

Winter 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

THE ABC'S OF NUTRITION AND HEALTHY EATING

Association for Child Development, East Lansing Michigan, Potpourri August 2001 Edition

A is for activities. Children learn about food while having fun. Draw a triangle, cut food pictures from magazines, and then glue the pictures inside the triangle to make a Food Guide Pyramid.

B for breakfast. Eat breakfast every day to fuel the body and mind. Studies show that children who eat breakfast think and behave better than children who don't.

C is for creativity. Give children opportunities to create with their food. Paint on toast. Turn a pear into a bunny salad. Make tacos.

D is for decide. It is your responsibility to provide children with nutritious choices, but it is the children's responsibility to decide how much to eat. This helps them differentiate between feeling hungry, and feeling full, which builds healthy attitudes about eating.

E is for exercise. Provide activities every day that require the children to be physically active. Exercise and nutrition go hand-in-hand for a healthy body and mind.

F is for fun. A fun mealtime atmosphere makes eating enjoyable. Talk and taste.

G is for good manner. They are an important part of eating, and allow others to also enjoy their meal.

H is for helping. Children love to help in the kitchen, and are more apt to eat when they helped prepare. Even little hands can shred lettuce or stir ingredients.

I is for individual servings. Even the pickiest of eaters may be enticed to eat individual pizzas and mini-meat loaves. Keep in mind that children's stomachs are small- about the size of their fist.

J is for juice. 100% juice contains vitamins and minerals but no added sugar. Many varieties of juice are now fortified with calcium, too.

K is for kitchen science. Experimenting with ingredients found in the kitchen is fun. What happens when water is put in the freezer, heated on the stove, or left at room temperature?

L is for library. Visit the library to borrow children's books about food.

M is for measure. When children measure ingredients for a recipe they are using math skills while learning how to cook.

N is for new foods. Trying new foods can be scary for children, so go slow. Offer only one new food at a time, and serve it with other foods that are liked and familiar.

O is for outings. Taking trips to a grocery store, U-pick farm, or a restaurant can teach children about healthy food choices.

P is for planting. When children plant and water seeds, they harvest the vegetables, they learn where some plant foods come from, and may be excited to eat “the fruits of their labor.”

Q is for questions. Encourage children to ask questions about the food they eat.

R is for role model. Children are influenced by what you do and say. So, eat the same nutritious foods that they do.

S is for supermarket. Take the children shopping and encourage them to help you choose the food you buy.

T is for tasting. Celebrate trying new foods with a tasting party. Cut a variety of vegetables into bite-size pieces and serve them with dip. Offer different breads with different spreads. Serve a variety of fruits with a yogurt based sauce.

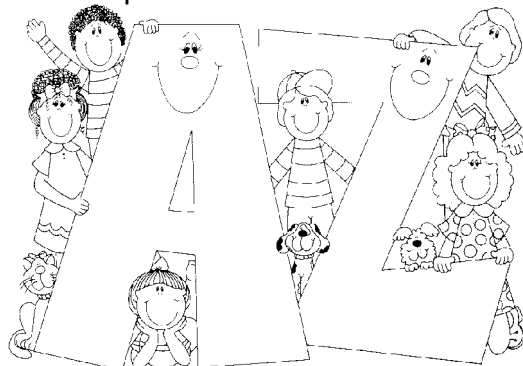
U is for understand. Understand when the children don’t like a food- their tastes are constantly changing. Never force a child to eat something; rather, serve it again on another day.

V is for variety. Eating different foods from each group of the Food Guide Pyramid provides the body with all of the nutrients it needs, plus it keeps eating interesting.

W is for water. Make sure the children drink plenty of water to stay hydrated.

X is for extra. Serve children extra portions when they ask for them.

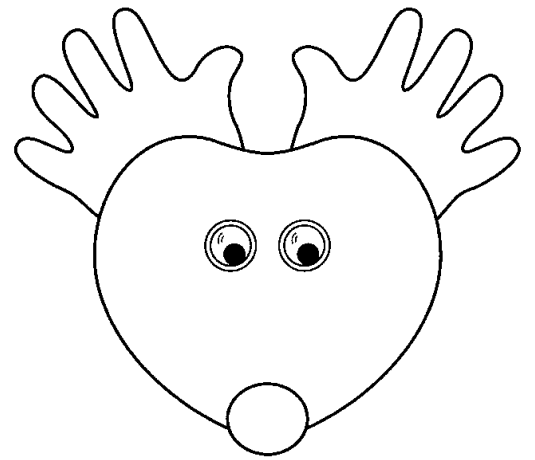
Z is for zap. Cooking or “zapping” vegetables in the microwave for a short period of time in just a little water preserves their nutrients



RUDOLPH

Things you will need

- Heart shaped Rudolph head pattern
- Black, red, and brown construction paper
- Wiggly eyes
- Pencils
- Glue
- Scissors



What to do

1. Trace both hands onto black construction paper and cut them out.
2. Cut out the Rudolph head pattern
3. Glue each hand to the back of the head pattern.
4. Cut out a circle from red constructions paper for Rudolph's nose.
5. Glue on wiggly eyes and the red nose.

