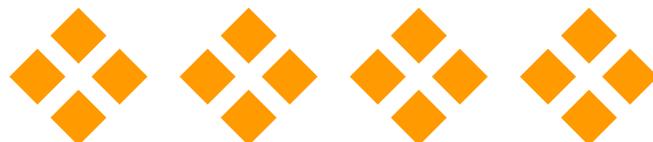




New York State Department of Health



Curriculum



Acknowledgments

Eat Well Play Hard in Child Care Settings Curriculum was developed with input from nutrition and physical activity professionals throughout New York state. Their expertise and advice were instrumental in the development of this publication.

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- editing the curriculum
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Dear Educator:

Thank you for your interest in *Eat Well Play Hard in Child Care Settings*, New York Child and Adult Care Food Program's obesity prevention curriculum. We are confident that you will find this nutrition and physical activity curriculum to be both comprehensive and easy to use.

This ten-module curriculum is intended for use by individuals with a background in nutrition education, preferably Registered Dietitians. Those without a nutrition background are encouraged to carefully review the references and work closely with a local nutrition professional in implementing the curriculum.

Each of the ten modules was designed for three- and four-year olds and their parents. And in addition to the ten lesson plans and related activities, the curriculum includes handouts, references, additional resources, and a handout disc.

We welcome your comments on the *Eat Well Play Hard in Child Care Settings* curriculum and would enjoy learning about the results of your teaching endeavors. Please contact us at cacfp@health.state.ny.us.

Sincerely,

Connie Stephano, Project Director
Eat Well Play Hard in Child Care Settings
Child and Adult Care Food Program
New York State Department of Health

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Food Mood

Food Mood

Audience: Children

Preparation Time

Activity 1: 5 min
Activity 2: 5 min
Activity 3: 10 min

Duration of Lesson

Introduction: 10 min
Activity 1: 15 min
Activity 2: 15 min
Activity 3: 15 min
Closing: 5 min

Take Home Handout

Parent Pages

Goal

To teach children that even favorite foods were once new to them. To provide children with skills to respond to new foods.

Participant Objectives

Children will:

1. Understand that all food was once new to them.
2. Demonstrate how to politely accept or refuse new foods.

Points to Cover

1. Remind children that all food was once new to them.
2. Discuss favorite foods and why children like them.
3. Explain that eating a variety of foods is an important part of being healthy.
4. Remind children that as they try more foods they will begin to like more foods.
5. Explain that children need to be polite about accepting and refusing foods.
6. Teach children how to politely accept and refuse foods.

Activities

Activity 1: Manners

Activity 2: Politely Accepting or Refusing New Foods

Activity 3: Choose Your Snack

Closing

1. Review participant objectives.
2. Discuss the next class.
3. Provide take home handout.

References

Food and Me

How Do Dinosaurs Eat Their Food?

Please Say Please

The Berenstain Bears Forget Their Manners

Tickle Your Appetite



Food Mood

Audience: Children

Activity 1: Manners

Preparation Time: 5 min

Activity Time: 15 min

Supplies

book to read to the children about manners.

possible books:

- Berenstain Bears Forget Their Manners by Stan and Jan Berenstain
- How Do Dinosaurs Eat Their Food? by Jane Yolen and Mark Teague
- Please Say Please by Margery Cuyler.

Preparation Prior to Class

1. Outline the table manners you wish to teach the children, and highlight any that are not covered in the story.
2. Practice reading the book while holding it in such a manner that the children can see the pictures as the story is being read.

Implementation

1. Talk with the children about what manners are.
2. Ask the children to give you some examples of good table manners.
3. Read the story to them.
4. Summarize the table manners that were discussed in the story.
5. Teach them about additional table manners that were not covered in the story.

Note: Teach children how to politely accept and refuse food without making negative comments or gestures.

Additional Discussion During the Activity

Discuss highlights from the lesson plan:

- All foods were once new to you.
- Eating a variety of foods can help you be healthy.
- As you try more foods, you will like more foods.

Food Mood

Audience: Children

Activity 2: Politely Accepting or Refusing New Foods

Preparation Time: 5 min

Activity Time: 15 min

Ingredients

3 varieties of TLCs* (tasty little crackers):

- multi-grain
- ranch
- cheese

drinking water.

*If TLC crackers are not available, substitute a low-fat whole-grain alternative.

Supplies

small plates
napkins
small cups.

Preparation Prior to Class

Refrigerate a pitcher of water.

Implementation

1. Ask the children to wash their hands.
2. Explain to the children that you will give each of them three different kinds of crackers that they may not have tasted before.
3. Tell them that when you direct them to taste a cracker, they may feel and smell it before deciding whether or not they wish to bite it.
4. Tell them that they do not have to taste any of the crackers if they do not wish to; however, request that they refrain from making any bad comments about the crackers.
5. Tell them and demonstrate that if they do not wish to taste a cracker, they should politely say, “No, thank you” or “I don’t care to try it,” and place it back on their plate.
6. Tell them and demonstrate that if they take a bite and do not care for the cracker, they need to quietly remove the cracker from their mouth and put it into their napkin without making any bad comments about the taste.
7. Ask if they understand the rules for tasting. Then, pass one napkin and a plate with three crackers to each child. Pour a glass of water for each child.
8. Begin as outlined above with the multi-grain cracker. Give each child time to taste the cracker or decide they do not wish to taste the cracker. Remind the children how to politely refuse this new food or remove it from their mouth if they do not like it.
9. Repeat this process with the ranch cracker.
10. Repeat this process with the cheese cracker.
11. Ask for a show of hands for those who liked the:
 - a. multi-grain cracker best.
 - b. ranch cracker best.
 - c. cheese cracker best.

Food Mood

Audience: Children

Activity 2: Politely Accepting or Refusing New Foods

Preparation Time: 5 min

Activity Time: 15 min

12. Explain that different people like different foods and that over time as they try new foods, they will enjoy more and more foods.
13. Distribute additional crackers and small cups of water to the children who desire them.

Additional Discussion During the Activity

Discuss highlights from the lesson plan:

- All foods were once new to you.
- Eating a variety of foods can help you be healthy.
- As you try more foods, you will like more foods.
- It is good to be polite in accepting and refusing foods.

Food Mood

Audience: Children

Activity 3: Choose Your Snack

Preparation Time: 10 min

Activity Time: 15 min

Ingredients

select 2 to 3 varieties of one type of raw vegetable, e.g.

- green beans, wax beans, Italian beans
- cauliflower, broccoli, broccoliflower
- yellow peppers, red peppers, green peppers
- zucchini, summer squash
- purple cabbage, green cabbage, bok choy.

Supplies

I Wonder by Marilee Robin Burton
cutting board
knife
small tongs
display plates
napkins
small plates.

Preparation Prior to Class

1. Wash the vegetables; save one whole sample of each type; remove inedible portions from the remaining vegetables; and cut edible portions into interesting shapes in appropriate serving sizes for the children. To increase acceptance of vegetables that are more difficult for children to chew (such as cauliflower, broccoli and broccoliflower), blanch them by dropping in boiling water for 2 to 3 minutes, and then shock them by dropping in ice water for 2 to 3 minutes.
2. Arrange each type of vegetable on a separate plate for display.

Implementation

1. Ask the children to wash their hands.
2. Read I Wonder to the children. Explain that you will be offering them some new vegetables that they may choose to try if they wish.
3. Show the children the plates of vegetables one at a time discussing the color, shape and type of each vegetable.
4. Ask the children if they have tasted these raw vegetables before.
5. Remind them that all foods were once new to them.
6. Explain that each vegetable has its own taste which they may or may not like.
7. Tell the children that it is up to them whether or not they wish to take a piece of any or all of the vegetables. Explain that if they place the vegetable on their plates, they may feel and smell it before deciding whether or not they wish to taste it.
8. If they do not wish to take a vegetable, encourage them to say politely, “No, thank you” or “I don’t care to try it.”
9. Give each child a small paper plate and napkin.
10. Explain that if they do wish to take a vegetable, they should thank the server for offering it to them by saying, “Thank you.” Request more by asking, “Please.”

Food Mood

Audience: Children

Activity 3: Choose Your Snack

Preparation Time: 10 min

Activity Time: 15 min

11. Offer each plate of vegetables to the children. Explain that if they choose to take a piece of vegetable, they should take the piece that they first touch rather than handling the pieces that other children will take. The children may also pick up their vegetables using small tongs. Demonstrate how to use the child-friendly tongs.
12. When the children have taken a piece of each vegetable that interests them, advise them that they may feel and smell the vegetable and decide whether or not they wish to bite it.
13. Explain to the children that they do not need to taste their vegetable. But if they decide to bite a vegetable and do not care for the taste, they need to quietly remove it from their mouth and put it into their napkin without making any bad comments.
14. Ask for a show of hands from those who liked each variety of vegetable served (e.g. yellow peppers, red peppers, green peppers).
15. Explain that different people like different foods and that over time as they try new foods, they will enjoy more and more foods.
16. Offer additional vegetables to any children who desire to eat more.

Additional Discussion During the Activity

Discuss highlights from the lesson plan:

- All foods were once new to you.
- Eating a variety of foods can help you be healthy.
- As you try more foods, you will like more foods.
- It is good to be polite in accepting and refusing foods.

PARENT PAGES

Food Mood



Tips for Offering New Foods

1. Cook together. Children love helping in the kitchen. They like to try foods they help make.
2. Eat together. Children take their lead from you. Make healthy choices and your child will too.
3. Offer only one new food at a time. Serve something that you know your child likes along with a new food.
4. Serve foods in new ways so your child will want to try them.
5. Let your child learn by serving their own plate.
6. Share the adventure. Try new foods together.

Today at child care your child was offered some new foods to taste. Sometimes new foods take time. Children don't always take to new foods right away. Offer new fruits and veggies many times. Give them a taste at first and be patient with them. You may wish to try the recipe below for a healthy new main dish.

Lentil Spaghetti Sauce

Yield: 6 cups

Serves: 8 adults

Ingredients

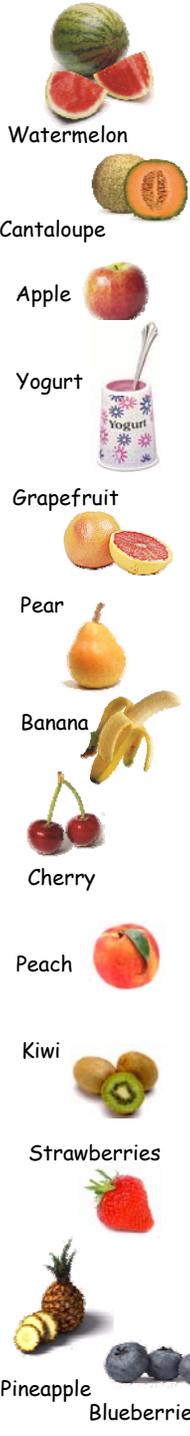
- 2 cups water
- 1 cup uncooked lentils
- 1 cup chopped medium onion
- 1 28-ounce can of crushed tomatoes
- 1 8-ounce can of tomato sauce
- 1 clove garlic, minced
- 1/2 teaspoon oregano, optional
- 1 4 1/2-ounce can mushrooms, optional.

Steps

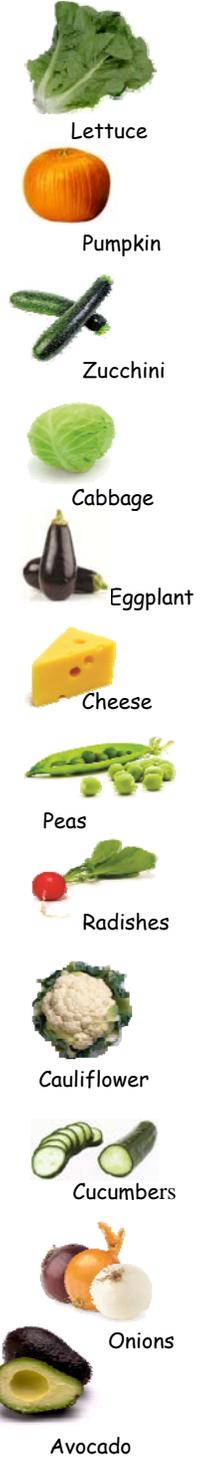
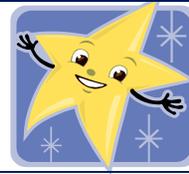
1. **Rinse the lentils in water. Drain in a strainer over a bowl, and pick out any stones.**
2. **In a saucepot add onions and rinsed lentils to water.**
3. Bring to a boil; reduce heat to low and simmer.
4. Cook until tender, about 30-45 minutes (the water will be almost gone). Stir.
5. Add remaining ingredients and simmer for 20-30 minutes.
6. Serve over cooked spaghetti.
7. **Enjoy.**

Have your child help you do the bold steps.

