

Winter 2009



for the kids

CHILD NUTRITION PROGRAM OF SOUTHERN CALIFORNIA

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SERVING LICENSED FAMILY DAY CARE PROVIDERS
IN SOUTHERN CALIFORNIA
SINCE 1981



Health & Safety Notes California Childcare Health Program



Is It Safe to Play Outdoors in Winter?

Fresh air is healthy

Studies have shown that contrary to the common belief that "exposure to cold air causes a cold," fresh air is good and healthy. When children and adults spend a long time together in indoor spaces that are small, overheated and poorly ventilated, germs and illnesses pass easily from one person to another. In fresh, outdoor air, children do not have to rebreathe the germs of the group, and the chance for spreading infection is reduced.

Outdoor play is healthy even in winter

Children of all ages enjoy and benefit from playing outdoors in all except the most extreme weather. Daily outdoor play is healthy and burns energy. It gives children an opportunity for a change of environment, a balance in play and routine, large muscle activities (gross-motor development). Even children who are mildly ill but active should go outside if the weather is not severe. Staff and children alike will feel refreshed when fresh air is part of the daily routine. Taking children outdoors daily, even in winter, can be a healthy part of their schedule, and is safe when clothing is appropriate.

Avoid cold-related injuries

The way we feel about cold, wet or snowy weather and indoor temperatures may be affected by where we live and what we are used to. Temperatures above 40 and below 80 degrees Fahrenheit are generally suitable for routine outdoor play.

Improve indoor air quality

Germs causing disease multiply in warm, dark, damp environments, so it is important to keep the environment clean and dry. Adequate ventilation, humidity and temperature control help us resist illness and increase our ability to get well after sickness.

The following measures will improve the indoor air quality in your child care setting:

- Keep the air temperature between 65° and 75° Fahrenheit, if possible.
- Open the windows in every room for a few minutes every day to circulate fresh air, even in winter. Windows must be screened to prevent insects from entering, and should be opened no more than 6 inches (or be protected with guards) to prevent children from falling out.
- Do not allow smoking in any space that children will use.
- Properly vent heating and cooking equipment.
- Avoid strong odors. Some people (including children) are allergic to smoke, perfumes and room deodorants.
- Reduce the use of toxic pesticides and cleaners and other household chemicals.
- Control dampness and dust.
- Colds, sore throats and other infections of the respiratory system are common in cold weather and are usually caused by viruses. Child care providers have the potential to improve the health of children in their care by opening up windows to improve ventilation, and having children play for extended periods outdoors in the fresh air. They can provide instruction and programs that promote enjoyable, lifelong physical activity.

Handwashing is the single most effective way to reduce the spread of infection in a child care setting.

Resources

Keeping Kids Healthy: Preventing and Managing Communicable Disease in Child Care, California Department of Education, 1994.

Healthy Young Children: A Manual for Programs, NAEYC, 1995.

The Lancet, Volume 349, Number 9062, May 10, 1997.

Well Beings, the Canadian Paediatric Society, Volume 1, 1992.

By Rahman Zamani, MPH (8/25/98)

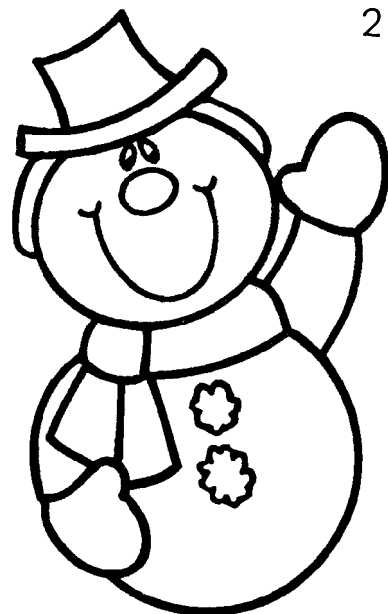
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FUN WITH WHITE

Make a Snowman Mobile

Attach two paper plates together. Glue on triangle shapes for the eyes and nose. Draw the mouth with a marker. Glue circle shapes on the middle paper plate for buttons. Attach a black hat made from construction paper on top of the snowman's head. Using a paper hole punch, punch a hole on top of the hat. String with yarn and hang.



Toss a Snowball

Have the children crumple white paper into ball shapes. Go outside and toss the paper snow balls in the air or have the children throw to each other. You can also use small baskets or boxes for the children to toss their snowballs into.

Searching for Snowballs

Crumple white paper into ball shapes. Hide the paper snow balls in the house or in the yard for the children to find.