-Carson Delloso, CD-0060

TREE CENTERPIECE

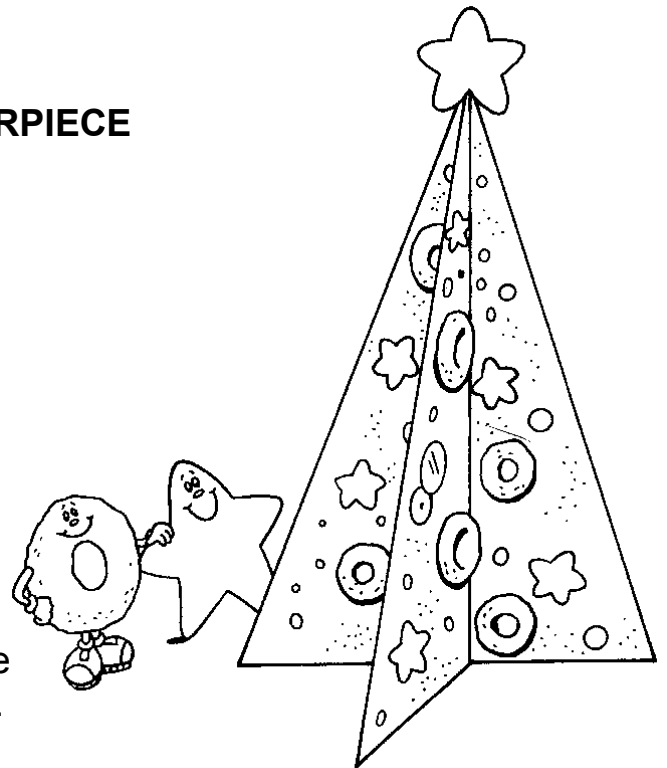
Things you will need

- Triangle tree pattern
- Green construction paper
- Colored ring cereal
- Glitter, sequins, etc.
- Star stickers
- Clear tape
- Glue
- Scissors

What to do

Teacher: make two copies of the triangle tree pattern on green construction paper.

1. Cut out the two triangles.
2. Fold the two triangles in half lengthwise.
3. Place the folded triangles back-to-back and tape them together with clear tape.
4. Stand the four-sided tree upright.
5. Glue colored ring cereal, glitter, sequins, etc., to the tree.
6. Place two star stickers back-to-back on the top of the tree.

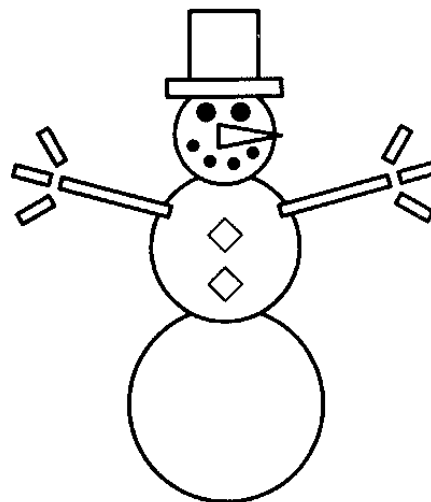


-Carson Delloso, CD-0060

SHAPELY SNOWMEN

Copy the Shapely snowmen patterns (page 5) for each student. Have students identify the shapes and then cut out the patterns. Direct students to use the shapes to create snowmen pictures by gluing the shapes onto construction paper. Have students draw smaller shapes for facial features and buttons.