Adapted from Just Say Yes to Fruits and Vegetables Cookbook and reprinted with permission.



I Tried It!



New Food Tried	Stars
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	

Plums



Tomatoes



Artichoke

Peppers



Broccoli



Corn



Carrot



Avocado

Onions

Directions: Post this chart on your refrigerator. Write the name of each new food your child tries in the first column of the chart. Help your child put a star sticker (or draw a star) in the second column each time he or she tries that food.

Adapted from Nibbles for Health.

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Food Mood

Audience: Adults

Preparation Time

Activity 1: 30 min*
Activity 2: 5 min
Activity 3: 5 min

Duration of Lesson

Introduction: 10 min
Activity 1: 60 min
Activity 2: 10 min
Activity 3: 15 min
Closing: 5 min

Take Home Handouts

Chicken Curry recipe
Veggie Rice Pilaf recipe
Carrot Pineapple Salad
recipe
Meal Deal
Introducing New Foods to
Children–Group A
Introducing New Foods to
Children–Group B
Tips for Offering New
Foods to Children

*Depends on the amount of pre-preparation or cooking that is done prior to the activity.



Goal

To increase knowledge and awareness of Ellyn Satter's division of responsibility in feeding.

Participant Objectives

Participating adults will:

1. Explain their responsibilities in feeding children.
2. Explain their children's responsibilities.
3. Name one benefit of adopting the division of responsibility in their families.

Points to Cover

1. Showcase one or more of Ellyn Satter's books ([Your Child's Weight](#) and [Secrets of Feeding a Healthy Family](#)).
2. Discuss the role of the parent in Ellyn Satter's division of responsibility in feeding children:
 - Provide regularly scheduled meals and snacks.
 - Plan and prepare healthy meals and snacks.
 - Assure that children come to the table at meal and snack times.
 - Create a pleasant mealtime environment.
3. Discuss the role of the child in Ellyn Satter's division of responsibility in feeding children:
 - Decide which of the healthy foods offered they want to eat.
 - Decide how much of each food they want to eat.
4. Review the benefits of adopting Ellyn Satter's division of responsibility for their family.

Activities

Activity 1: Preparing a Healthy Family Meal

Activity 2: Meal Deal

Activity 3: Introducing New Foods to Children

Closing

1. Review participant objectives.
2. Discuss the date, location and subject of the next class.
3. Provide take home handouts.

References

[Happy Mealtimes for Healthy Kids](#)

[More Than Mud Pies](#)

[Secrets of Feeding a Healthy Family](#)

[Your Child's Weight – Helping Without Harming](#)

Food Mood

Audience: Adults

Activity 1: Preparing a Healthy Family Meal

Preparation Time: 30 min

Activity Time: 60 min

Ingredients

refer to recipes for ingredients.

Supplies

recipes
refer to recipes for cooking supplies
large plates
utensils
cups
water pitchers
napkins
serving bowls
serving spoons.

Preparation Prior to Class

1. Based on kitchen facilities and time, select two recipes to prepare in advance and have the participants prepare the third recipe during class.
2. Wash vegetables if teams won't have access to a kitchen sink.
3. Place ingredients needed by each team in one container and supplies needed by each team in a second container.
4. Place the ingredient containers in the refrigerator to chill before class.
5. Refrigerate a pitcher of water.

Implementation

1. Warmly welcome participants, creating a comfortable environment where they feel valued and safe being open and honest.
2. Ask participants to wash their hands.
3. Divide the participants into teams, and give each team their two containers.
4. Pass out the recipes and review the steps with the participants. Explain that their children may help with the bold steps when they prepare this at home.
5. Discuss the menu that was chosen for this meal, explaining that you tried to choose one item that most participants would be familiar with (a rice dish) and two items that might be new to them (curry chicken and a unique type of salad). Remind them that when they offer a new item at a meal they should also offer familiar items, so their child will have something to eat even if he or she decides not to taste the new item.
6. Explain that when all three food items have been prepared, everyone will sit down together to enjoy a family style meal (with sample size portions).
7. Explain that family style means offering food in serving bowls and platters and

Food Mood

Audience: Adults

Activity 1: Preparing a Healthy Family Meal

Preparation Time: 30 min

Activity Time: 60 min

offering beverages in pitchers on the table. Children are encouraged to serve themselves or serve themselves with some assistance from adults and to pass serving dishes of food to one another.

8. Ask each team to begin preparing their food item. Circulate to answer questions and assist as needed. Discuss the additional information outlined as they cook.
9. Ask participants who are not busy cooking to set the table and place pitchers of water on the table. Remind them that children can assist in setting their table at home and feel important when they can help in this way.
10. Ask the participant teams to bring their food items to the table in serving bowls with serving spoons when all three items are ready to eat.
11. Ask participants how they would feel if served a portion of each food item and said that they had to eat everything on their plate (especially if they did not wish to taste each item).
12. Explain that serving meals family style makes the mealtime more pleasant and relaxed for everyone and that when children feel in control of what and how much they eat they are more likely to try new foods.
13. Advise them to pass their serving dishes and water pitchers around. Tell them that they can decide which item they wish to try and how much as the serving bowls and water pitchers are passed around.
14. After everyone has served themselves, ask how it felt to be in control of what and how much they wished to eat. There may have been some new items at this meal that they did not wish to try, and that is okay.
15. Help them feel good about themselves, and remind them that they are powerful as each small action they take can make a positive difference in the lives of their children.

Additional Discussion During the Activity

1. Discuss sanitation issues:
 - Wash hands thoroughly before cooking or eating and whenever they become contaminated.
 - Wash all fresh produce with cold, running water. Wash regardless of whether the produce will be served whole, peeled or cooked.
 - Do not chop produce on a cutting board that was used to chop meat, fish or poultry without thoroughly washing it in hot, soapy water.
 - Refrigerate yogurt, chicken and fresh vegetables.
 - Refrigerate leftovers after the meal is over.

Food Mood

Audience: Adults

Activity 1: Preparing a Healthy Family Meal

Preparation Time: 30 min

Activity Time: 60 min

2. Discuss wise buying suggestions:

- Where to buy seasonal and local produce for the best price and quality.
- Locations where Food Stamp EBT card can be used to purchase fresh vegetables economically.
- Purchase whole vegetables, and chop or shred them rather than those already chopped or shredded.
- Purchase store brands (yogurt, peanuts, mandarin oranges, chicken broth and curry powder) rather than more expensive brand name items.
- Check the unit price to determine which package size is the best buy (yogurt, chicken broth, chicken breast, curry powder) as long as the item will be used while it is still fresh.
- Plan what type of side dishes and main dishes to prepare based on weekly grocery specials. Make and use a shopping list.

3. Discuss highlights from the lesson plan:

- Division of responsibility in feeding children.
- Benefits of serving meals family style: reinforces social skills, children practice serving skills, children feel in control of their eating, children are indirectly encouraged to try new foods, and with some practice children learn to take approximately the amounts and foods that they will eat.
- How family style meals reinforce the division of responsibility.

4. Discuss the Food Stamp Program:

- Benefits of participation.
- How to find out if they are eligible for this benefit and receive assistance completing the application.
- Contact information for the local Nutrition Outreach and Education Program (NOEP) agency.

Chicken Curry

Yield: 4 cups

Serves: 4 adults

Ingredients

2 medium chopped onions (2 cups)
2 cloves garlic
2 pounds boneless, skinless chicken
vegetable cooking spray
1 1/2 cups chicken stock

1 teaspoon red pepper flakes
1 tablespoon curry powder
2 large chopped tomatoes (2 cups)
1/3 cup peanut butter
1/2 cup plain low-fat yogurt (optional).

Steps

1. Cut onions in half. Cut ends and **discard**. **Peel onions**. Chop onion into small pieces and set aside.
2. Peel garlic and chop into very small pieces. Set aside.
3. Cut chicken into 1-inch cubes.
4. Spray large frying pan with vegetable cooking spray.
5. Add chicken to pan and cook over medium heat until it is browned on all sides.
6. Place browned chicken into a large pot.
7. Cook the chopped onion over low heat in the frying pan used to cook the chicken until it is lightly browned.
8. Stir 1/2 cup of chicken stock into the browned onions, and pour this mixture in the pot with the chicken.
9. Add the garlic, red pepper flakes and curry powder to the chicken in the pot.
10. Cover pot, and simmer over low heat until the chicken is completely cooked.
11. Add tomatoes, peanut butter and remaining 1 cup of chicken stock to the pot.
12. Cover pot again and cook over low heat for 15 minutes more.
13. Stir in yogurt and serve over cooked rice.
14. **Enjoy!**

Have your child help you do the bold steps.

Allergy Alert: This recipe is not appropriate for those with a peanut allergy.

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Veggie Rice Pilaf

Yield: 4 cups

Serves: 6 adults

Ingredients

1/2 chopped carrot (1/4 cup)
1 stalk chopped celery (1/3 cup)
1/2 chopped green pepper (1/4 cup)
1/2 medium chopped onion (1/2 cup)
2 cups chicken broth
1 tablespoon margarine
1 cup rice
1/4 teaspoon black pepper.

Steps

1. Preheat oven to 350 degrees.
2. **Wash carrots, celery and green peppers. Discard inedible portions,** and chop edible portions.
3. Cut onion in half and remove ends. **Peel one half of the onion,** and chop this half.
4. Bring broth to a boil in saucepan.
5. Combine boiling broth and margarine in 1-quart casserole dish, and stir until melted.
6. Stir in rice, chopped vegetables, and black pepper.
7. Cover and bake at 350 degrees for 35 minutes or until rice is tender and liquid is absorbed.
8. Remove from oven and let stand, covered, for 5 minutes. Fluff with fork, and serve.
9. **Enjoy!**

Have your child help you do the bold steps.

Adapted from [Fast and Flexible Low-Cost Recipes](#), Purdue University Extension publication CFS-657. Reprinted with permission.

Carrot Pineapple Salad

Yield: 3 cups

Serves: 6 adults

Ingredients

3 large shredded carrots (2 cups)
1/3 cup raisins
1 8-ounce can crushed pineapple in pineapple juice
3 tablespoons low-fat mayonnaise.

Steps

1. **Wash the carrots.** Shred the carrots and **place into a medium size bowl.**
2. Drain the crushed pineapple. Save the juice.
3. **Place drained pineapple into the bowl with the shredded carrots and raisins.**
4. Add 3 tablespoons of pineapple juice and the low-fat mayonnaise to the bowl, and **mix well.**
5. **Enjoy!**

Have your child help you do the bold steps.

Food Mood

Audience: Adults

Activity 2: Meal Deal

Preparation Time: 5 min

Activity Time: 10 min

Supplies

Meal Deal handout
pens.

Preparation Prior to Class

Review the principles in Secrets of Feeding a Healthy Family by Ellyn Satter.

Implementation

1. Warmly welcome participants, creating a comfortable environment where they feel valued and safe being open and honest.
2. Review the role of the parent in Ellyn Satter's division of responsibility in feeding children and the benefits of adopting these principles.
3. Ask if parents are willing to adopt these principles.
4. Pass out the *Meal Deal* handout and read through it with parents. Allow them to make comments or ask questions if they desire.
5. Ask those who wish to follow Ellyn Satter's division of responsibility to sign and date the handout.
6. Help them feel good about themselves, and remind them that they are powerful as each small action they take can make a positive difference in the lives of their children.

Additional Discussion during the Activity

1. Discuss highlights from the lesson plan: The child's role in Ellyn Satter's division of responsibility.
2. Discuss the Food Stamp Program:
 - Benefits of participation.
 - How to find out if they are eligible for this benefit and receive assistance completing the application.
 - Contact information for the local Nutrition Outreach and Education Program (NOEP) agency.