Counting Cotton Balls

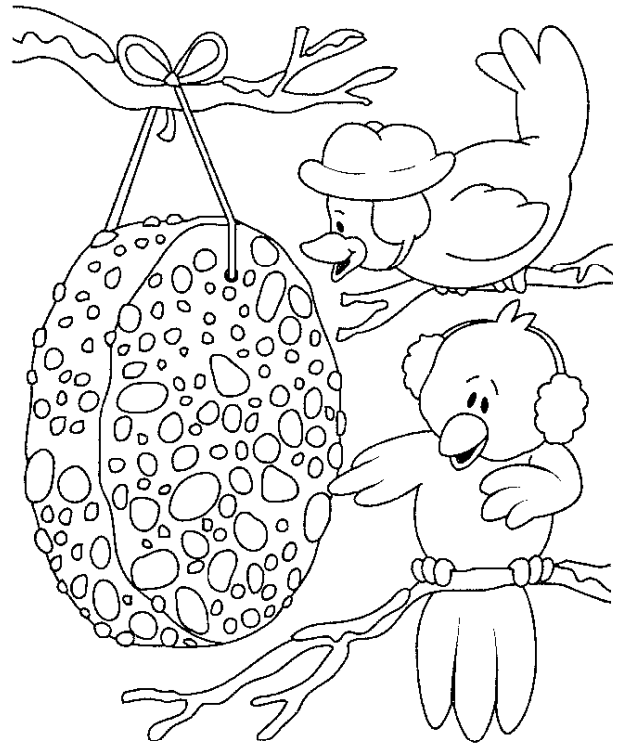
Fill three large jars with different amounts of white cotton balls. Fill one jar to the top, fill the second jar $\frac{1}{2}$ full and fill the third jar $\frac{1}{4}$ full. For a few days let the children guess how many cotton balls are in the jars. Then open the jars and count the cotton balls with the children.

At circle time, give each child a handful of white cotton balls. Ask the children to count and hold up two cotton balls, 3 cotton balls, 4 cotton balls and so on.

These cool crafts are for the birds!

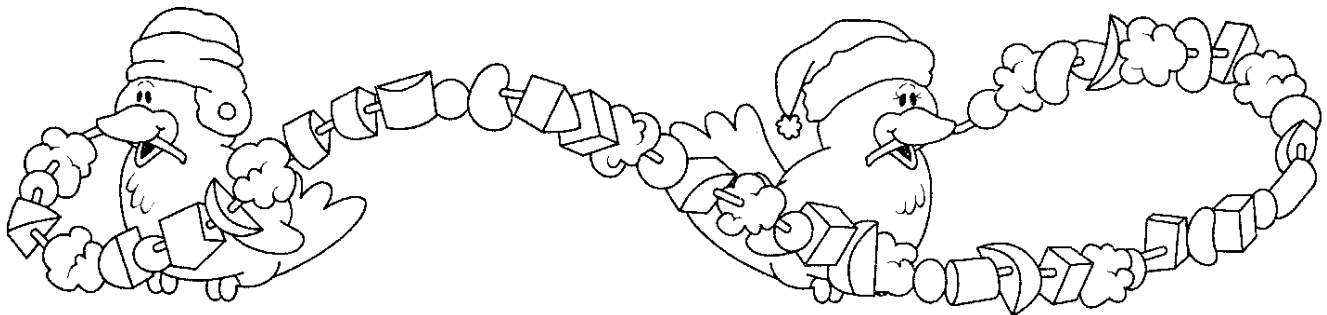
Edible Feeder

1. Have an adult punch a small hole through the top of a rice cake.
2. Thread a sturdy string through the hole and make a loop for hanging.
3. Cover the rice cake with peanut butter.
4. Press the rice cake into a plate of birdseed.
5. Hang the feeder on a tree or bush.



Bird Food Garland

1. Gather popcorn, cubes of cheese, and small pieces of fruits and raw vegetables.
2. Have an adult help you thread a blunt needle with heavy-duty thread and tie a knot at the end.
3. Carefully string the food items on the thread and tie a knot at the other end.
4. Hang the garland in a tree or bush.