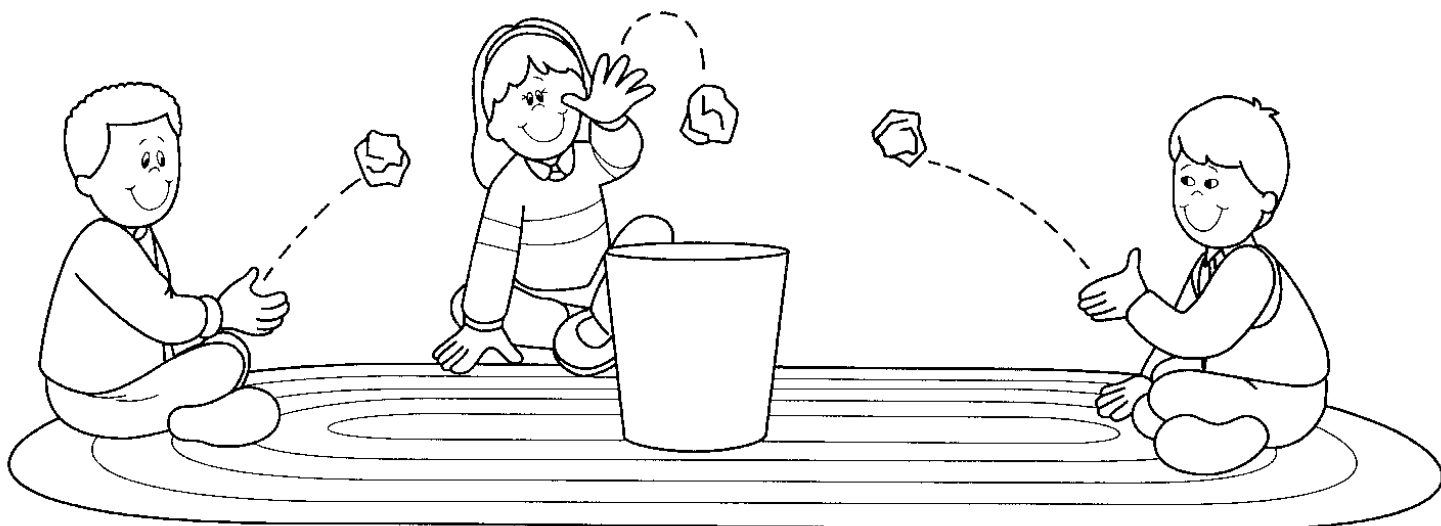
-Carson Delloso, CD-0817



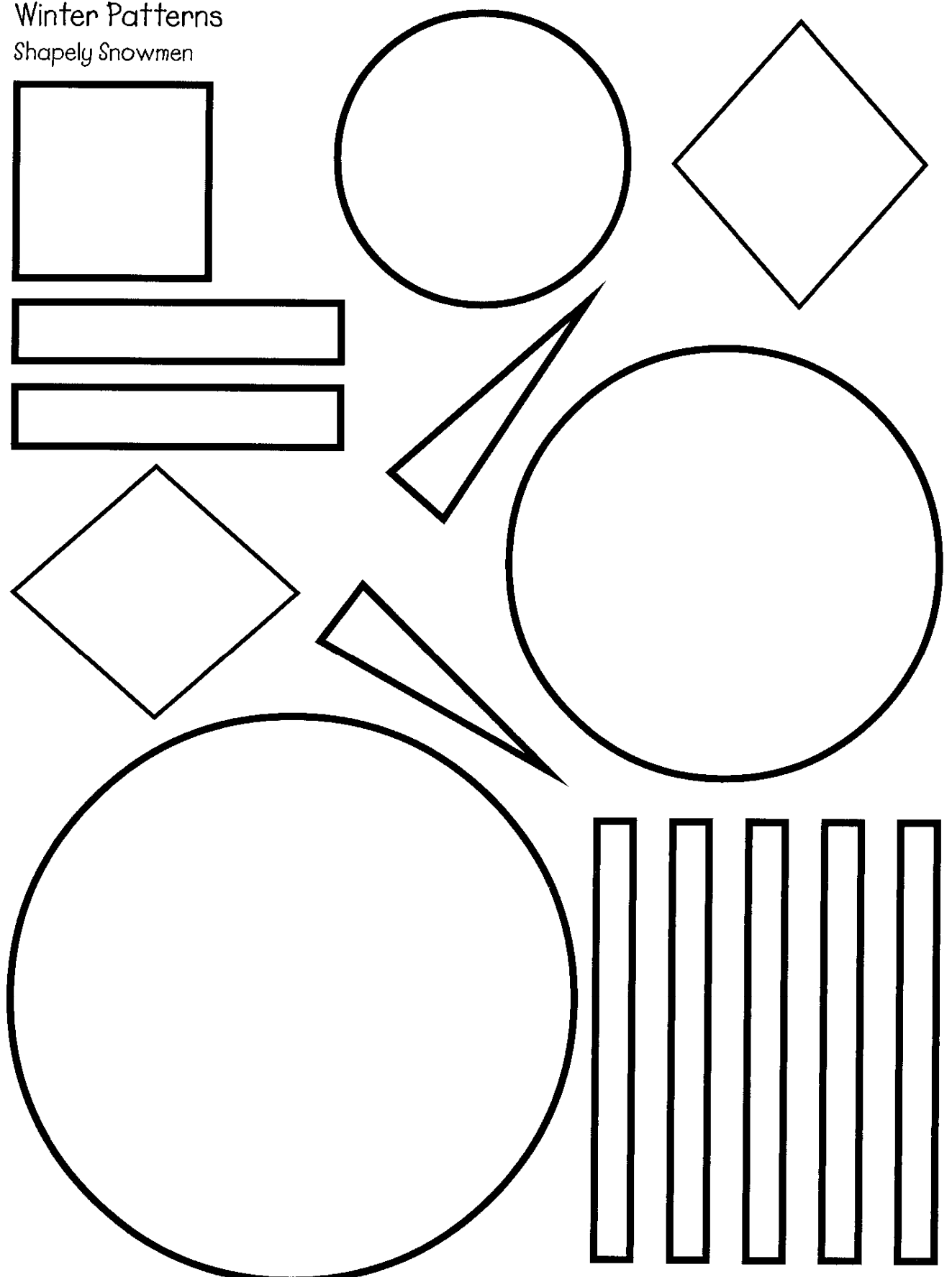
SNOWBALL TOSS

Sit in a circle with several friends. Place a bucket in the center of the circle. Each person will need a snowball made from crumpled white paper. At the same time, everyone tries to toss her snowball in the bucket. If a player does not get his snowball in the bucket, he is out. Continue playing until one winner is left.

-Carson Delloso, CD-0183



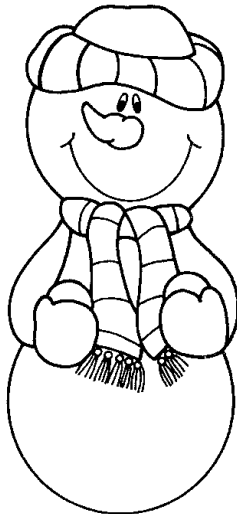
Winter Patterns
Shapely Snowmen



RECIPES FOR JANUARY

SNOWMAN PIZZA

You will need English muffins (cut in half), pizza or tomato sauce, shredded mozzarella cheese, and small pepperoni slices. Give each child two English muffin halves on a paper plate. Have the children spread the pizza sauce, and layer with the mozzarella cheese. Then use the pepperoni slices for the eyes, nose, mouth, and buttons for the snowman. Heat in the oven until the cheese melts.



BANANA SNOWMAN

Place three round slices of banana on top of a lettuce leaf to form a snowman. Use a cheese slice for the hat and raisins for features. Sprinkle with coconut for snow.

-Happiness Is Snacktime

EDIBLE SNOWMAN