MEAL DEAL

Eating good food with others brings joy to life. Sharing mealtime with children creates close bonds and lifelong memories. At family meals children learn about healthful eating by watching others.



To help our family enjoy eating together, I will:

- serve meals and snacks at regular times.
- offer my child healthy foods and drinks.
- help my child come to the table for meals and snacks.
- make mealtimes happy times when we talk with each other and laugh together.
- let my child choose what foods and how much to eat.

Signature _____ Date _____

Food Mood

Audience: Adults

Activity 3: Introducing New Foods to Children

Preparation Time: 5 min

Activity Time: 15 min

Supplies

Introducing New Foods to Children handouts (Group A; Group B)

timer or watch

Tips for Offering New Foods to Children handout.

Preparation Prior to Class

Review the principles in *Secrets of Feeding a Happy Family* by Ellyn Satter.

Implementation

1. Warmly welcome participants, creating a comfortable environment where they feel valued and safe being open and honest.
2. Review the role of the parent and child in Ellyn Satter's division of responsibility in feeding children.
3. Based on this division, ask who should decide whether or not to try a new food.
4. Based on this division, ask if parents should force their child to try a new food.
5. Ask what might happen if parents force their child to eat a new food.
6. Divide parents into two groups:
 - Group A – will not follow the division of responsibility.
 - Group B – will follow the division of responsibility.
7. Pass out the Group A handout – ask the participants to divide into pairs with one parent pretending to be the child and the other the parent.
8. Pass out the Group B handout – ask the participants to divide into pairs with one parent pretending to be the child and the other the parent.
9. Review the directions for the role play with them. Ask if they have any questions.
10. Ask them to begin, and time them for 5 minutes.
11. Ask them to switch roles, and time them for another 5 minutes.
12. Tell them their time is up, and you have some questions to ask each group.
13. Ask Group A:
 - how they felt in the parent role trying to force their child to eat.
 - how they felt in the child role when their parent tried to force them to eat.
 - if mealtime was pleasant and if fond memories were created.

Food Mood

Audience: Adults

Activity 3: Introducing New Foods to Children

Preparation Time: 5 min

Activity Time: 15 min

14. Ask Group B:

- how they felt in the parent role letting their child decide whether or not to eat.
- how they felt in the child role when their parent let them decide whether or not to eat.
- if mealtime was pleasant and if fond memories were created.

15. Remind them that Group B followed the division of responsibility. Ask them if they wish to follow the division of responsibility in their own homes.

16. Pass out *Tips for Offering New Foods to Children* handout, and review with the participants.

17. Help them feel good about themselves, and remind them that they are powerful as each small action they take can make a positive difference in the lives of their children.

Additional Discussion During the Activity

1. Discuss highlights from the lesson plan:

- The parent's role in Ellyn Satter's division of responsibility.
- The child's role in Ellyn Satter's division of responsibility.

2. Discuss the Food Stamp Program:

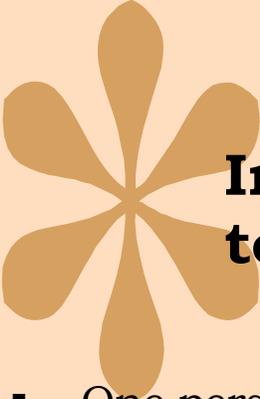
- Benefits of participation.
- How to find out if they are eligible for this benefit and receive assistance completing the application.
- Contact information for the local Nutrition Outreach and Education Program (NOEP) agency.

Introducing New Foods to Children – Group A

- One person: Pretend to be a parent trying to force a child to eat a new food. Become upset when the child will not eat the new food.
- Other person: Pretend to be a child who refuses to eat a new food. Become upset as the parent continues to try to force you to eat the new food.

Directions

1. You will have five minutes to role play with your partner.
2. Then, partners switch roles and have five minutes to role play again.
3. Think about how you felt in each role, and prepare to discuss this with the group.



Introducing New Foods to Children – Group B

- One person: Pretend to be a parent who offers a new food to a child. Allow the child to decide whether or not to taste the new food.
- Other person: Pretend to be a child being offered a new food. You decide whether or not to taste the new food.

Directions

1. You will have five minutes to role play with our partner.
 2. Then, partners switch roles and have five minutes to role play again.
 3. Think about how you felt in each role, and prepare to discuss this with the group.
- 



Tips for Offering New Foods to Children

- Let your child help plan and prepare family meals.
- Plan meals that contain foods your child likes along with a new food.
- Offer the new food when the child is rested and in a good mood.
- Make mealtime fun and relaxed.
- Set a good example by eating all foods yourself.
- Let your child serve their own plate.
- Let your child decide whether or not to taste a new food.
- Be patient – you may need to offer a new food ten times before your child decides to try it.
- Serve foods in new ways so your child will want to try them.
- Remember that children do best when they feel in control of their eating.



Introducing Staff Pages

Each week you will receive a handout called “Staff Pages.”

Each of the Staff Pages includes the following:

- Ways to reinforce the concepts from this week’s Eat Well Play Hard in Child Care Settings (EWPHCCS) lesson.
- A companion lesson for you to offer the children.
- A parent letter that explains what the children learned in class and provides parents with a fun activity to complete at home.

Important Safety Notes for Lessons

Keep it safe! Take the following steps for each lesson:

1. **Wash all fruits and vegetables** regardless of whether the produce will be served whole, peeled or cooked.
2. **Clean and sanitize all work surfaces** before and after class.
3. **Wash your hands before and after class.**
4. **Ask children to wash their hands** before and after class.
5. **Provide tasting equipment for each lesson** such as napkins, plates, cups etc.
6. **Supervise children carefully at all times.** Use volunteers, such as grandparents and parents, to help supervise cooking activities.



For more EWPHCCS lessons go to: http://www.nyhealth.gov/prevention/nutrition/cacfp/ewphccs_curriculum/index.htm

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-342-3009. This material was funded by USDA’s SNAP. FNS/USDA reserves a royalty-free non-exclusive license to reproduce, publish, use or authorize others to use all videos or literature including copyrighted items resulting from this project. In accordance with Federal law and USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

General Guidelines for Each Week's Lesson

- **Follow the important safety notes** on the previous page.
- **Plan ahead** to assure that you have all the necessary ingredients and supplies for your class. In some cases perhaps other staff, such as the cook, may be able to help prep for the lesson.
- **Be aware that the activity time may vary** depending on the size of the class, age of the children, etc.
- **Children like to try foods they help make. Involve all children in the lesson.** Divide them into small groups at separate tables with needed ingredients and supplies at each table. Help them learn to follow instructions, count and more!
- **Children feel good about doing something “grown-up.” Give them small jobs to do** such as passing out plates and napkins. Praise them and thank them for helping.
- **Please make copies of parent letters** and send home following each lesson.

Tasting New Foods Guidelines for Each Week's Lesson

- **Many preschoolers are hesitant to try new foods.** It is completely normal for young children to reject foods they have never tried before.
- **Here are some tips on how to get preschoolers to try new foods:**
 - They learn from watching you. Be a good role model by trying new foods yourself.
 - Sometimes new foods take time. Offer new foods many times. It may take many tries for a child to accept a new food.
 - Patience works better than pressure. Offer new foods. Then let them choose if they wish to taste them. Teach them to say “No, thank you” if they prefer not to try a new food.
 - Let children learn by serving themselves. Teach them to take small amounts at first. Tell them they can get more if they are still hungry.
 - What you say to preschoolers affects their eating behavior. Always use positive phrases like:
“This is kiwi fruit; it’s sweet like a strawberry.”
“Which one is your favorite?”
“Everybody likes different foods, don’t they?”
For more “Phrases that Help and Hinder” go to:
<http://www.choosemyplate.gov/preschoolers/HealthyHabits/phrasesthathelp.pdf>

Adapted from “What You Say Really Matters?” in Feeding Young Children in Group Settings, Dr. Janice Fletcher and Dr. Laurel Branen, University of Idaho

- **Resources:**
 - MyPlate: <http://www.choosemyplate.gov/preschoolers/index.html>
 - Grow It! Try It! Like It! Preschool Fun with Fruits and Vegetables from USDA’s Team Nutrition resource library at <http://teammnutrition.usda.gov/library.html>.
 - More Than Mud Pies: <http://nfsmi.org/documentlibraryfiles/PDF/20090120023846.pdf>

Staff Pages

This Week's Topic: Food Mood
This Week's Lesson: Tasting New Foods

Today in your classroom children learned about trying new foods.

It is important that children are offered a variety of healthy food choices in order to create good eating habits that will last.

- On the back of this page is your lesson plan for this week's lesson "Tasting New Foods." Use this lesson to reinforce the concepts from the Eat Well Play Hard in Child Care Settings (EWPHCCS) lesson provided to your class this week.
- Attached is a parent letter that explains what the children learned from this lesson and includes a fun activity to complete at home. Please make copies and send home following your lesson.

5 Ways to Improve the Food Mood in Your Classroom



1. Help children develop motor skills. **Let children serve themselves.**
2. **Eat together.** Children learn from watching you. Eat healthy foods they will too.
3. Gently encourage children to try new foods. Then **let them decide whether, what, and how much to eat.**
4. **Sometimes new foods take time.** Children don't always take to new foods right away. Offer new foods many times and **be patient** with them.
5. Talk about the **taste, shapes, colors, textures** of the food during the meal.



For more EWPHCCS lessons go to: http://www.nyhealth.gov/prevention/nutrition/cacfp/ewphccs_curriculum/index.htm

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-342-3009. This material was funded by USDA's SNAP. FNS/USDA reserves a royalty-free non-exclusive license to reproduce, publish, use or authorize others to use all videos or literature including copyrighted items resulting from this project. In accordance with Federal law and USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

This Week's Lesson: Tasting New Foods

Goals & Objectives: To provide children with the skills to respond to new foods by understanding that all food was once new to them and how to politely accept and refuse new food.

Prep Time: 10 Minutes

Activity Time: 20 Minutes

Supplies You Will Need

- Food for tasting—choose one or more varieties of fruit or vegetable you think is new to most children in the classroom. Example: red, yellow, and green peppers.
- Cutting board, knife, serving plate or bowl, small plates, small tongs, napkins.

Preparation for Activity

- Read through entire lesson.
- Purchase fruit or vegetables. Wash and cut into bite size pieces. Place on serving plate or in serving bowl. Save one whole sample of the fruit or vegetable for display and discussion.

Activity



- 1. Ask the children to wash their hands.**
- 2. Ask the children what they remember from the nutritionist's visit.** Remind them of the following points:
 - How to be polite when trying new foods (say “please” and “no, thank you”).
 - Eating a variety of foods is an important part of being healthy.
 - As you taste more foods, you will begin to like more foods.
- 3. Ask the children if they have tried any new foods recently.** Ask them if they tried any new foods with at home or at the child care center. Remind them that it is important to try new foods. Not everyone likes the same foods and that is okay.
- 4. Show children the whole fruit or vegetable.** Discuss the color, shape, and feel, and size of the fruit or vegetable.
- 5. Provide each child with a napkin and a small plate.**
- 6. Pass the serving plate or bowl and small tongs.** Allow children to serve themselves.
- 7. Encourage children to look at, touch, smell, and then taste the food** (if they choose to do so). Ask the children: What colors do you see? How does the food feel? Is it soft, hard, bumpy, etc.? What does it smell like? What does it taste like? Did you like it?

Extension Activity

- Have children draw a picture of the new food they tasted.
- Make a chart of the new foods tasted.

Options

For a CACFP creditable snack, prepare enough fruit for each child to have a ½ cup portion and serve an additional component such as ¼ cup of low-fat yogurt to meet the CACFP Healthy Child Meal Pattern. Water must be served with a snack if no beverage is provided.

Dear Parent,

Your child is learning that a strong and fit body needs healthy food and lots of physical activity. Today your child was offered a new food to taste.

Home Activity: Taste a new fruit or vegetable with your child.



Tips



- Your child learns what foods to eat by watching you. If your child sees you tasting and enjoying fruits and vegetables, they will learn to like them too.
- Offer new foods to your child often. Be encouraging, but don't force your child to eat something they don't want—just try again another day.
- Children don't always like a new food the first few times they try it. Today your child learned that it is okay to politely say "No, thank you" if they taste something that they don't like.