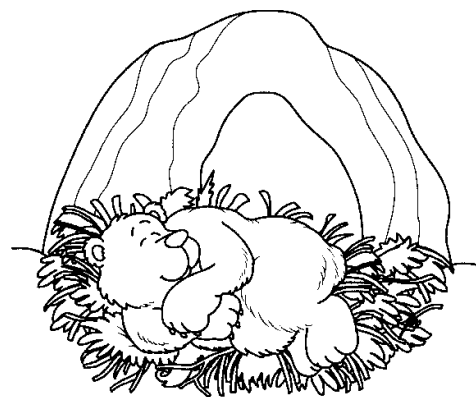


HIBERNATING

Carson-Dellosa, CD-0817, Terrific Themes for Year-Round Fun

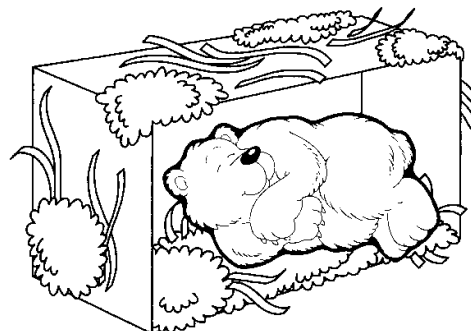
Animals That Hibernate

Talk with children about the word “hibernation.” Ask them if they have ever heard the word, then ask if they can define it. Explain that when animals hibernate, they spend the winter in a warm, safe place in a type of deep sleep. Talk about how the animals often eat a lot of food during fall to build up fat in their bodies to keep them fed during the winter. Ask children if they know which woodland animals hibernate. The following animals hibernate (some varieties in warmer climates may not need to): bears, bats, ground squirrels, and chipmunks. Allow children to discuss the various aspects of hibernation. (An interesting note: beavers spend the entire winter in their lodges, but do not hibernate. They gather food and store it.)



Hibernation Stations

After students have developed an understanding of hibernation, allow each to create “hibernation stations.” Have each student bring a shoe box from home. Let students glue raffia, straw, or craft moss on the inside and outside of their boxes. Provide each student with a copy of one hibernating animal pattern. Have students color their animals and place them inside their boxes. Display these “hibernation stations” around the room. (When the class is getting to noisy, remind students that there are “sleeping” animals in the room!)



Bear Mouth Box Toss

Gather a large box and make a Bear Mouth Toss Box. To create, cut a large hole in the box. Then, draw a bear face on construction paper and attach it to the box so the mouth is centered over the hole. To play, gather a few beanbags. Allow a few children at a time to take turns trying to toss the beanbags into the mouth of the bear. You may encourage children to keep note of their best record and try to improve on it each turn.



HEAPING HELPINGS

Nutrition Edition, May 2009, Contra Costa Child Care Council

Parents who avoid piling oversized portions on children's plates could be helping their pint-size diners avoid super-sized appetites and whopper waistlines.

Large portion sizes can be part of an environment that leads to obesity. The average portion size of foods consumed both inside and outside the home began increasing in the 1970's. A recent study by a Children's Nutrition Research Center (CNRC) behavioral nutrition scientist, Jennifer Fisher, has found that portion size can effect how much some kids eat. Research suggest that when the portion size of an entrée was doubled, preschool aged children consumed one-third more and total calories consumed by the children increased by 15 to 39%. When young children are given large portions of an entrée, they do not usually eat less or other items on their plate.

Alternatively, Dr. Fisher noted that not all children responded the same when served heaping helpings. While some ate as much as 60 to 80% more, others ate about the same amount regardless of the portion size served. Research also shows family style dining, or serving food in bowls that are passed around so children can serve themselves, helps kids avoid overeating.

Tips for Raising a Healthy Eater

Serving over-sized portions, just like tightly policing what children eat, can hinder a child's ability to develop healthy eating habits. To help kids avoid developing portion distortion, Dr. Fisher offers parents these tips:

Encourage Portion-wise Table Manners

- Be a role model for your child. Make sure your own portions aren't too hefty.
- Resign from the clean plate club. Allow children to stop eating when they are no longer hungry.
- Allow children to serve themselves whenever possible. Encourage small first portions, reassuring children that they can have seconds if still hungry.
- Encourage children to eat slowly and take small bites.

Dodge Dining-out Downfalls

- Eat out less often.
- Avoid the super-size syndrome. Keep fast-food orders small or regular size. Also downsize take-out and snack-food purchases. When dining out or ordering take-out, plan to share large portions. One entrée may be enough for two or more family members.

Heaping Helpings continued . . .

