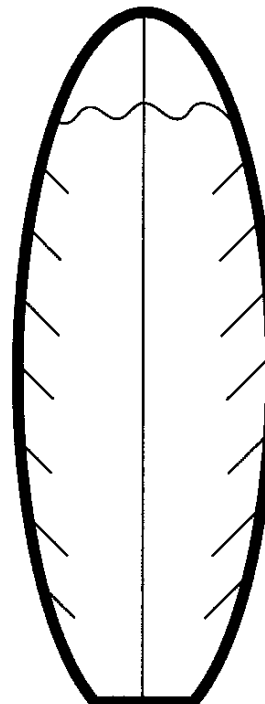
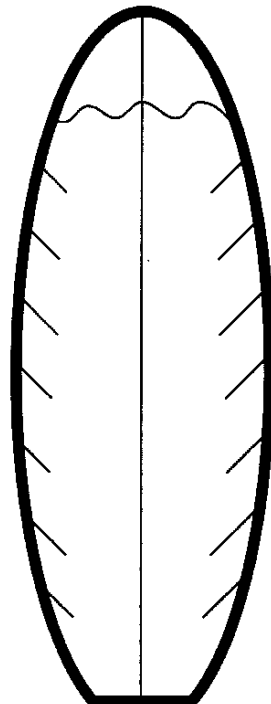
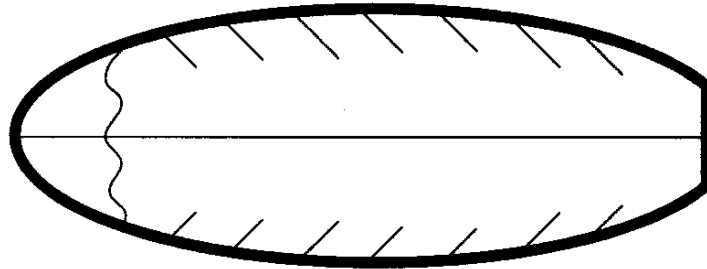
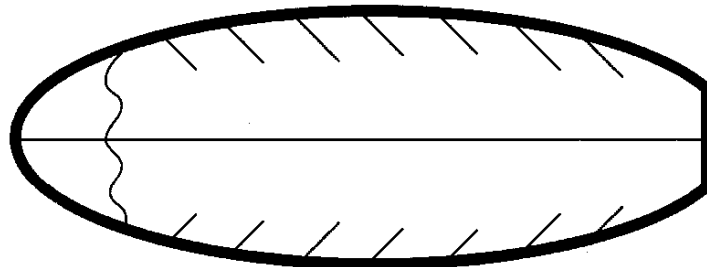


Follow the directions to make a turkey centerpiece.

1. Color and cut out the turkey patterns and stand.
2. Tape the ends of the turkey stand together to form a ring.
3. Glue the turkey feathers to the turkey body.
4. Glue the turkey to the stand and place it on the dinner table.



Completed Turkey



THANKSGIVING FEAST

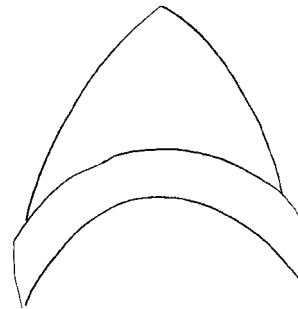
Plan a special Thanksgiving lunch with your children. Let the children help select the day and plan the foods to be served. Once you have the menu planned, take the children with you to the grocery store, allowing them to help select the foods to prepare. It may be helpful to ask a friend or parent to help on the day of your lunch.

Suggestions:

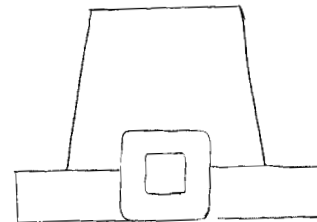
1. Use decorative table cloths or handmade placemats, napkins, cups and plates.
2. A few days before your luncheon, help the children make paper hats to wear.
3. The day before your special luncheon read a Thanksgiving story.
4. Take plenty of pictures and display them on a bulletin board or in a photo album.

THANKSGIVING HATS TO MAKE

White Pilgrim hat: Use an 8 ½" X 11" sheet of white construction paper. Fold 1 ½" up on the 11" side. Pull the other two corners together and staple.



Black Pilgrim hat: Cut out a shape similar to the picture from black construction paper. Attach a yellow or gold shape buckle. Add a black headband strip to each side (long enough to fit around a child's head). Staple the headband together.



Indian headdress: Cut out a headband strip (long enough to fit around a child's head) out of construction paper. Attach imitation feathers or decorated paper feathers to the headband. Staple the headband strip together.