Let your child be a “produce picker.”
Help them pick fruit and veggies at the store.



Today we picked _____ at the store.

Directions: Write the name of the fruit or vegetable your child picked.
Your child can then draw a picture of the fruit or vegetable.

Vary Your Veggies

Vary Your Veggies

Audience: Children

Preparation Time

Activity 1: 10 min
Activity 2: 20 min
Activity 3: 10 min

Duration of Lesson

Introduction: 10 min
Activity 1: 15 min
Activity 2: 15 min
Activity 3: 30 min
Closing: 5 min

Take Home Handouts

Parent Pages
Play with the Colors and
Smells of Food
Local Vegetables Placemat



Goal

To increase knowledge and awareness of the importance of eating more vegetables, especially colorful and locally grown vegetables, every day.

Participant Objectives

Children will:

1. Name three colorful and/or locally grown vegetables.
2. Say why they should eat vegetables every day.
3. Name one new vegetable they are willing to try.

Points to Cover

1. Emphasize that vegetables help children grow a healthy body.
2. Discuss that vegetables grow on farms and are delivered to markets as fresh, canned, frozen or dried vegetables. Some of the vegetables grown in New York State are potatoes, onions, corn, radishes, cabbage, and squash.
3. Discuss that vegetables come in many colors including green, orange, red, purple and white. Eating a variety of colorful vegetables is healthy.
4. Emphasize that there are many ways to prepare vegetables and that they taste great cooked or raw.

Activities

Activity 1: Let's Vote: Touch, Taste, Smell and See

Activity 2: Local Vegetables Placemat

Activity 3: Let's Cook Green Beans

Closing

1. Review participant objectives.
2. Discuss the next class.
3. Provide take home handouts.

References

[A Healthier You](#)

[Nibbles for Health](#)

[One Bean](#)

[Tickle Your Appetite](#)

www.fruitsandveggiesmorematters.org

www.mypyramid.gov

Miscellaneous

Be prepared to discuss the following:

- How vegetables grow and get to the market.
- The difference between fruits and vegetables.

Vary Your Veggies

Audience: Children

Activity 1: Let's Vote: Touch, Taste, Smell and See

Preparation Time: 10 min

Activity Time: 15 min

Ingredients

choose 3 vegetables from one of the following color categories:

RED: tomatoes, red peppers, radishes, red leaf lettuce, beets, red potatoes

GREEN: zucchini, spinach, broccoli, celery, green beans, artichoke, avocado, asparagus, cabbage, Brussels sprouts, snow peas, lettuce, scallions, peas

WHITE: potatoes, jicama, mushrooms, turnips, cauliflower, cucumbers, water chestnuts, alfalfa/bean sprouts

YELLOW: corn, rutabaga, summer squash, wax beans

ORANGE: winter squash, sweet potatoes, yams, carrots, orange peppers

PURPLE: eggplant, purple cabbage, purple peppers.

Supplies

knife

cutting sheets

napkins

small plates

spoon

vegetable puppet (to be the game host if you desire)

Play with the Colors and Smells of Food handout.

Preparation Prior to Class

1. Wash the produce and line the vegetables up on cutting sheets.
2. Cut open some of the vegetables, such as summer squash or radishes, to demonstrate the change and variety within a single food.
3. Cook some vegetables for the children to taste if you wish.

Implementation

1. Ask the children to wash their hands.
2. Tell the children that they are going to play a game using the foods on the cutting board.
3. Ask them if they can name the vegetables. Many may be unfamiliar to them, which is fine. Tell them the names of the vegetables they don't recognize.
4. Review with the children how they use their eyes, ears, nose and fingers to learn more about foods.
5. Explain what voting is, and tell them that each of their opinions or votes is very special. You may have them vote either by raising their hands or standing. Ask them to vote, in the manner selected, to say which food they think should win in contests.
6. Ask them to use their fingers, mouths, noses and eyes to touch, taste, smell and see.

Vary Your Veggies

Audience: Children

Activity 1: Let's Vote: Touch, Taste, Smell and See

Preparation Time: 10 min

Activity Time: 15 min

Rate the foods on the sensory element (i.e. smoothest, crunchiest, best smelling, brightest).

Examples of Vegetable Contests:

- Which vegetable is smoothest to the touch?
 - Which vegetable makes the loudest sound when they eat it?
 - Which vegetable has the sweetest smell?
 - Which vegetable has the most distinctive smell?
 - Which vegetable is the brightest in color?
7. Cut the winning foods into bite-size pieces and place one piece of each vegetable on a small plate. For sanitation reasons wash the vegetables that were touched, or have enough untouched food on hand to cut for tasting.
 8. Distribute one plate and napkin to each child. Allow them to taste the winning vegetables if they wish. Provide additional samples if a child requests more.
 9. Ask children to name one new vegetable that they would try again.
 10. Provide each child with a copy of the *Play with the Colors and Smells of Food* handout.

Additional Discussion During the Activity

Discuss highlights from the lesson plan:

- Vegetables are grown on farms and delivered to markets where we can buy them.
- Some vegetables were locally grown in New York State.
- Vegetables help you grow a healthy body.
- Vegetables come in many colors. Eating a variety colorful vegetable is healthy.
- Vegetables taste great cooked or raw.

Adapted from [Tickle Your Appetite](#).

Play with the Colors and Smells of Food

Children love to play with the colors and smells of food. Here are some ideas you can use with your child.

Check Out the Colors!

Food comes in a rainbow of colors. Here are some ways to check out the many colors of food:

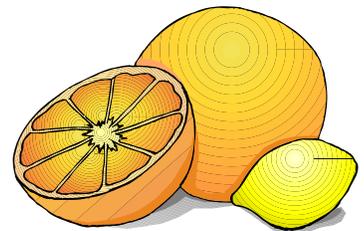
1. Go to the fruit and vegetable section of the store. Talk about the many colors of the food.
2. For fun, have Red Day, Yellow Day, Blue Day, Orange Day, or Green Day. On these days, eat at least one food of that color.

For example, on Red Day choose strawberries, cherries, a slice of watermelon, tomatoes, radishes, beets, or another red food. On Yellow Day choose a banana, peach, corn, or another yellow food.

Check Out the Smells!

The smells of food are also very different. Here is a game that you and your child can play:

1. Gather foods with strong smells: Banana, cinnamon, chocolate, lemon, orange, onion, peanut butter, and others.
2. Put a little bit of each food in a separate dish.
3. Put a blindfold on your child.
4. Let your child smell a food and guess what it is.
5. You take a turn with the blindfold.



While You're Cooking:

While you cook, give your child some samples to feel and smell.

1. Give your child some dry rice, cornmeal, flour, or rolled oats – to feel.
2. Give your child a piece of fruit or vegetable that your child can eat raw – to taste.
3. Talk about which foods are easy to guess by their smell.
Help your child compare cooked and uncooked foods. Show your child how food changes when it is cooked. Children love the colors and smells of food!

Adapted from [Tickle Your Appetite](#).

Vary Your Veggies

Audience: Children

Activity 2: Local Vegetables Placemat

Preparation Time: 20 min

Activity Time: 15 min

Supplies

Local Vegetables Placemat handouts

pictures of locally grown vegetables that the children may take home (3/child)

glue

clear contact paper or laminating machine.

Preparation Prior to Class

1. Photocopy or print enough placemats for each child to have one.
2. Print pictures of locally grown vegetables.
3. Prepare a short note to send home with each child advising the parents to wipe the placemat with a damp cloth to clean because they can become damaged if immersed in water.

Implementation

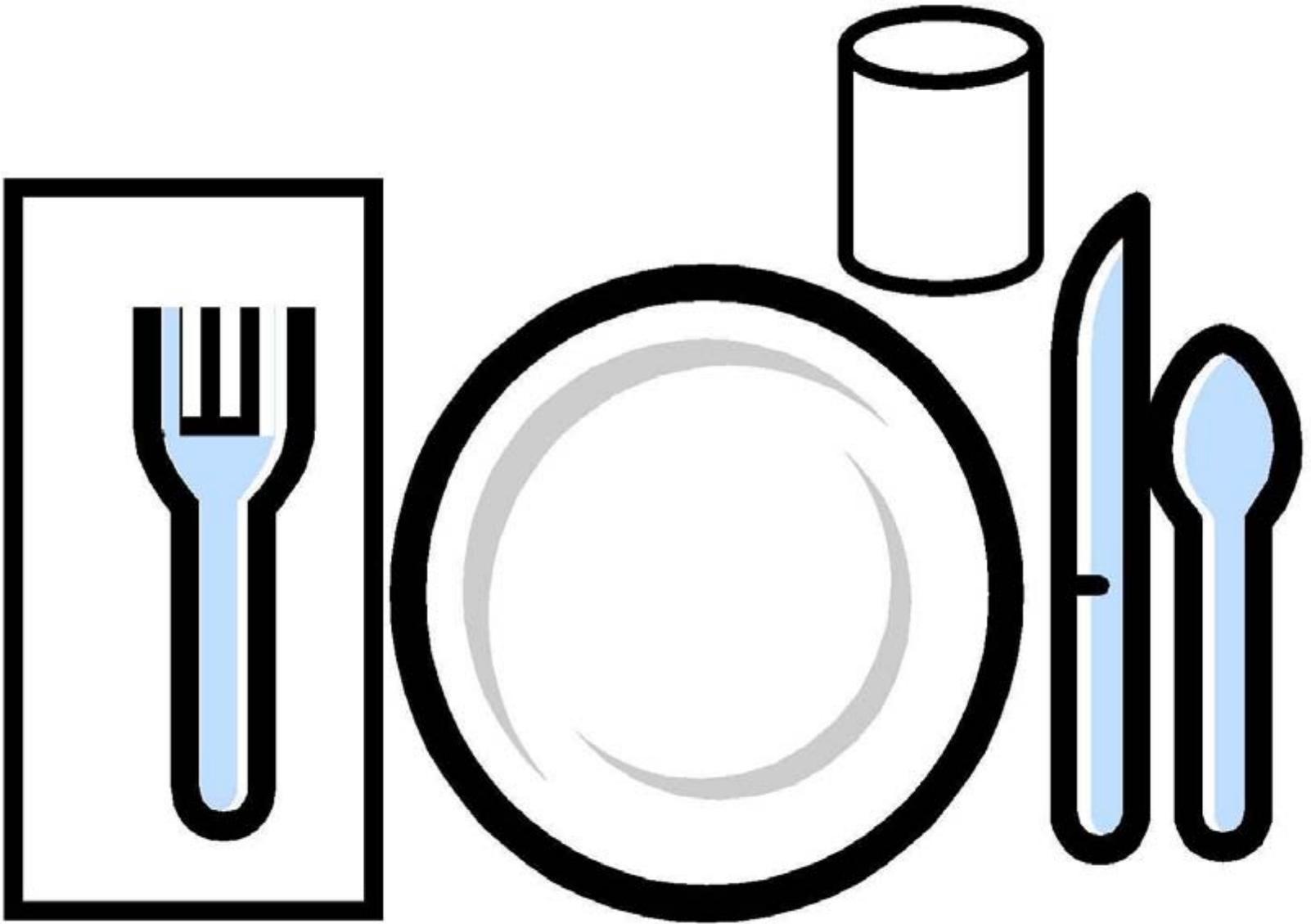
1. Ask the children to sit in a circle on the floor or at their tables.
2. Pass out blank placemats.
3. Help the children write their name on the page.
4. Explain the activity.
5. Arrange the pictures of locally grown vegetables where the children can see them and reach them.
6. Talk briefly about the locally grown vegetables in the pictures.
7. Ask the children to select their favorite locally grown vegetables and glue them onto the placemat. Encourage them to select at least 3 different vegetables.
8. As they are working on their placemats, discuss the information outlined below.
9. Applaud the children for caring so much about each locally grown vegetable.
10. When they complete their placemats, collect them. Cover them with contact paper or laminate and give back to the children at their next class.
11. When you send placemats home with children include a note to parents about keeping them clean.

Additional Discussion During the Activity

Discuss highlights from the lesson plan:

- The importance of eating vegetables.
- Reasons why locally grown vegetables are good to eat.
- The many different vegetables there are to choose from.
- How important it is to eat a variety of vegetables.
- Vegetables taste great cooked or raw.