Bring in several cans of refrigerated biscuits. Give each child about $\frac{1}{2}$ cup of the biscuit dough, a handful of raisins or candy-covered chocolates, and a piece of wax paper. Have each student form her dough into the shape of a snowman. Direct students to place raisins or candy pieces on the dough for eyes, noses, mouths, and buttons. Use a spatula to pick up and place each student's snowman on a cookie sheet. (You may want to make a diagram of the cookie sheet and write down the locations of student's snowmen.) Follow the package directions to bake the snowmen. When the snowmen are finished baking, provide honey for students to spread on their snacks and eat.

-Carson Delloso CD-0817

Note: Honey should not be served to children under 1 year of age.

FUN WITH TREES

HOLIDAY EVERGREEN TREE

Draw a large pine tree shape on a long sheet of newsprint paper. Have the children dip their hands into red or green paint, and print on the pine tree shape. Let dry, cut out and display.

PIN THE BOW ON THE TREE

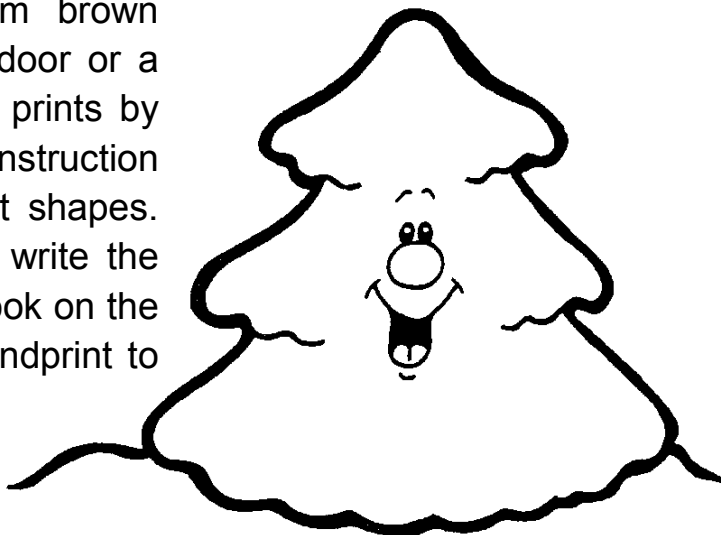
Cut out a large pine tree shape from green wrapping paper. Secure the tree to a door. Give each child a holiday bow to stick on the tree.