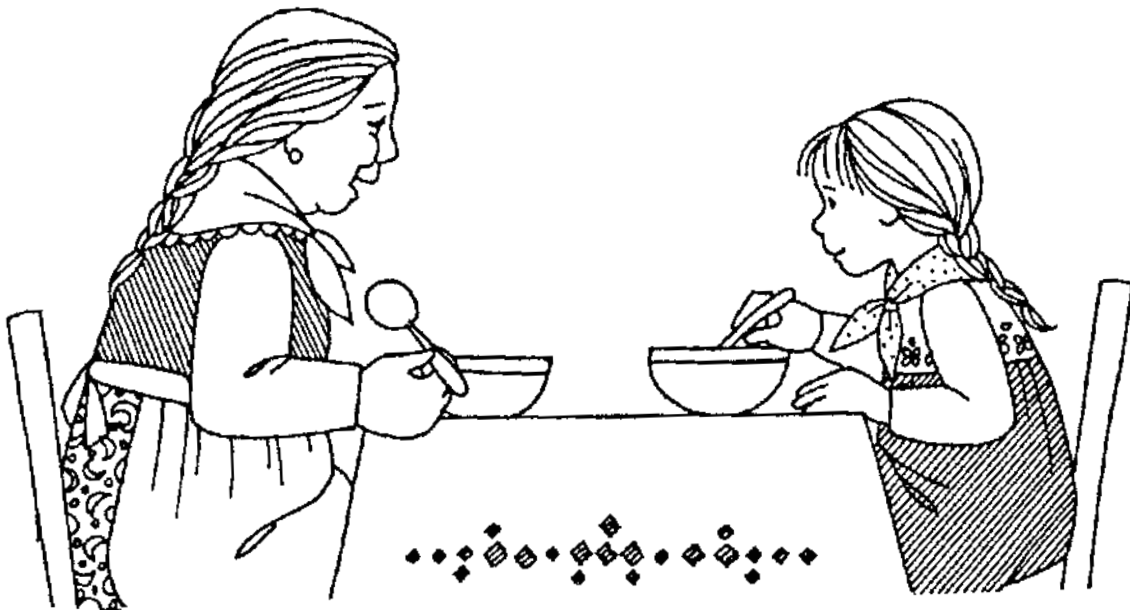
Opt for Learning Opportunities

- Take time during shopping excursions to teach older children how to interpret portion-size information on food labels.
- Insist that snacks be eaten from a small plate or bowl. Outlaw eating any food directly from the original box, bag or carton.

-Nutrition & Your Child

SENSIBLE SERVING SIZES

<u>Meal Components</u>	<u>1-2year olds</u>	<u>3-5 year olds</u>	<u>6-12 year olds</u>
Milk	½ cup	¾ cup	1 cup
Bread	½ slice	½ slice	1 slice
Hot cereal, grains, pasta	¼ cup	¼ cup	½ cup
Cold cereal	¼ cup	1/3 cup	¾ cup
Fruit/Vegetables	¼ cup	½ cup	¾ cup
Meat/Cheese	1 ounce	1 ½ ounces	2 ounces
Beans/Lentils	¼ cup	3/8 cup	½ cup
Yogurt	½ cup	¾ cup	1 cup



ADD VARIETY TO YOUR MENUS

Meat/Meat alternates: Serve meats in different forms to add variety to your menus. Some ideas for meat/meat alternate main dishes are shown below.

Beef

Beef & Spaghetti Casserole
Beef Vegetable Stew
Hamburger
Meatballs
Meat Loaf
Taco, beef
Sloppy Joe

Chicken

Chicken Barbecue Sandwich
Chicken Burrito
Chicken Noodle Casserole
Chicken Nuggets
Chicken Pie with Biscuits
Chicken Salad Sandwich
Chicken Stir Fry
Chicken Sweet & Sour
Oven Baked Parmesan Chicken

Turkey

Turkey, sliced
Turkey, Burrito

Pork

Ham, sliced
Pork Stir Fry
Pork, for barbecue

Fish

Tuna Noodle Casserole
Tuna Salad Sandwich
Fish Nuggets
Oven Baked Fish
Tuna Patties

Eggs

Broccoli Quiche
Deviled Eggs
Omelet
Egg Salad Sandwich
Vegetable Frittata

Cheese

Pizza, cheese
Macaroni & Cheese
Toasted Cheese Sandwich
Vegetable Lasagna

Dried Beans

Beef & Bean Burrito
Bean & Cheese Burrito
Chili Con Carne with Beans
Pinto Beans
Red Beans & Rice

Colors of Vegetables and Fruits

Choose different colors of vegetables and fruits to add variety to your menu. The list below will give you ideas for a variety of colors to include.

Yellow	apple, banana, corn, pineapple, summer squash, fruit cocktail
Orange	apricots, cantaloupe, carrots, oranges, peaches, pumpkin, sweet potatoes
Red	apple, strawberries, tomatoes
Blue/Purple	blueberries, grapes, plums
Green	apple, broccoli, celery, peas, honeydew, kiwi, spinach, lima beans, lettuce
White/Pale	potatoes, pears (canned), applesauce