Adapted from [Tickle Your Appetite](#).



Vary Your Veggies

Audience: Children

Activity 3: Let's Cook Green Beans

Preparation Time: 10 min

Activity Time: 30 min

Ingredients

fresh green beans (1/2 pound for 10 children).

Supplies

One Bean by Anne Rockwell
electric skillet or hotplate and large pan
large bowl
large slotted spoon
colander
large plates
small plates
napkins.

Preparation Prior to Class

1. Familiarize yourself with the book.
2. Practice reading One Bean while holding the book in such a manner that the children will be able to view the pictures while you read.
3. Wash the green beans.
4. Fill electric skillet or pan with enough water to cook green beans.
5. Set up electric skillet or hotplate in a safe place.

Implementation

1. Ask the children to wash their hands.
2. Read One Bean to the children.
3. Show children a green bean. Point out the line that runs lengthwise down the bean.
4. Open up a bean and show children the seeds inside.
5. Show children how to snap the ends off the bean and how to snap it into bite-size pieces.
6. Invite children to the table to prepare the green beans.
7. Place a large bowl in the center of the table and give each child a large plate containing 3 to 4 beans to snap.
8. Help the children snap the beans, leaving the ends on the plate and placing the snapped beans in the large bowl.
9. Cook the beans.
10. While the beans are cooking, invite the children to sample a raw bean and to look for the seeds inside.
11. Give each child a small sample of cooked beans to try.
12. Talk about whether they like the beans better raw or cooked.

Vary Your Veggies

Audience: Children

Activity 3: Let's Cook Green Beans

Preparation Time: 10 min

Activity Time: 30 min

Additional Discussion During the Activity

Discuss highlights of the lesson plan:

- Why it is important to eat vegetables each day.
- Eating a variety of colorful vegetables is healthy.
- Which vegetables are grown locally.
- Vegetables taste great cooked or raw.

PARENT PAGES

Vary Your Veggies



Tips to Vary Your Veggies

1. Let your child be a “produce picker.” Help them pick veggies at the store.
2. Cook together. Teach your child to wash fresh veggies, tear lettuce leaves and snap green beans.
3. Offer colorful veggies at meals and snacks.
4. Cut fresh vegetables into small sticks, and ask your child to pick some sticks to eat.
5. Help your child fill out the *I Varied My Veggies* chart.
6. Buy vegetables that are in season. Check store specials for the best in-season buys.

Today at child care your child learned why it is important to eat colorful vegetables each day. Vegetables provide vitamins and fiber, and they are low in fat and salt. Choose fresh, frozen or canned vegetables to get the best deal for your money. They take their lead from you. Eat veggies and your children will too. Try to make half your plate vegetables and fruit.

Quick and Tasty Veggie Soup

Yield: 8 cups

Serves: 8 adults

Ingredients

7 cups low-sodium chicken broth
1 14-ounce can diced tomatoes
1 teaspoon dried basil
1/2 teaspoon onion powder
3/4 cup dry macaroni
3 cups frozen mixed vegetables
1/2 teaspoon salt
1/8 teaspoon pepper.



Steps

1. **Combine chicken broth, diced tomatoes, basil, onion powder, salt and pepper in a large pan.**
2. Bring to a simmer, and add macaroni and frozen vegetables.
3. Cook for 8 minutes, and then remove from heat.
4. Let soup sit for 5 minutes, and then serve.
5. **Enjoy.**

Have your child help you do the bold steps.

This adapted recipe appears courtesy of Produce for Better Health Foundation and can be found at www.fruitsandveggiesmorematters.org.



I Varied My Veggies!

1-2-3! Veggies Are Good For Me!



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1							
2							
3							

Directions: Each time a vegetable is eaten, help your child color a box the color of the vegetable eaten. Remind your child that it is good to eat different colored vegetables each day.

Vary Your Veggies

Audience: Adults

Preparation Time

Activity 1: 20 min
Activity 2: 5 min
Activity 3: 20 min

Duration of Lesson

Introduction: 10 min
Activity 1: 40 min
Activity 2: 15 min
Activity 3: 15 min
Closing: 5 min

Take Home Handouts

Baked Kale Frittata recipe
Thai Cabbage Noodles
recipe
Scalloped Potatoes recipe
Portuguese Kale Soup
recipe
Carrot Spice Muffins recipe
Carrot Confetti Salad
recipe
Vegetable Treasure Hunt
Tossed Salad recipe



Goal

To increase the knowledge and awareness of the importance of eating a variety of vegetables, especially colorful and locally-grown vegetables, every day as part of a healthful diet.

Participant Objectives

Participating adults will:

1. Name two colorful locally grown vegetables and describe why they are a good choice for their family.
2. Name one way in which to add vegetables to their family's diet without increasing the cost of the meal.
3. Describe how to purchase, store, and safely prepare at least one new vegetable item that they could serve at home.

Points to Cover

1. Explain that children and adults need to eat more vegetables each day for improved health and growth.
2. Explain that adults should strive to eat 2 1/2 cups and children 1 1/2 cups of vegetables each day.
3. Inform parents that every little step they take in consuming more vegetables really does help their families be at their best today and in the future.
4. Discuss that colorful vegetables generally provide nutrients important for good health, such as vitamin A and vitamin C.
5. Emphasize that vegetables taste good cooked or raw.
6. Discuss that vegetables come fresh, frozen, canned and dried; all make a valuable contribution to your diet; seasonal and locally grown vegetables can be an economical way to add fresh vegetables to your family's meals. Consider growing your own vegetables.
7. Review that there are tried and true ways in which to introduce vegetables to your family's diet and to get children to eat them.
8. Emphasize that adding vegetables to your menu does not have to cost extra money – there are low cost vegetables with a powerful nutritious punch.
9. Discuss that vegetables must be stored, prepared and served in ways in which to keep them safe.

Activities

Activity 1: Get Fresh with Vegetables
Activity 2: Enjoying Vegetables!

Vary Your Veggies

Audience: Adults

Activity 3: Roots, Stems, Leaves, Fruits, Flowers, and Seeds (suitable for parents with their children)

Closing

1. Review participant objectives.
2. Discuss the date, location and subject of the next class.
3. Provide take home handouts.

References

[A Healthier You](#)

[Nibbles for Health](#)

[Tickle Your Appetite](#)

[Get Fresh At Your Farmers Market DVD](#)

www.fruitsandveggiesmorematters.org

www.mypyramid.gov

Miscellaneous

Be prepared to discuss:

- Where you can purchase low cost fresh vegetables (Farmers Market).
- Where you can use your Food Stamp EBT card to purchase vegetables (market, Farmers Market).



Vary Your Veggies

Audience: Adults

Activity 1: Get Fresh with Vegetables

Preparation Time: 20 min

Activity Time: 40 min

Ingredients

refer to recipes for ingredients.

Equipment

television and DVD player.

Supplies

Get Fresh At Your Farmers Market DVD

recipes

refer to recipes for supplies

large plates

utensils

napkins

serving bowls

serving spoons.

Preparation Prior to Class

1. Confirm availability of DVD player and TV at center. If not available, plan to demonstrate a recipe.
2. Review vegetable preparation portions of the DVD that will be viewed in class.
3. Place ingredients needed by each team in one container and supplies needed by each team in another container.
4. Place the ingredient containers in the refrigerator to chill before class.
5. If you wish, you may prepare some of the vegetable dishes before class to share with the participants.

Implementation

1. Warmly welcome participants, creating a comfortable environment where they feel valued and safe being open and honest.
2. Ask participants to wash their hands.
3. Tell participants that they will be viewing the demonstration of a recipe or recipes that they will then prepare themselves in class.
4. Play the DVD.
5. Divide the participants into teams and tell each team what they will prepare.
6. Give each team their two containers and recipe.
7. Explain that their children may help with the bold steps when they prepare this at home.
8. Ask each team to begin preparing their recipe. Circulate to answer questions and assist as needed. Discuss the additional information outlined as they cook.
9. When everyone has finished, advise participants that they may sample the vegetable dishes that they would like.

Vary Your Veggies

Audience: Adults

Activity 1: Get Fresh with Vegetables

Preparation Time: 20 min

Activity Time: 40 min

10. Ask them if they like the vegetables they prepared and if they will make any of these recipes at home.
11. Help them feel good about themselves, and remind them that they are powerful as each small action they take can make a positive difference in the lives of the children.

Additional Discussion During the Activity

1. Discuss sanitation issues:
 - Wash hands thoroughly before cooking or eating and whenever they become contaminated.
 - Wash all fresh produce with cold, running water. Wash regardless of whether the produce will be served whole, peeled or cooked.
 - Do not chop produce on a cutting board that was used to chop meat, fish or poultry without thoroughly washing it in hot, soapy water.
 - Any other issues that apply to the recipes they are using.
2. Discuss wise buying suggestions:
 - Review grocery advertisements for specials, and make a list of what you wish to buy (to avoid impulse buying).
 - Buy fresh produce in season for best price and quality.
 - Buy only the amount of produce that you will use while it is still fresh.
 - Be creative with salads: if one type of lettuce is expensive, try using another type; and if fresh vegetables such as tomatoes and cucumbers are expensive, try adding frozen vegetables such as corn or peas.
 - Try making your own salad dressing with olive oil, vinegar and your favorite seasonings.
 - Where the Food Stamp EBT card may be used at Farmers Markets in the vicinity.
 - Any other advice that pertains to the ingredients in the recipes selected.
3. Discuss highlights from the lesson plan:
 - The importance of eating vegetables and the recommended amounts for adults and children.
 - Nutrients provided by colorful vegetables – the importance of eating a variety of colors.
 - Preparing vegetables in creative ways that will encourage children to eat them.
 - Having children help prepare vegetable dishes will increase their interest in tasting them.

Vary Your Veggies

Audience: Adults

Activity 1: Get Fresh with Vegetables

Preparation Time: 20 min

Activity Time: 40 min

4. Discuss Get Fresh Tips:

➤ Storage:

- Cabbage – in the refrigerator for a few weeks
- Carrots – remove leafy tops, and then store in the refrigerator for a few weeks
- Kale – in the refrigerator for a few days
- Potatoes – in a cool, dark, dry place for several weeks

➤ Additional Ways to Prepare:

- Cabbage – stir fry with other favorite vegetables; add to vegetable soup; or grate and add to tossed salad.
- Carrots – add to vegetable soup, serve raw carrot sticks plain or with dip; and add carrots to salads.
- Kale – stir fry with other vegetables; add to tomato sauce and serve over pasta; or cook in a small amount of oil with onion and/or garlic.
- Potatoes – bake and serve plain or with toppings; mash alone or with carrots or squash; and add to vegetable soup.

5. Discuss Food Stamp Program:

- Benefits of participation.
- How to find out if they are eligible for this benefit and receive assistance completing the application.
- Contact information for the local Nutrition Outreach and Education Program (NOEP) agency.

Baked Kale Frittata

Yield: 9" round

Serves: 4 adults

Ingredients

vegetable cooking spray

1 bunch chopped kale (3 cups)

1 medium chopped onion (1 cup)

1 tablespoon vegetable oil

1/4 cup water

6 eggs

1/2 cup low-fat (1% or less) milk

2 ounces shredded low-fat cheddar cheese (1/2 cup)

1/2 teaspoon salt

1/4 teaspoon pepper.

Steps

1. Preheat oven to 375 degrees.
2. Coat 9" round baking pan with vegetable cooking spray.
3. **Wash and drain kale using colander.** Remove stems. Chop kale. **(A child could help tear leaves in pieces instead of chopping.)**
4. Cut onion in half. Cut ends and **discard. Peel onion.** Chop onion.
5. Heat oil in large frying pan on medium heat. Add onion. Cook for 3 to 5 minutes, until onions are soft.
6. Stir in kale and water. Cover and cook 5 minutes. Remove pan from heat and allow mixture to cool.
7. Shred cheese onto a piece of wax paper.
8. In large bowl combine eggs, **milk, cheese, salt and pepper. Blend in kale mixture.**
9. Pour mixture into prepared 9" round baking pan and bake for 25 minutes.
10. Remove from oven and let set for 2 to 3 minutes.
11. Slice into wedges and **enjoy!**

Have your child help you do the bold steps.