RING AROUND THE ROSIE

Have the children stand around a tree trunk and all hold hands. Then have the children play "Ring Around The Rosie". Remember to have the children drop to the ground when the words "we all fall down" is sung.

THE READING TREE

Cut out a large tree trunk from brown construction paper. Attach to a door or a large bulletin board. Make hand prints by tracing a hand onto colored construction paper. Cut out several handprint shapes. Each time a child reads a book, write the child's name and the title of the book on the handprint shape. Attach each handprint to the tree trunk limbs.



FUN RECIPES

MUFFIN MEAT LOAF

- 1 lb. ground beef (or ground turkey)
- $\frac{3}{4}$ cup oats
- 1 egg, beaten
- $\frac{1}{2}$ cup milk
- 3 Tbs. chopped onion
- 1 tsp. salt
- $\frac{1}{2}$ cup grated cheese



Combine all ingredients in a bowl, mixing well. Grease cups in muffin pan; spoon mixture into cups. Bake at 350 degrees for 1 hour. Cool slightly before removing from muffin cups.

-Potluck Potpourri

BLACK BEAN SOUP

- | | |
|--------------------------------|----------------------------|
| 2 Tbsp Canola oil | 1 Bay leaf |
| 1 Onion, chopped | 2 Tbsp lime or lemon juice |
| 1 Clove garlic, minced | 16 oz. can diced tomatoes |
| 1 tsp Cumin | 2 (15 oz) cans black beans |
| 1 tsp Oregano | 14 oz. can chicken broth |
| $\frac{1}{2}$ tsp Chili powder | |



Cook onion in oil until soft. Add all remaining ingredients and simmer for about 15 minutes. Optional garnishes: plain yogurt, shredded cheese, avocado slices.

Yield: 6 servings

Meets the requirement for protein/meat alternate

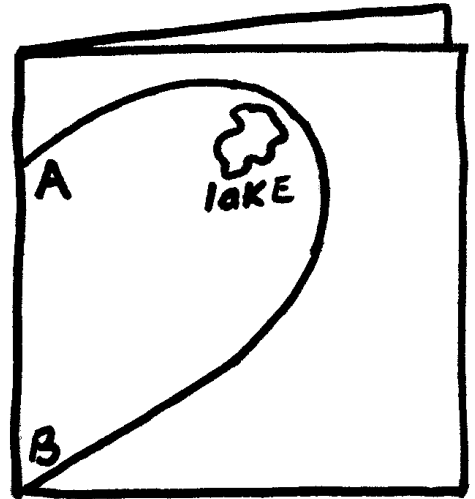
-Nutrition Edition, April 2003

FOLDING HEART STORY

Tell the following story while making a heart from a folded piece of paper. Draw items on the paper according to the diagram.

Story

Sally and Jim lived at A (make A). Grandma lived at B (make B). They decided to make a map of the path to Grandma's around the lake (draw lake). They walked around the lake (draw half heart starting at A and ending at B). When they arrived at Grandma's, they took scissors and cut along the path they had walked (cut along line). They opened it and gave the valentine to Grandma!