Heart Girls and Boys

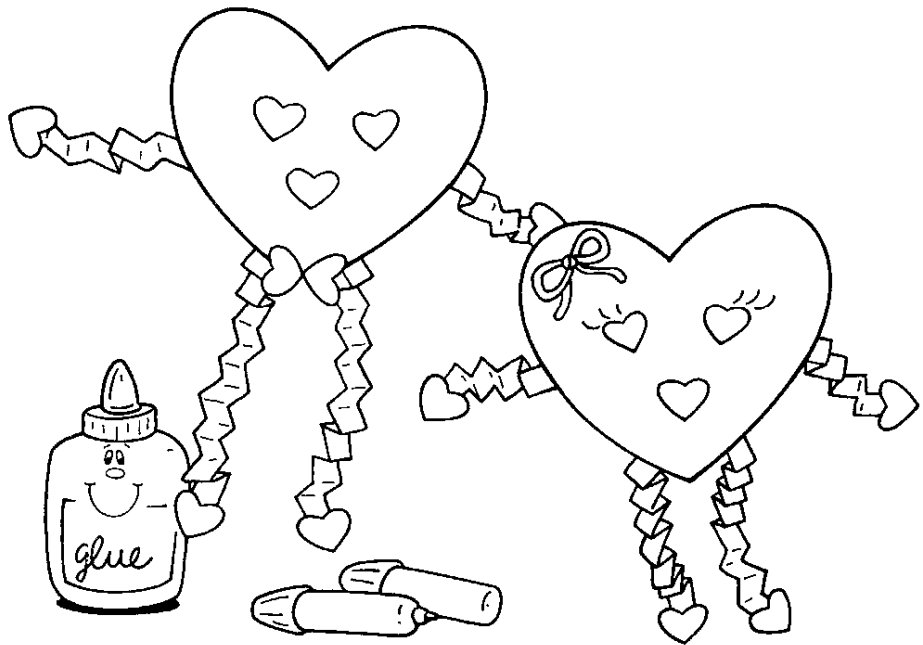
Things you will need

- Large and small heart patterns (page 15)
- Red, pink, and white construction paper
- Pink yarn
- Glue
- Markers
- Scissors