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Thai Cabbage Noodles

Yield: 6 cups

Serves: 6 adults

Ingredients

8 ounces linguini	1/4 cup vinegar
1 large sliced cabbage (4 cups)	3 tablespoons sugar
1/4 cup soy sauce	1/4 cup peanut butter
1/4 cup orange juice	1 teaspoon dried ginger
1/4 cup water	1/4 teaspoon hot pepper flakes (optional).

Steps

1. Cook and drain linguini.
2. **Wash cabbage.** Thinly slice cabbage.
3. In large pot, over medium-high heat, combine all ingredients except linguini and cabbage. Stir until mixture boils.
4. Add cabbage to the pot. Cook and stir about 5 minutes or until cabbage softens.
5. To serve, stir linguini into cabbage mixture
6. **Enjoy!**

Have your child help you do the bold steps.

Allergy Alert: This recipe is not appropriate for those with a peanut allergy.

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Scalloped Potatoes

Yield: 4 cups

Serves: 4 adults

Ingredients

vegetable cooking spray	1/2 teaspoon oregano
1 pound sliced potatoes (3 cups)	1/2 teaspoon salt
1 medium sliced onion (1 cup)	1/4 teaspoon pepper
1 ounce shredded low-fat cheddar cheese (1/4 cup)	1/2 cup low-fat (1% or less) milk.

Steps

1. Preheat oven to 375 degrees. Coat a 2-quart baking dish with vegetable cooking spray.
2. **Wash**, peel and slice potatoes.
3. Cut onion in half. Cut ends and **discard. Peel onion.** Chop onion.
4. Shred cheese onto waxed paper.
5. **Combine oregano, salt and pepper in small dish.**
6. **Place half of potatoes in baking dish. Spread onions over potatoes.** Sprinkle with half the seasoning mixture. **Layer remaining potatoes on top.**
7. **Add milk, remaining seasoning and cheese.**
8. Cover and bake 50 minutes.
9. Change oven setting to broil, and broil uncovered until evenly browned.
10. **Enjoy!**

Have your child help you do the bold steps.

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Portuguese Kale Soup

Yield: 9 cups

Serves: 6 adults

Ingredients

1 medium chopped onion (1 cup)
1 clove minced garlic
1 sliced carrot (1/2 cup)
1 tablespoon vegetable oil
8 cups water

2 chicken bouillon cubes
1/4 teaspoon hot pepper flakes (optional)
1 pound cubed potatoes (3 cups)
1 large bunch chopped kale (4 cups)
1/4 pound sliced low-fat turkey kielbasa sausage (1 cup)
1/4 teaspoon pepper.

Steps

1. Cut onion in half. Cut ends and **discard. Peel onion.** Chop onion. Mince garlic. Peel and slice carrot.
2. Heat oil in large pot over medium heat. Add onion, garlic, and carrots. Cook for 10 minutes.
3. Add water, bouillon and hot pepper flakes. Cover and bring to boil.
4. **Wash** and peel potatoes. Cut into 1/2-inch cubes.
5. Add potatoes to boiling water. Cover and cook 10 minutes.
6. **Wash kale**, remove tough stems and chop finely. **(A child could help tear leaves in pieces instead of chopping.)** Slice sausage.
7. Add kale and sausage to soup. Cook uncovered 5 minutes.
8. Add pepper to taste.
9. **Enjoy!**

Have your child help you do the bold steps.

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Carrot Spice Muffins

Yield: 12 muffins

Serves: 12 adults

Ingredients

vegetable cooking spray	2 tablespoons vegetable oil
2 large shredded carrots (1 1/2 cups)	1 cup flour
2 eggs	1 teaspoon baking soda
1/2 cup applesauce	1/2 teaspoon salt
2/3 cup sugar	1 tablespoon cinnamon
1 teaspoon vanilla	1/2 cup raisins.

Steps

1. Preheat oven to 350 degrees. Coat 12 muffin cups with vegetable cooking spray or line with paper baking cups.
2. Peel and shred carrots.
3. In large bowl, combine eggs, **applesauce, sugar, vanilla and oil; mix until well blended.**
4. In small bowl, **combine flour, baking soda, salt and cinnamon.**
5. **Slowly stir the dry ingredients into the applesauce mixture until just blended.**
6. **Stir in carrots and raisins.**
7. Divide batter among muffin cups, filling each about 2/3 full.
8. Bake 25 minutes or until lightly browned.
9. Let cool 5 minutes. Remove muffins from muffin cups.
10. Cool completely and **enjoy!**

Have your child help you do the bold steps.

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Carrot Confetti Salad

Yield: 3 cups

Serves: 6 adults

Ingredients

3 large grated carrots (2 cups)
1/2 small shredded red cabbage (1 cup)
2 tablespoons vinegar
2 tablespoons vegetable oil
1/2 teaspoon sugar
1/2 teaspoon dry mustard
1/4 teaspoon salt
dash of pepper.

Steps

1. Peel and shred carrots.
2. **Wash cabbage and drain in colander.** Shred cabbage.
3. **In large bowl, combine carrots and cabbage.**
4. **In small bowl, combine remaining ingredients to make dressing.**
5. **Mix dressing with carrots and cabbage.**
6. **Enjoy!**

Have your child help you do the bold steps.

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Vary Your Veggies

Audience: Adults

Activity 2: Enjoying Vegetables!

Preparation Time: 5 min

Activity Time: 15 min

Supplies

easel
easel pad
markers
Vegetable Treasure Hunt handout.

Preparation Prior to Class

1. Assemble the easel and place a pad on the easel.
2. Determine whether a brainstorm or facilitated group discussion will be the most effective teaching strategy.

Implementation

1. Warmly welcome participants, creating a comfortable environment where they feel valued and safe being open and honest.
2. Begin by explaining that vegetables are critical to the health and growth of children and adults.
3. Describe health benefits associated with eating different colored vegetables.
4. Introduce the purpose of this activity, which is to get ideas that have helped other parents introduce vegetables into the diets of their preschool children.
5. Start with an icebreaker: What is your favorite vegetable?
6. Record participant responses to the icebreaker on the easel pad.
7. Discuss results:
 - Is there a vegetable that is a favorite of many?
 - Is there a vegetable that is a favorite of only one?
 - Is there a wide variety of vegetables represented?
8. If you are leading a brainstorm, review brainstorming rules:
 - Any idea is fine – no comments on the ideas of others.
 - It is okay to build on someone else's idea.
 - Yell your ideas out.
 - We will discuss the ideas later.If you are not leading a brainstorm, go to step 11.
9. Move into the brainstorming questions:
 - What is your preschool child's favorite vegetable?
 - What unusual vegetable does your child enjoy?
 - How did your child start eating that vegetable?

Vary Your Veggies

Audience: Adults

Activity 2: Enjoying Vegetables!

Preparation Time: 5 min

Activity Time: 15 min

- What have you done to get your child to try a new vegetable?
10. Record participant responses to brainstorming questions on the easel pad.
 11. If you are facilitating a group discussion instead of a brainstorm or need to move the brainstorm along, share each suggestion prompt below.
 - Do you let your child select a vegetable when shopping at the grocery store or farmers market?
 - Do you go to local farms and pick your own vegetables?
 - Do you grow any vegetables?
 - Do you involve your child in the preparation of new vegetable dishes?
 - Did you and your child try the new vegetable together?
 - Did your child try the vegetable first at a friend or relative's house or at child care?
 - Do you include vegetables as part of each meal?
 - Does your child eat vegetables for snacks?
 - Do you add vegetables to other foods (main dishes, salads, baked goods)?
 12. Use open-ended questions that will enable your participants to share how they have tried some of these techniques in the past or how they might try them in the future.
 13. Do not call on participants, but allow an adequate amount of time for them to volunteer answers.
 14. Affirm all responses.
 15. Review and expand upon the information shared in the brainstorm or group discussion in a way that will summarize and motivate.
 16. Ask the parents to name one new way to encourage their children to try a new vegetable this week.
 17. Distribute the *Vegetable Treasure Hunt* handout, and review how they may use this with their children.
 18. Help them feel good about themselves, and remind them that they are powerful as each small action they take can make a positive difference in the lives of their children.

Additional Discussion During the Activity

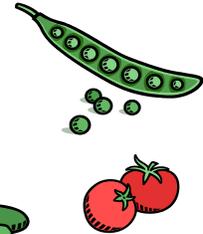
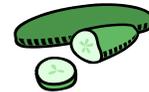
Discuss the Food Stamp Program:

- Benefits of participation.
- How to find out if they are eligible for this benefit and receive assistance completing the application.
- Contact information for the local Nutrition Outreach and Education Program (NOEP) agency.

Dear Parents,

You can help your child learn more about the foods your family enjoys. Take this sheet along with you the next time you go to the supermarket and have your child look for vegetables in different aisles of your grocery store. Let your child choose a new vegetable when you shop. Make this a fun treasure hunt and a memorable activity for your child.

Vegetable Treasure Hunt



Canned Vegetables

Canned vegetables are generally as nutritious as fresh vegetables, as they are canned at the peak of freshness. They often cost less than fresh vegetables, especially during the cold winter months. Don't forget about tomato sauces. Canned tomatoes and tomato sauces are an inexpensive way to get your kids to eat their vegetables. They offer lots of great nutrition and are always on the shelves.

Buy some canned vegetables this week. They are not expensive and are easy to store. They taste great too.

Produce Aisle

Look for some dark green or orange vegetables such as broccoli, spinach, romaine lettuce, carrots, sweet potatoes, and squash. Most kids (and adults) don't get enough of these.

Frozen Vegetables

Choose one vegetable you've never tried but would like to try. When buying vegetables, look for those without added fat, salt or sauces. They are more nutritious, and often they cost less too!

Vegetable Juices

Don't forget about vegetable juices. They will be found next to the fruit juices.

Dried Beans and Peas

There are several types of dry beans and peas – these are great in soups and are good sources of protein.

Vary Your Veggies

Audience: Adults (children may participate also)

Activity 3: Roots, Stems, Leaves, Fruits, Flowers and Seeds

Preparation Time: 20 min

Activity Time: 15 min

Ingredients

roots: carrots or radishes (with stems)
stems: celery or asparagus
leaves: romaine or red leaf lettuce
fruits: tomatoes and cucumbers
flowers: broccoli or cauliflower
seeds: corn or peas
low-fat salad dressing.

Supplies

recipes
colander
cutting sheets
knives
vegetable peelers
serving bowls
spoons
salad bowls
forks
napkins.

Preparation Prior to Class

1. Wash and drain lettuce, and wash other raw vegetables if participants won't have access to a kitchen sink.
2. Place ingredients needed by each team in one container and supplies needed by each team in another container.
3. Place the ingredient containers in the refrigerator to chill before class.
4. Prepare your display of each type of vegetable.

Implementation

1. Warmly welcome participants, creating a comfortable environment where they feel valued and safe being open and honest.
2. Ask participants to wash their hands.
3. Tell participants that they will be making tossed salad today using five parts of plants: roots, stems, leaves, fruits, flowers and seeds.
4. Display a carrot (or radish) with stem intact to illustrate that the carrot (radish) is actually a root. Talk about root vegetables (carrots, potatoes, turnips, beets, parsnips and radishes) growing under the ground just like the roots of other plants.
5. Display celery or asparagus, and explain that this vegetable is actually a plant stem.
6. Display lettuce and explain that we consume the leaves of some vegetables (lettuce, cabbage, kale, parsley).
7. Display a tomato and cucumber. Cut them open, and explain that some vegetables (tomatoes, cucumbers, peppers and squash) are called the *fruit* of the plant because they have seeds inside.
8. Display broccoli or cauliflower, and explain that these are actually the flowers of the

Vary Your Veggies

Audience: Adults (children may participate also)

Activity 3: Roots, Stems, Leaves, Fruits, Flowers and Seeds

Preparation Time: 20 min

Activity Time: 15 min

plant. Emphasize to children that only certain flowers can be eaten. Remind the children to ask an adult before tasting any plants.