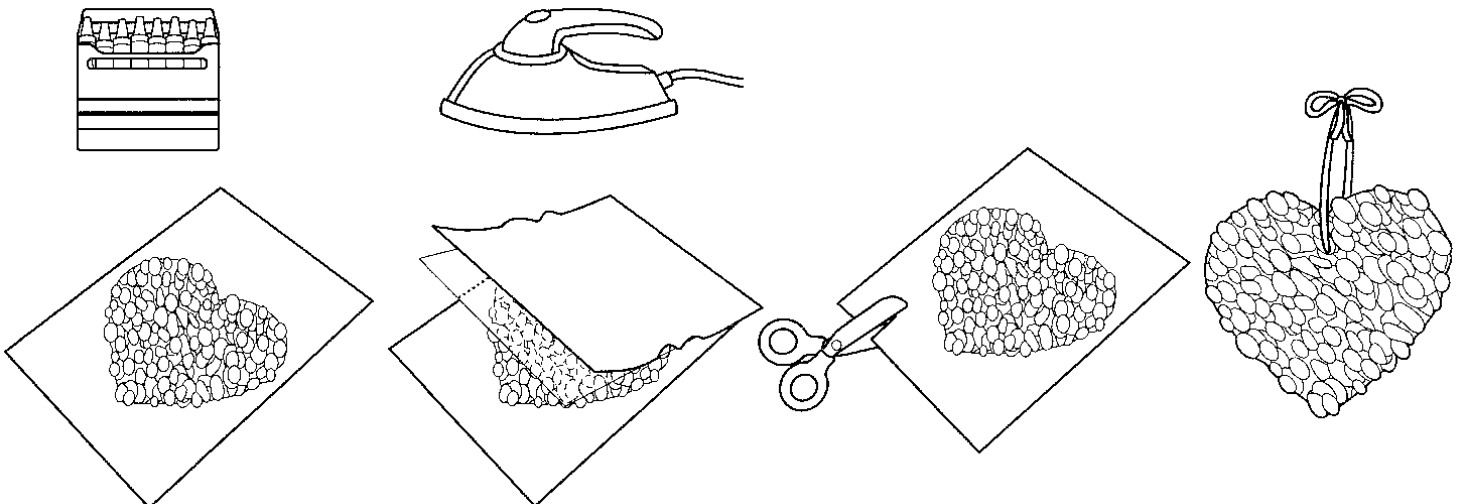


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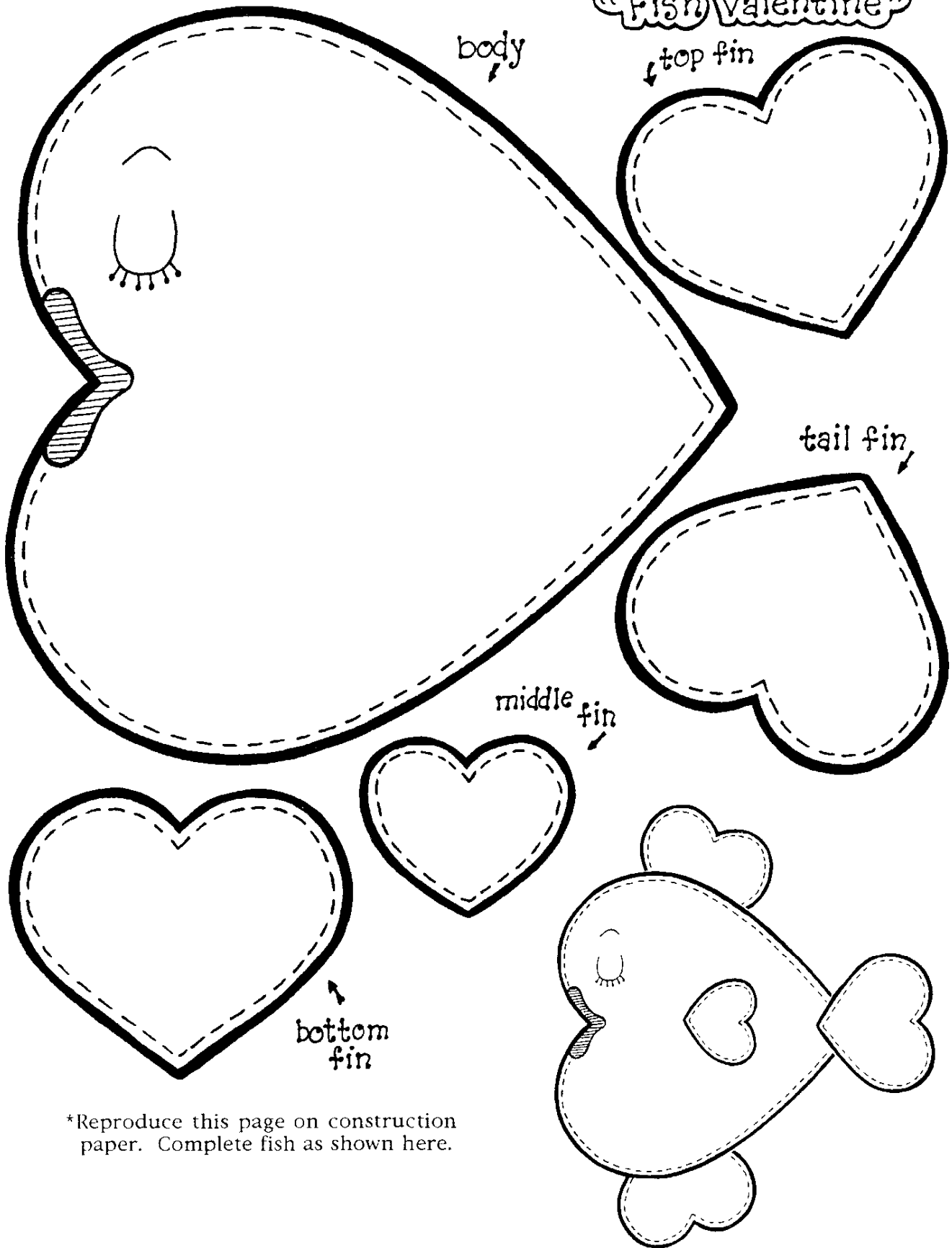
HEART SUN CATCHER