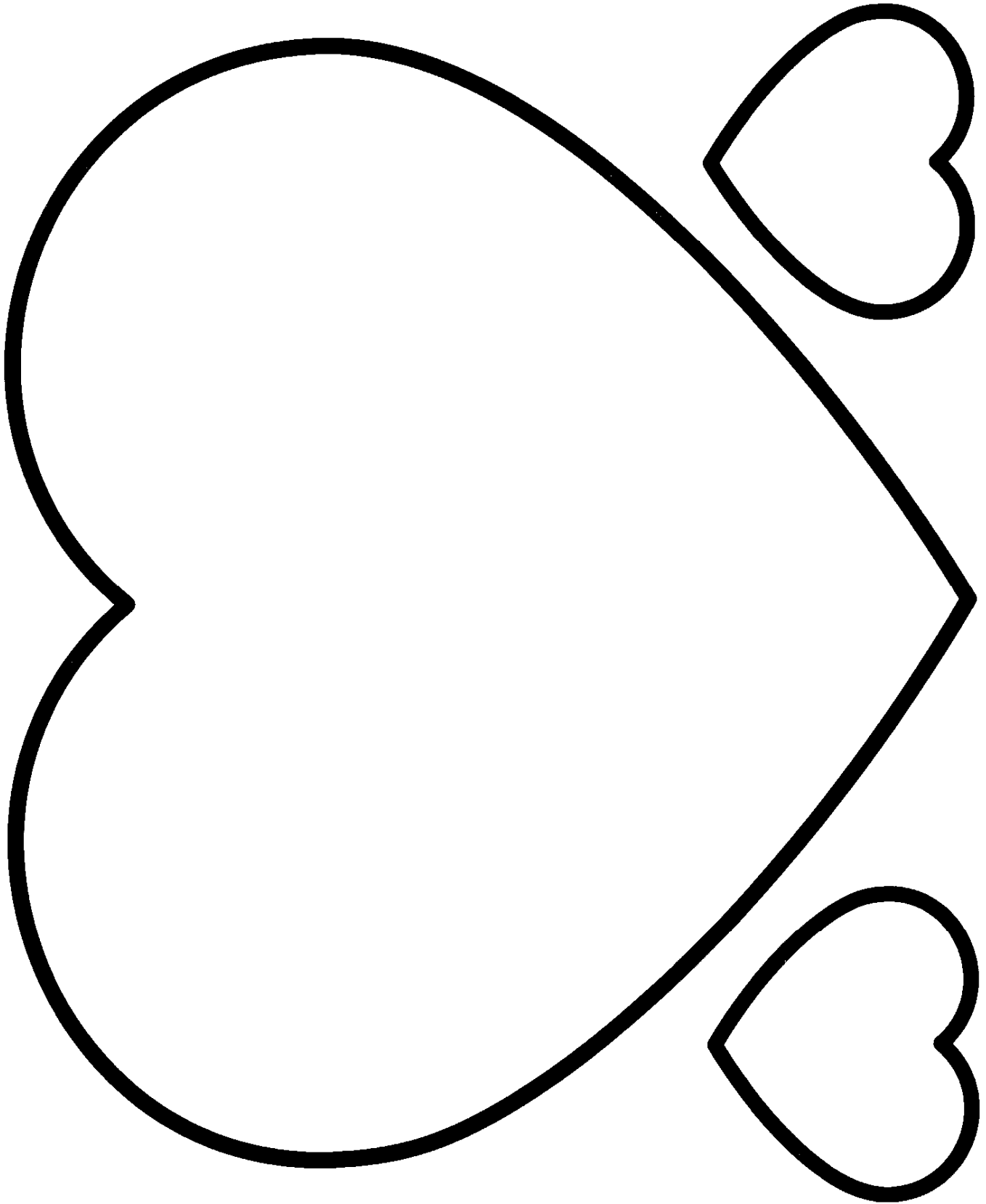
What to do

* Teacher: Make two copies of the large heart on red construction paper. Copy 16 small hearts onto pink construction paper.

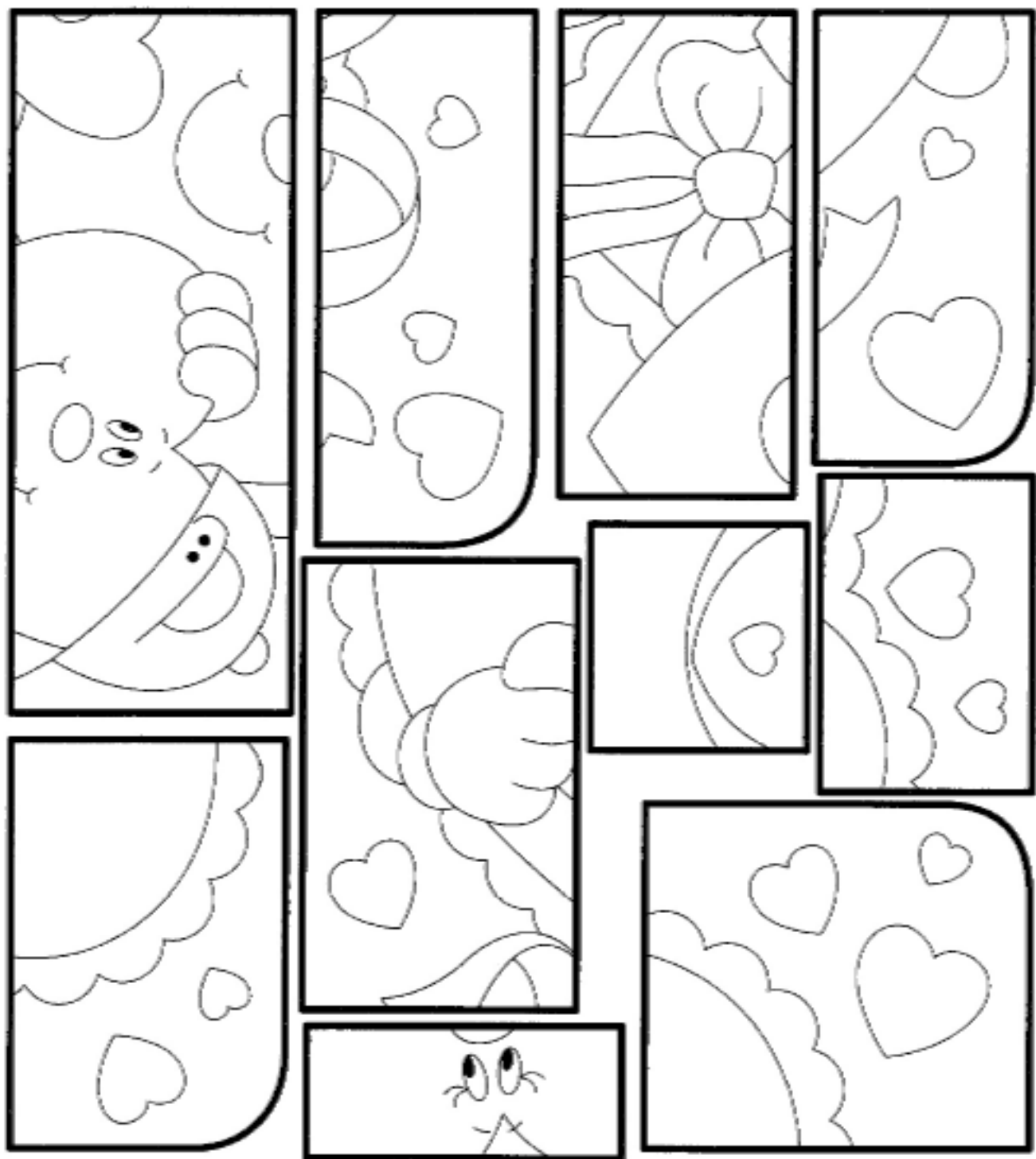
1. Cut out two large hearts for bodies.
2. Cut out 16 small pink hearts to make eyes, mouths, hands, feet, and a bow tie.
3. From white construction paper, cut four 1" x 6" strips for arms and four 1" x 11" strips for legs.
4. Fan-fold the strips.
5. Glue the 6" fan-folded strips to the large red hearts for arms and glue on the 11" fan-folded strips for legs. Glue a small heart to the end of each folded strip for hands and feet.
6. Glue small hearts to each large heart for eyes and a mouth.
7. To finish the girl heart, draw eyelashes. Then, tie a bow from pink yarn and glue the bow to the girl's head.
8. To finish the boy heart, glue two small hearts together point to point to make a bow tie, then glue the bow tie to the point of the boy heart.