PEANUT BUTTER APPLE ROLLS*Yield: 8 Serving size: 1 roll*

One 8 oz. can refrigerated crescent rolls

4 Tablespoons peanut butter

 $\frac{1}{2}$ cup peeled, finely chopped apple

Preheat oven to 350° F. Separate rolls into 8 triangles. Spread peanut butter evenly on each triangle, 1 $\frac{1}{2}$ teaspoons each. Top with 1 tablespoon chopped apple. Start at the shortest side of each triangle and roll to other side. Curve into a crescent shape. Place on cookie sheet and bake from 10 to 15 minutes.

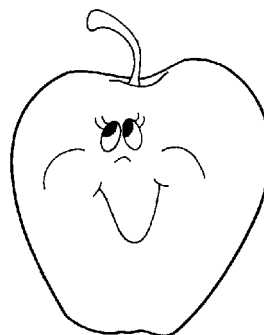
*CACFP Meal Contribution: 1 roll provides 1 bread/bread alternate**-Connecticut Cooks For Kids***HOT APPLE CIDER**

4 cinnamon sticks

10 cups apple juice

3 cups water

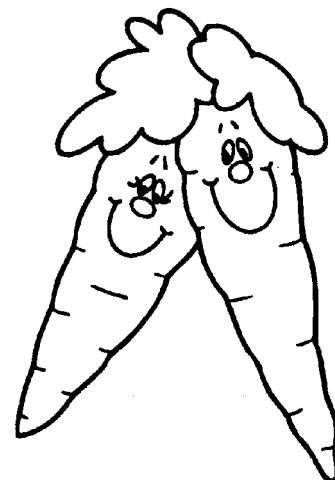
1 (6 oz.) can frozen concentrated orange juice



Simmer cinnamon and water together for 10 minutes. Remove the cinnamon sticks and add both the apple and orange juice. Serve warm. Makes 14 servings.

*-Happiness is Snacktime***HAYSTACK SALAD**

Mix in a medium bowl 2 tablespoons salad dressing and 1 teaspoon milk. Add 2 $\frac{1}{2}$ cups shredded carrots and $\frac{1}{2}$ cup raisins.

-Happiness is Snacktime

||

COOKING PUMPKIN

Cooking your own pumpkin is fun and easy. First of all, select a baking pumpkin. These pumpkins are generally smaller and more orange in color than the carving variety, and they are sweeter and tastier when baked. Cut the pumpkin in half and remove the seeds. Place the pumpkin halves on a baking sheet, cut sides down. Bake at 350 degrees for 1 to 1¼ hours, or until the flesh is tender when pierced. Scoop out the cooked pumpkin. Use in your favorite pumpkin pie recipe or any other recipe calling for cooked or canned pumpkin.



-Super Snack News, 10/96

SWEET POTATO CHIPS

Sweet potato
Cinnamon (optional)

Peel sweet potato. Slice into very thin rounds. Soak in ice water for 15 minutes. Pat slices dry and place on a greased baking sheet. Sprinkle lightly with cinnamon, if you wish. Bake at 450 degrees for 8 to 11 minutes. You may need to remove thinner slices as they brown.

-Super Snack News, 10/96

CRUNCY PUMPKIN SEEDS

Preheat oven to 350 degrees.



Scoop out the pulp and seeds from a Halloween pumpkin. Put pulp in a colander. Wash the pump and stringy matter off seeds under cold running water. Blot seeds dry with a clean cloth or paper towel. Spread the seeds out on a cookie sheet in a single layer, not touching each other. Sprinkle the seeds with just a little salt. Place the cookie tray in the oven. Check the seeds after 12 minutes. They are done when they are dry and light brown. Let cool before eating.

-Food, Family & Fun

PUMPKIN PANCAKES

Yield: 10

2 cups all-purpose baking mix
2 Tbs. brown sugar
2 tsp. cinnamon
1 tsp. allspice
1 ½ cups 2% lowfat milk

½ cup pumpkin
2 Tbs. vegetable oil
2 eggs
1 tsp. vanilla



Preheat griddle. Combine baking mix, brown sugar, cinnamon, and allspice. Add milk, pumpkin, vegetable oil, eggs, and vanilla. Beat until smooth. Spoon onto hot griddle. Cook on one side until bubbly and turn to cook other side until golden brown. Serve while warm with either maple syrup, confectioners sugar, or alone.

-Connecticut Cooks For Kids

TURKEY TOPPED PIZZA

10 minutes Serves: 8

You can add any of these to the top of your pizza: thin slices of green pepper, yellow pepper, or red pepper; fresh basil leaves or oregano; thin slices of red onion, yellow onion, or Spanish onion; grilled eggplant, zucchini, broccoli florets; mushroom slices; and any kind of olives.