1. On waxed paper, grate wax from red, white, and pink crayons.
2. Cover with another piece of waxed paper and a plain piece of paper. With adult help, Iron the waxed paper.
3. Cut the paper into a heart shape and punch a hole in the top.
4. Hang the heart with string in a window.

-Carson Dellosa, CD-0190



"Fish Valentine"



*Reproduce this page on construction paper. Complete fish as shown here.

TIPS FOR PREPARING HEALTHY FOODS

Children's Choices Cookbook

Foods that are healthy for our hearts are low in fat, low in sugar, and low in sodium. Listed below you will find ideas to reduce your intake of fat, sugar, and sodium.

Caution: The American Academy of Pediatrics recommends that dietary restrictions, including restriction of fats, should not be made in the diets of children under age two.

Lower fat by substituting:

- ♥ reduced-fat cheeses for regular cheeses
- ♥ low-fat milk for whole milk (young children ages one and two should drink whole milk)
- ♥ low-fat plain yogurt for sour cream or cream cheese
- ♥ blenderized nonfat cottage cheese with lemon juice for sour cream
- ♥ equal amounts of applesauce or prune puree for the oil, butter, or margarine in cakes, brownies, or fruit breads
- ♥ two egg whites for one egg
- ♥ half applesauce and half nonfat milk for oil in baked goods

Lower fat by:

- ♥ trimming fat off meats and removing skin and fat from poultry
- ♥ using tuna canned in water instead of oil
- ♥ baking, grilling, roasting, or broiling meats and vegetables instead of frying them
- ♥ draining fat from cooked meats
- ♥ seasoning cooked vegetables with herbs, lemon juice, or broth

Reduce sugars by:

- ♥ using fresh fruits or fruits packed in juice
- ♥ using fruit purees instead of syrup or jam
- ♥ using dried fruits, fresh fruits, or canned fruits in juice to top hot or cold cereals

Reduce sodium (salts) by:

- ♥ adding spices and herbs for extra flavor
- ♥ limiting salty foods such as chips and condiments
- ♥ replacing canned vegetables with fresh or frozen varieties

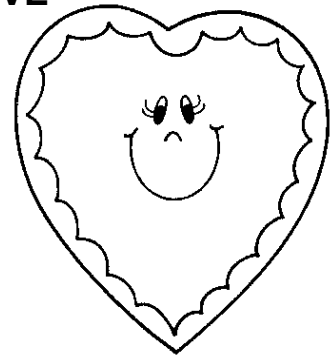
HEART SHAPED FOODS TO SERVE

HEART PIZZA

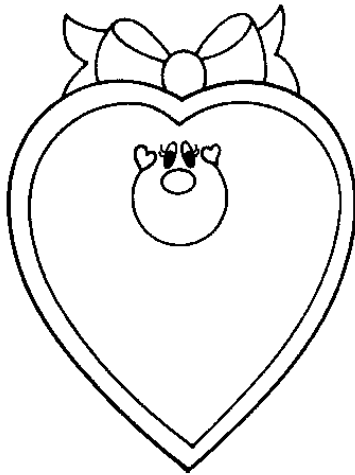
Pizza dough

Pizza sauce

Pizza toppings (sausage, pepperoni, vegetables and shredded mozzarella cheese)



Shape pizza dough into a large heart shape. Place pizza dough on a pizza pan or cookie sheet. Spread pizza sauce on dough. Place meat and vegetables on top of pizza sauce. Top with shredded mozzarella cheese over pizza. Bake according to the pizza dough recipe.



HEART GRILLED CHEESE SANDWICH

Whole wheat bread

American cheese

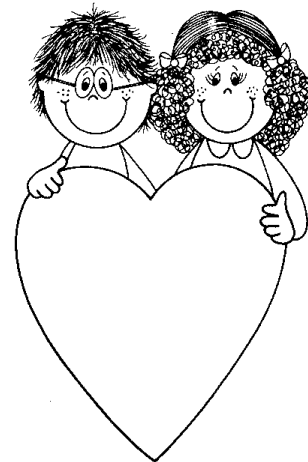
Margarine

Large heart shaped cookie cutter

Cut bread and cheese with a metal heart shaped cookie cutter. Spread a small amount of margarine on both sides of the bread. Place the cheese between the two slices of bread. Grill on a non-stick skillet.