Valentine's Day Patterns



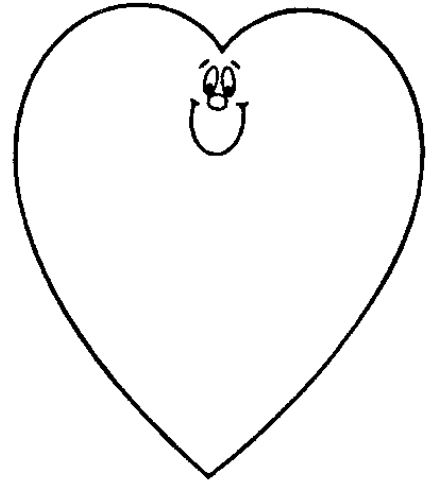
Cut out this Valentine's Day puzzle. Solve and color the puzzle, or place the pieces in an envelope and send to a friend to solve!



VALENTINE GAMES TO PLAY

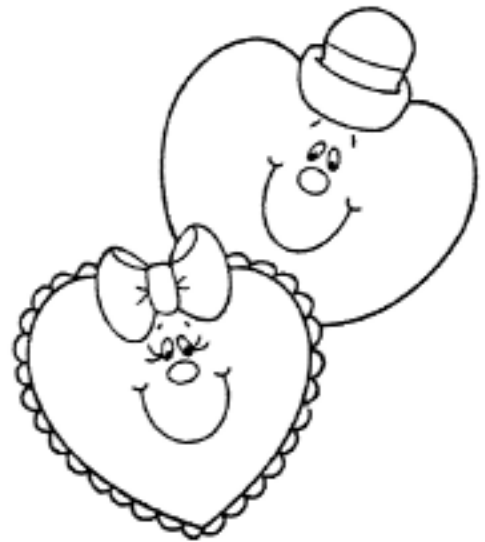
Heart Blanket

Cut several colored heart shapes out of felt or fabric. Sew the hearts on a large piece of sturdy fabric or on a large blanket. Place the blanket in the middle of the floor. Have the children gather around the blanket. Then call out a color and have the children place a hand or foot on the appropriate colored heart. The game is over when the children have used all hands and feet.



Heart Hopping

Cut carpet squares into heart shapes. Place the heart shapes in a line on the floor. Have the children hop or jump from one heart shape to the other. You can place the hearts leading outside; have the children hop outside to play, place the hearts leading to the table; have the children hop to lunch, place the hearts leading to nap time; have the children hop to their napping places.



Heart Beanbag Toss

Gather a cardboard box, close and secure with tape. Have the children decorate the box on all sides with crayons, paint or washable markers. Select one side of the box to cut out a large heart shape. Have the children toss beanbags inside the heart shape.

HEALTHY DIPS



Quick Bean Dip

1 cup fat-free, vegetarian refried beans
 ½ to 1 cup salsa (you choose the heat)

Directions:

1. Combine refried beans with salsa. Add more salsa for preferred consistency.
2. Serve this dip with baked tortilla chips or use it as a burrito filling.

-La Petite Academy

Bumpy Peanut Butter Dip

1 cup cottage cheese
 1/3 cup peanut butter



Blend both ingredients together. Serve with fruits, vegetables, crackers or top pancakes with this dip.