9. Display corn or peas, explaining that these are plant seeds.
10. Ask participants to wash their hands.
11. Divide the participants into teams.
12. Give each team their two containers and recipe.
13. Explain that their children may help with the bold steps when they prepare this at home.
14. Advise participants to put each prepared vegetable in a separate serving bowl instead of mixing all ingredients together in one bowl as the recipe states. Explain that they will set up a salad bar where the participants may choose which vegetables to put in their salad.
15. Remind parents that the children can help wash the vegetables and tear the lettuce leaves.
16. When the serving bowls are filled, encourage the participants to make their own salad by selecting roots, stems, leaves, fruits, flowers and seeds.
17. Direct each participant to select and add a salad dressing and enjoy.
18. Help them feel good about themselves, and remind them that they are powerful as each small action they take can make a positive difference in the lives of their children.

Additional Discussion During the Activity

1. Discuss sanitation issues:
 - Wash hands thoroughly before cooking or eating and whenever they become contaminated.
 - Wash all fresh produce with cold, running water. Wash regardless of whether the produce will be served whole, peeled or cooked.
 - Do not chop produce on a cutting board that was used to chop meat, fish or poultry without thoroughly washing it in hot, soapy water.
2. Discuss wise buying suggestions:
 - Review grocery advertisements for specials, and make a list of what you wish to buy (to avoid impulse buying).
 - Buy fresh produce in season for best price and quality.
 - Buy only the amount of produce that you will use while it is still fresh.

Vary Your Veggies

Audience: Adults (children may participate also)

Activity 3: Roots, Stems, Leaves, Fruits, Flowers and Seeds

Preparation Time: 20 min

Activity Time: 15 min

- Be creative with salads: if one type of lettuce is expensive, try using another type; and if fresh vegetables such as tomatoes and cucumbers are expensive, try adding frozen vegetables such as corn or peas.
 - Try making your own salad dressing with olive oil, vinegar and your favorite seasonings.
 - Where the Food Stamp EBT card may be used at Farmers Markets in the vicinity.
3. Discuss highlights from the lesson plan:
- The importance of eating vegetables and the recommended amounts for adults and children.
 - Nutrients provided by colorful vegetables – the importance of eating a variety of *colors*.
 - Introducing vegetables in ways that will make encourage children to eat them.
4. Discuss the Food Stamp Program:
- Benefits of participation.
 - How to find out if they are eligible for this benefit and receive assistance completing the application.
 - Contact information for the local Nutrition Outreach and Education Program (NOEP) agency.

Adapted from [Tickle Your Appetite](#).

Tossed Salad

Yield: 6 cups

Serves: 6 adults

Ingredients

1/2 pound romaine lettuce
1 small carrot or 5 radishes
1 stalk celery or 2 asparagus spears
1 small tomato
1/2 cucumber
2 ounces fresh broccoli or 2 ounces fresh cauliflower
1/4 cup frozen corn or peas
3/4 cup low-fat salad dressing.

Steps

1. **Wash vegetables thoroughly and drain.**
2. **Tear lettuce into bite-size pieces and place in bowl.**
3. **Add the peas or corn to the lettuce.**
4. Chop remaining vegetables into small pieces; **add to the bowl and mix.**
5. Serve with low-fat salad dressing and **enjoy!**

Have your child help you do the bold steps.

Staff Pages

This Week's Topic: **Vary Your Veggies**
This Week's Lesson: **Vegetable Mystery Bag**

Today in your classroom children learned why it is important to eat colorful vegetables every day.

Vegetables provide vitamins, minerals, and fiber, and they are low in fat and salt.

- On the back of this page is your lesson plan for this week's lesson "Vegetable Mystery Bag." Use this lesson to reinforce the concepts from the Eat Well Play Hard in Child Care Settings (EWPHCCS) lesson provided to your class this week.
- Attached is a parent letter that explains what the children learned from this lesson and includes a fun activity to complete at home. Please make copies and send home following your lesson.

5 Ways to Vary Veggies in Your Classroom



1. **You teach children lessons they'll learn for life.** Help them increase the types of vegetables they like by setting a good example.
2. Each time your class tries a new vegetable, have the **children draw a picture of it.**
3. Have each child **plant a bean seed** and grow bean plants in your classroom.
4. **Children like to try foods they help make.** Set up a "salad making station" and teach them to tear lettuce. Have additional prepared colorful vegetables to add to the lettuce.
5. **Highlight a "Vegetable of the Month"** and plan activities that focus on a vegetable that is in season.



For more EWPHCCS lessons go to: http://www.nyhealth.gov/prevention/nutrition/cacfp/ewphccs_curriculum/index.htm

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This Week's Lesson: Vegetable Mystery Bag

Goals & Objectives: To provide children with knowledge and awareness of the importance of eating more vegetables, especially colorful ones.

Prep Time: 10 minutes

Activity Time: 20 minutes

Supplies You Will Need

- Choose 2 or 3 fresh colorful vegetables. Example: carrots, broccoli, cucumbers.
- Cutting board, knife, serving plate or bowl, small plates, small tongs, napkins.
- Small paper lunch bag or mystery box (cut a hole in the side of a cardboard box, large enough for a child to slip a hand and arm through without getting stuck).

Preparation for Activity

- Read through entire lesson.
- Purchase vegetables. Wash and cut into bite size pieces. Place on serving plate or in serving bowl. Save one whole sample of the vegetable for mystery bag/box.
- Place one uncut vegetable into each paper lunch bag or mystery bag/box.

Activity

1. Ask the children to wash their hands.



2. Ask the children what they remember from the nutritionist's visit. Remind them of the following points:

- Vegetables come in many colors.
- Eating a variety of colorful vegetables helps your body grow healthy and strong.
- Vegetables grow on farms and come fresh, canned, frozen or dried at the store.
- Vegetables taste great.

3. Show children the mystery bag/box. Ask the children to guess what vegetable is in the bag/box by the way it feels including shape and texture (smooth, rough, hard, soft, etc).

4. Take the mystery vegetable out and show them if they guessed correctly. Discuss the color, shape, feel, and size of the vegetable.

5. Cut the mystery vegetable open. Discuss how the vegetable looks on the inside compared to the outside. Repeat steps 3 to 5 for each vegetable.

6. Provide each child with a napkin and a small plate.

7. Pass serving plate or bowl of veggies and small tongs. Allow children to serve themselves.

8. Encourage children to look, touch, smell and then taste the vegetable (if they choose to do so).

9. Ask the children: What does it smell like? How does it taste? Did you like it?

Adapted from [Grow It Try It Like It! Preschool Fun with Fruits and Vegetables](#)

Extension Activity

Draw a picture of a "soup pot." Ask children to cut out pictures of vegetables and tape them to the pot to make "vegetable soup."

Options

For a CACFP creditable snack prepare enough vegetable for each child to have a ½ cup portion and serve an additional component such as 4 Triscuits® to meet the CACFP Healthy Child Meal Pattern. Water must be served with a snack if no beverage is provided.

Dear Parent,

Today your child learned that vegetables come in many colors and that eating a variety of colorful vegetables helps your body grow healthy and strong.

Home Activity: Have a color contest and see how many green, red, yellow, and orange vegetables you can include in one meal.



Tips



- Prepare vegetables together. Teach your child to tear lettuce, or add vegetable toppings to pizza.
- Children learn from watching you. Eat colorful vegetables and your children will too.
- Fresh, frozen, and canned vegetables are all smart choices. Buy some of each to last until your next shopping trip.
- Try to make half your plate vegetables and fruits.

Make half your plate vegetables and fruits



Put your child in charge. Ask your child to name a vegetable they help prepare. Make a big deal of serving “Maria’s Salad” or “Juan’s Sweet Potatoes.”



Today we made _____.

Directions: Write the name of the vegetable your child helped prepare. Your child can draw a picture of the vegetable.

Flavorful Fruit

Flavorful Fruit

Audience: Children

Preparation Time

Activity 1: 10 min
Activity 2: 45 min
Activity 3: 10 min

Duration of Lesson:

Introduction: 5 min
Activity 1: 15 min
Activity 2: 30 min
Activity 3: 20 min
Closing: 5 min

Take Home Handouts

Parent Pages

I tried 3 kinds of apples today

Goal

To increase knowledge and awareness of the importance of eating more fruits, especially colorful ones, every day.

Participant Objectives

Children will:

1. Name three colorful fruits.
2. Say why they should eat fruits every day.
3. Name one new fruit they are willing to try.

Points to Cover

1. Explain that fruit provides pep and energy for work and play and helps children grow a healthy body.
2. Explain that fruit comes in many colors, shapes and sizes. Eating a variety of colorful fruits is healthy.
3. Emphasize that fruit tastes good.

Activities

Activity 1: Apple Tasting

Activity 2: Fruit Kabobs

Activity 3: Fruit Mystery Bags

Closing

1. Review participant objectives
2. Discuss the next class.
3. Provide take home handouts.

References

[A Healthier You](#)

[Tickle Your Appetite](#)

www.fruitsandveggiesmorematters.org

www.mypyramid.org

Miscellaneous

Be prepared to discuss how fruit grows and gets to market and the difference between fruit and vegetable.



Flavorful Fruit

Audience: Children

Activity 1: Apple Tasting

Preparation Time: 10 min

Activity Time: 15 min

Ingredients

a variety of colorful apples

- red
- yellow
- green.

Supplies

knife or apple corer

cutting board

napkins

small plates

crayons

I tried 3 kinds of apples today handout.

Preparation Prior to Class

1. Wash apples.
2. Assemble apples and supplies in the teaching area.

Implementation

1. Ask the children to wash their hands.
2. Show the children the three kinds of apples – talk about their different colors, shapes and sizes. Ask the children if they think each type will taste differently.
3. Core the red apples and cut into serving size pieces.
4. Place one piece on each sample plate.
5. Ask the children to get a sample plate and napkin and return to their seats.
6. Ask all of the children to taste the apple. Talk with them about the apple and ask them questions as they taste it. Ask them about the texture and the flavor. Ask them how it tastes. Ask them if they like the taste.
7. Core the yellow apple, cut it into serving size pieces and pass out one piece to each child. Repeat Step 6.
8. Core the green apple, cut it into serving size pieces and pass out one piece to each child. Repeat Step 6.
9. Ask them which apple they enjoyed the most. Ask them if they will eat apples at home.
10. Provide each child with the *I tried 3 kinds of apples today* handout.
11. Help the children write their name on the page.
12. Provide them with crayons, and ask them if they would like to draw a picture.

Additional Discussion During the Activity

Discuss highlights from the lesson plan:

Flavorful Fruit

Audience: Children

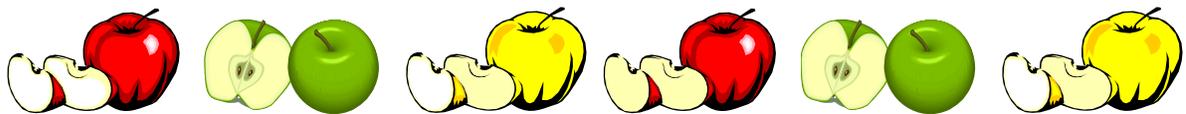
Activity 1: Apple Tasting

Preparation Time: 10 min

Activity Time: 15 min

- Apples are grown on farms and delivered to markets where we can buy them.
- Apples are locally grown in New York State.
- Apples help you grow a healthy body.
- Apples (and other fruits) come in many colors. Eating a variety of colorful fruits is healthy.
- Apples taste great raw or made into applesauce.

_____ tried 3 kinds of apples today!



Flavorful Fruit

Audience: Children

Activity 2: Fruit Kabob

Preparation Time: 45 min

Activity Time: 30 min

Ingredients

fresh blueberries
fresh strawberries
canned pineapple chunks
fresh melon.

Supplies

4 small bowls
large plates
wooden coffee stirrers.

Note: Alternate fruits may be substituted if these fresh fruits are not available.

Preparation Prior to Class

1. Wash fresh fruit and place blueberries in small bowl.
2. Cut strawberries in half and place in small bowl.
3. Drain pineapple and place chunks in small bowl.
4. Remove rind and seeds from melon, dice and place in small bowl.

Implementation

1. Ask the children to wash their hands.
2. Discuss each fruit with the children as you show it to them – names, colors, where they are grown.
3. Give each child a plate, coffee stirrer and 2-3 pieces of each type of prepared fruit.
4. Demonstrate how to make a kabob by putting fruit onto coffee stirrer.
5. Encourage each child to make and eat their own kabob.