HEART SHAPED CINNAMON TOAST

Cut bread slices with a large heart shaped cookie cutter. Toast, butter, and sprinkle with cinnamon and sugar.



IDEAS FOR THOSE OLD 2008 CALENDARS

Turn your old calendar pictures into books and games for your children to use. Collect outdated calendars from friends, relatives and daycare parents.

Books

Cut and separate your favorite calendar pictures. Place the pictures in a small photo album or scrapbook.

Puzzles

Let each child select a favorite calendar picture. Glue the picture to tagboard. Cut the picture into three or four pieces. Let the children piece together the puzzle. Store each complete puzzle in a plastic zip lock bag.

Counting

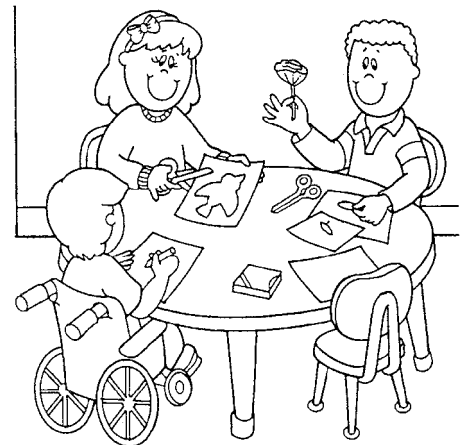
Give each child a calendar page to use for counting numbers. For older children, you may wish to call out a number, and have them circle it with a crayon.

Story Telling

Cut out several interesting pictures from a calendar. Glue the pictures to unlined 3" X 5" index cards. Place the index picture cards in a box. Shake up the box, and let each child pick an index card. Have the children, one at a time make up a story for the picture card they selected.

Creating a Collage

Cut out pictures from a theme calendar such as; cats, cars, etc. Have the children help you place and glue on a large sheet of paper. Hang on a wall or door when finished.



STORING LEFTOVERS

Did you cook more food than you needed? Cover and refrigerate or freeze any extra food right away if it has not been served. Think of the post-cooking stage as a countdown which begins when you finish cooking or take food out of the oven. You have approximately 2 hours to serve it and then refrigerate or freeze the leftovers. Why just two hours? Because bacteria that cause food poisoning can multiply to undesirable levels on perishable food left at room temperature for longer than 2 hours.

Cool foods quickly in the refrigerator. Divide large amounts of food into smaller portions and refrigerate them in a shallow covered pan or container (*less than 3 inches deep*). Food in small containers will get cold more quickly. Leftover foods should be used within 24 hours.

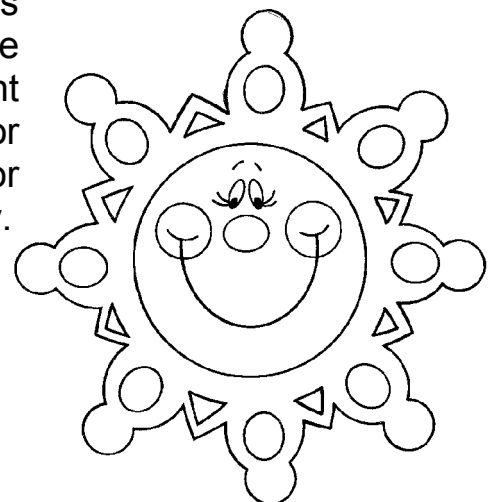
For longer storage, package items in freezer paper or heavy-duty aluminum foil and freeze them. Proper wrapping will prevent freezer burn (*white dried-out patches on the surface of food that make it tough and tasteless*). Don't forget to date your packages and use the oldest ones first. Frozen cooked meat, stuffing and gravy should be used within 1 month.

When reheating, bring liquids such as gravy, soup, or sauce to a boil. Heat other leftovers to 165 degrees F. Reheat and reuse leftovers only one time. If they are not all eaten the second, time, throw them out.

Leftover Baby Food

Discard any baby food left in dishes. Never put food from the dish back into the original container. This will help keep harmful germs from getting into the rest of the food. Store unused baby food in the original jar with a tight lid. A good idea is to serve half of it for breakfast, and use the other half for lunch or dinner. Discard what is left at the end of the day.

Sources: *Making Food Healthy and Safe For Children*
Talking about Turkey, USDA Bulletin #243



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