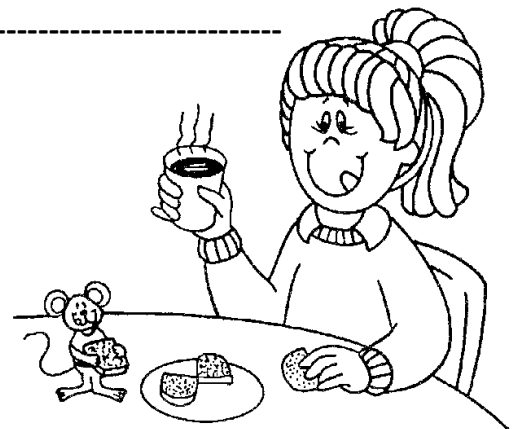
-Nutritious Nibbles

Homemade Tortilla Chips

(claim as tortilla on your menu form)

Directions:

Spray light coating of cooking oil or water on 4-5 flour or corn tortillas.



For herb or cheesy chips:

Sprinkle parmesan cheese or herb mix on the tortillas. Cut each tortilla into 8 wedges. Spread in one layer on a baking sheet. Bake at 400 degrees for 8 to 10 minutes or until crispy.

For sweet chips:

Sprinkle with a mixture of cinnamon and sugar on the tortillas and bake as above.

-La Petite Academy

WINTER RECIPES

Colorful Veggie Stew

Yield: 20 Serving Size: approximately ¾ cup

48 oz. can V-8 juice	1 (16-oz.-bag) frozen mixed vegetables
2 cups celery, chopped	1 (16-oz.-bag) frozen California vegetables
1 cup onion, chopped	1 (16-oz.-can) whole kernel corn,
4 large potatoes, peeled and diced(2 lb. total)	including liquid seasonings if desired

1. In a large pan add V-8 juice, celery, and onions. Bring to a boil and cook until tender.
2. Add remaining ingredients and cook to desired consistency.
3. Add any seasonings you desire, such as thyme, oregano, basil, and bay leaves.

CACFP Meal Contribution: 1 serving provides ¼ cup fruit/vegetable

-Connecticut Cooks For Kids

**Creamy Carrot Soup**

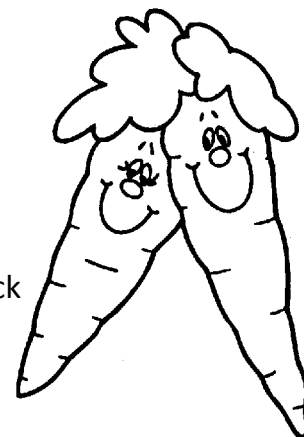
Yield: 18 Serving Size: approximately ½ cup

2 Tbs. vegetable oil	1 tsp. curry powder
1 cup onion, coarsely chopped	2 lb. carrots, peeled & sliced, ¼" thick
1 Tbs. ginger, fresh and minced	10 cups chicken broth
¼ cup long-grain rice, uncooked	Salt and pepper to taste

1. In a large pot, heat oil over low heat. Add onion and ginger. Cook 10 minutes, stirring occasionally.
2. Add rice and curry powder. Cook one minute, stirring constantly.
3. Add carrots and broth. Increase heat and bring to a boil. Reduce to a simmer and cook 30 minutes or until rice is tender. Cool slightly.
4. Puree batches of soup in a blender or food processor until smooth. Return to pot to heat to desired temperature. Season to taste.

CACFP Meal Contribution: 1 serving provides ¼ cup fruit/vegetable

-Connecticut Cooks For Kids



The ABC's of Hand Washing

Marina bounced into the kitchen, ready for her afternoon snack. Without a reminder, she put her sturdy stool by the sink, turned on the warm water, rubbed her hands with soap, and washed her hands carefully, happily singing her ABC's. Auntie smiled proudly as she caught Marina's eye.

Hand washing is important for your whole family!

Even if your hands look clean, they probably carry germs (or bacteria). Germs are everywhere. If you wash your hands really well with warm soapy water, you can get rid of the germs.

Some germs can make you sick. Colds and flu can spread from one person to another in your family through unwashed hands. It's easy to contaminate food, too, with germs from dirty hands.

Always wash hands

Before:

- Handling food
- Eating a meal or snack

After:

- Handling food
- Using the bathroom
- Touching a pet
- Coughing or sneezing into your hands
- Combing hair
- Blowing your nose
- Changing a diaper
- Handling garbage

Help your child learn good hand washing habits:

- Follow good hand washing habits yourself. Your child will watch and follow what you do.
- Encourage your child to count slowly to 30, or to sing the *Alphabet Song* (which takes 30 seconds), to help make hand washing fun and long enough.
- Get a safe stepping stool so your child can reach the sink.
- Hang a hand-washing reminder by the toilet.



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