9 oz. ground turkey	¼ tsp. dried oregano leaves
½ tsp. olive oil	¼ tsp. Italian seasoning (optional)
1 Tbsp. garlic powder (or 1-2 fresh garlic cloves, minced)	2 whole wheat English muffins, split
1 Tbsp. onion powder	4 pita bread
1 tsp. fennel seed	2 cups tomato sauce
	9 oz. lowfat mozzarella cheese, shredded

In a hot skillet, add oil, ground turkey and all other seasonings. Cook until turkey resembles a finely ground mixture and temperature is 165° F and juices are clear-colored. Place muffin halves and pitas on sheet pan. Divide and spread turkey topping evenly over tops of muffin halves and pitas. Top with sauce, and sprinkle on mozzarella. Bake in oven at 375° F until cheeses melt, about 5-10 minutes.

Variation: You can also use the turkey topping for other meals. Mix some into tomato sauce. Add ½ tsp. of chili powder to season. Put in a taco shell or hot dog bun with shredded romaine lettuce

-Food, Family & Fun

EASY 3-CAN CHILI

Yield: 4 servings

1 (15-oz.) can pinto, kidney or red beans
1 (15 oz.) can corn
1 (15 oz.) can tomatoes, chopped
1 tsp. chili powder



Place the contents of all three cans (do not drain) into a pan. Cooking in a cast iron pan will add extra iron to this recipe. Sprinkle with chili powder and heat thoroughly. If desire, you can also add chopped cooked meat, onions or green peppers.

-U.C. Cooperative Extension

TURKEY TRIVIA

Where does the name “turkey” come from?

Now, a lot of people may think they know what or who a turkey is. But to really be in the know, take a look at this. The name turkey was originally applied to an African bird (now known as the guinea fowl) which was believed to have come from Turkey. When the Europeans stumbled on the American turkey, they thought it was the same bird, so they named it “turkey”.

Which is better – a “hen” turkey or a “tom”?

This is an equal opportunity world. And the answer to this question is – they’re equally good! Actually, the designation of “hen” (female) or “tom” (male) is optional on the label and is an indication of size. Toms are larger.

What’s the nutrient content of turkey?

There’s a lot of good news here. Turkey provides a significant amount of protein as well as other nutrients. Fat, saturated fat and cholesterol are also present, with most of the fat being in the skin. A three-ounce serving of baked turkey breast with skin has 160 calories, 6 grams of fat, 65 milligrams of cholesterol and 24 grams of protein. Without skin: 120 calories, 1 gram of fat, 55 milligrams of cholesterol and 26 grams of protein.

SAFE HANDLING TIPS

How long can you keep turkey in the fridge or freezer?

Fresh whole turkey and fresh turkey parts should be cooked (or frozen) within one to two days of purchase. A whole turkey (uncooked) can be frozen for up to 12 months before quality gradually declines.

When is it “done”?

For tenderness and doneness, the internal temperature, as registered on a meat thermometer, must reach a minimum of 180 degrees F in the innermost part of the thigh before removing the turkey from the oven. For optimum safety and uniform doneness, we recommend cooking stuffing outside the bird. If you do stuff it, the center of the stuffing must reach 165 degrees F before you remove it from the bird.

How long can you keep cooked turkey?

Cooked turkey, and cooked turkey dishes can be kept in the refrigerator for three to four days. After that, freeze them, or pitch them. Cooked turkey will maintain quality in the freezer for four months, turkey dishes for four to six months.

WEBSITES TO CHECK OUT FOR HOLIDAY CRAFT IDEAS

www.enchantedlearning.com/crafts/

Ages: kindergarten, preschool, and elementary school crafts.

www.dltk-kids.com/

Ages: preschool, kindergarten and elementary school kids.

www.amazingmoms.com/htm/kidsart.htm

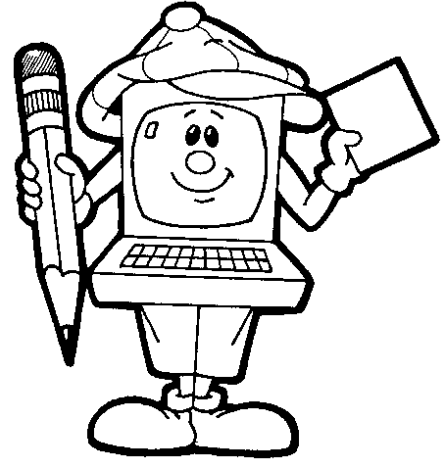
Ages: preschool through K-6.

www.allfreecrafts.com/kids/index.shtml

Easy craft projects for children

www.freekidcrafts.com/

Ages: toddler, preschoolers



FOOD SAFETY AND EDUCATION

Visit www.fsis.usda.gov/food_safety_Education/

You will find information on;

- Food Safety
- Education programs
- USDA Meat & Poultry Hotline
- Ask Karen – do you have a question about food safety?
- For Kids & Teens
- Fact sheets

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