Additional Discussion During the Activity

Discuss highlights from the lesson plan:

- The importance of eating fruit.
- The many different fruits there are to choose from.
- Eating a variety of colorful fruits is healthy.

Flavorful Fruit

Audience: Children

Activity 3: Fruit Mystery Bags

Preparation Time: 10 min

Activity Time: 20 min

Ingredients

select 3 fresh fruits:

- kiwi
- seedless grapes
- star fruit
- strawberries
- nectarine.

Supplies

food model picture cards
paper lunch bags
cutting board
knife
serving bowls
serving spoons
small cups
teaspoons
napkins.

Preparation Prior to Class

1. Choose food model picture cards for the types of fruit that will be in the mystery bags.
2. Wash (peel if necessary), and cut each mystery fruit into enough bite-sized pieces for each child to have 1 to 2 pieces. Place each type of prepared fruit in a serving bowl. Refrigerate until the end of class when the mystery fruits have been revealed.
3. Place one uncut fresh fruit into each paper lunch bag.
4. Set up teaching area – display picture cards where all of the children can see them.

Implementation

1. Ask the children to wash their hands.
2. Show the children the pictures of fruit, and explain that there is a piece of one of these fruits in each mystery bag.
3. Explain that they will feel the fruit in the bag without looking at it and try to match it to one of the pictures.
4. Take the first mystery bag around to the children, and let each child reach in and touch the fruit inside. Ask them to look away when they reach in, so they do not see the fruit. Ask them to describe how the fruit feels (smooth, rough, hard, soft, etc.).
5. Then, ask the children to match the fruit they felt with one of the fruit picture cards.
6. Take the fruit out and show them if they guessed correctly or not.
7. Repeat steps 3 to 5 for each of the mystery bags.
8. Then, cut the mystery fruits open, and discuss how the fruit looks on the inside compared to the outside.
9. Bring out the bowls of bite-sized samples, and let the children choose which fruit(s) they would like to sample. Allow each child to spoon desired fruit(s) into sample cup.

Flavorful Fruit

Audience: Children

Activity 3: Fruit Mystery Bags

Preparation Time: 10 min

Activity Time: 20 min

10. Give each child a spoon and napkin, and encourage them to taste their fruits.
11. Ask them how the fruit tastes, if they like the taste and if they will eat this type of fruit at home.

Additional Discussion During the Activity

Discuss highlights from the lesson plan:

- Fruit is grown on farms and delivered to markets where we can buy it.
- Fruit provided pep and energy for work and play and helps you grow a healthy body.
- Fruit comes in many sizes, shapes and colors. Eating a variety of colorful fruits is healthy.
- Fruit tastes great!

Adapted from [Tickle Your Appetite](#).

PARENT PAGES

Flavorful Fruit



Tips to Enjoy More Fruit

1. Offer colorful fruit at meals and snacks.
2. Take it with you. Put apples, oranges or bananas in a bag for quick snacks.
3. Cook together. Teach your child to peel, mash and slice bananas.
4. Peel an orange, pull it apart, and dip slices in low-fat vanilla yogurt.
5. Visit an apple farm and pick some apples to bring home and enjoy.
6. Buy fruit that is in season. Check store specials for best in-season buys.

Today at child care your child learned why it is important to eat colorful fruits each day. Fruit provides vitamins and fiber and is low in fat and salt. Fresh fruits are tasty fast foods. Choose fresh, frozen or canned fruit to get the best deal for your money. They learn from watching you. Eat fruit and your children will too. Try to make half your plate fruits and vegetables.

Homemade Applesauce

Yield: 4 cups

Serves: 8 adults

Ingredients

5 medium apples (one and a half pounds)
1/2 teaspoon cinnamon
1/2 cup water
brown sugar (optional).



Steps

1. **Wash the apples.**
2. *Peel, core and quarter the apples.
3. **Cut the apples into small sections (children may do this using a butter knife).**
4. **In a medium pot, combine the apples, cinnamon and water.**
5. Cover pot, and cook apples over medium heat until they come to a boil. Then simmer over low heat until the apples test tender when you stick them with a fork, about 20-30 minutes. Stir the apples a few times; adding more water if they cook dry.
6. Beat the tender cooked apples smooth with a spoon.
7. Serve applesauce warm or cold with a sprinkle of brown sugar if desired.
8. **Enjoy!**

Have your child help you do the bold steps.

*If you have a food mill, cook the apples without peeling them until tender and put them through the food mill.

I Enjoyed Fruit This Week!

Colorful Fruits are Good for Me!



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1							
2							
3							
4							
5							

Directions: Help your child put a sticker (or draw a smiley face 😊) in a box each time a fruit is eaten. Remind your child that it is good to eat different **colored** fruits each day.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-342-3009. This material was funded by USDA's SNAP. FNS/USDA reserves a royalty-free non-exclusive license to reproduce, publish, use or authorize others to use all videos or literature including copyrighted items resulting from this project. In accordance with Federal law and USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

Flavorful Fruit

Audience: Adults

Preparation Time

Activity 1: 5 min
Activity 2: 15 min
Activity 3: 10 min

Duration of Lesson

Introduction: 5 min
Activity 1: 15 min
Activity 2: 10 min
Activity 3: 25 min
Closing: 5 min

Take Home Handouts

Fruit Salad recipe
Apple Cinnamon Wrap and Roll recipe



Goal

To increase knowledge and awareness of the importance of eating fruit, especially a colorful variety, every day as part of a healthful and flavorful diet.

Participant Objectives

Participating adults will:

1. Explain why fruit is a good choice for their family.
2. Name one way to add colorful fruit to their family's diet without increasing the cost of the meal.
3. Describe how to purchase, store and safely prepare at least one new fruit that they could serve at home.

Points to Cover

1. Explain that fruits are high in nutrients and fiber, low in calories and taste good.
2. Explain that adults should strive to eat 2 cups, and children 1-1½ cups of fruit per day.
3. Inform parents that every little step they take in consuming more fruits really does help their families be at their best today and in the future.
4. Discuss the importance of consuming a variety of colorful fruit.
5. Discuss that fruits come fresh, frozen, canned and dried; all make a valuable contribution to your diet. Seasonal and locally grown fruits can be an economical way to add fresh fruits to your family's meals.
6. Explain how to include fruits in their daily diet without increasing food costs by purchasing whole fruit rather than fruits that have already been processed (i.e. melon diced for salad), through menu planning based on weekly market specials and by following a shopping list.
7. Discuss that fruit must be stored, prepared and served in ways in which to keep it safe.
8. Communicate the American Academy of Pediatrics statement: drinking too much juice can contribute to obesity, the development of cavities, diarrhea and other gastro-intestinal problems – children 1 to 6 years of age should have only 4 to 6 ounces of juice per day.

Activities

Activity 1: Enjoying Fruits!

Activity 2: Fruit Salad

Activity 3: Apple Cinnamon Wrap and Roll

Flavorful Fruit

Audience: Adults

Closing

1. Review participant objectives.
2. Discuss the date, location and subject of the next class.
3. Provide take home handouts

References

[A Healthier You](#)

[Tickle Your Appetite](#)

www.fruitsandveggiesmorematters.org

www.mypyramid.gov



Flavorful Fruit

Audience: Adults

Activity 1: Enjoying Fruits!

Preparation Time: 5 min

Activity Time: 15 min

Supplies

easel
easel pad
markers.

Preparation Prior to Class

1. Assemble the easel and place a pad on the easel.
2. Determine whether a brainstorm or facilitated group discussion will be the most effective teaching strategy.

Implementation

1. Warmly welcome participants, creating a comfortable environment where they feel valued and safe being open and honest.
2. Begin by explaining that fruits are critical to the health and growth of children and adults.
3. Describe health benefits associated with eating different colored fruits.
4. Introduce the purpose of this activity, which is to get ideas that have helped other parents introduce fruit into the diets of their preschool children.
5. Start with an icebreaker: What is your favorite fruit?
6. Record participant responses to the icebreaker on the easel pad.
7. Discuss results:
 - Is there a fruit that is a favorite of many?
 - Is there a fruit that is a favorite of only one?
 - Is there a wide variety of fruits represented?
8. If you are leading a brainstorm, review brainstorming rules:
 - Any idea is fine – no comments on the ideas of others.
 - It is okay to build on someone else’s idea.
 - Yell your ideas out.
 - We will discuss the ideas later.If you are not leading a brainstorm, go to step 11.
9. Move into the brainstorming questions:
 - What is your preschool child’s favorite fruit?
 - What unusual fruit does your child enjoy?
 - How did your child start eating that fruit?

Flavorful Fruit

Audience: Adults

Activity 1: Enjoying Fruits!

Preparation Time: 5 min

Activity Time: 15 min

- What have you done to get your child to try a new fruit?
10. Record participant responses to brainstorming questions on the easel pad.
 11. If you are facilitating a group discussion instead of a brainstorm or need to move the brainstorm along, share each suggestion prompt below.
 - Do you let your child select a fruit when shopping at the grocery store or farmers market?
 - Do you go to local farms and pick your own fruit?
 - Do you have any fruit trees?
 - Do you involve your child in the preparation of new fruit dishes?
 - Did you and your child try the new fruit together?
 - Did your child try the fruit first at a friend or relative's house or at child care?
 - Do you include fruit as part of each meal?
 - Does your child eat fruit for snacks?
 - Do you add fruits to other foods (salads, sauces, pancakes, baked goods, cereal)?
 12. Use open-ended questions that will enable your participants to share how they have tried some of these techniques in the past or how they might try them in the future.
 13. Do not call on participants, but allow an adequate amount of time for them to volunteer answers.
 14. Affirm all responses.
 15. Review and expand upon the information shared in the brainstorm or group discussion in a way that will summarize and motivate.
 16. Ask the parents to name one new way to encourage their children to try a new fruit this week.
 17. Help them feel good about themselves, and remind them that they are powerful as each small action they take can make a positive difference in the lives of their children.

Additional Discussion During the Activity

Discuss the Food Stamp Program:

- Benefits of participation.
- How to find out if they are eligible for this benefit and receive assistance completing the application.
- Contact information for the local Nutrition Outreach and Education Program (NOEP) agency.

Flavorful Fruit

Audience: Adults

Activity 2: Fruit Salad

Preparation Time: 15 min

Activity Time: 10 min

Ingredients

apples
bananas
grapes
pineapple, canned chunks
oranges
low-fat yogurt.

Supplies

recipes
cutting sheets
knives
strainer
bowl
serving bowls
serving spoons
small clear plastic cups
spoons
napkins.

Preparation Prior to Class

1. Wash fruit if teams won't have access to a kitchen sink.
2. Place ingredients needed by each team in one container and supplies needed by each team in a second container.
3. Place the ingredient container in the refrigerator to chill before class.

Implementation

1. Warmly welcome participants, creating a comfortable environment where they feel valued and safe being open and honest.
2. Ask participants to wash their hands.
3. Divide the parents into teams and give each team their two containers and recipe.
4. Pass out the recipes and review steps with the participants. Explain that their children may help with the bold steps when they prepare this at home.
5. Ask participants to prepare the fruits for a salad (wash, peel, slice, chop), and place one type of prepared fruit in each serving bowl.
6. Have each team display their serving bowls of fruit, and ask participants to select the fruits they want in their fruit salad and place them in their plastic cup.
7. Advise them that they may add yogurt as a dressing if they desire.
8. Have the participants taste their creations. Ask them if they like their fruit salad. Ask them if it was easy to make. Ask them if their children would enjoy a make-your-own fruit salad opportunity at home.
9. Help them feel good about themselves, and remind them that they are powerful as each small action they take can make a positive difference in the lives of their children.

Flavorful Fruit

Audience: Adults

Activity 2: Fruit Salad

Preparation Time: 15 min

Activity Time: 10 min

Additional Discussion During the Activity

1. Discuss sanitation issues:
 - Wash hands thoroughly before cooking or eating and whenever they become contaminated.
 - Wash all fresh produce with cold, running water. Wash regardless of whether the produce will be served whole, peeled or cooked.
 - Do not chop produce on a cutting board that was used to chop meat, fish or poultry without thoroughly wash it in hot water.
 - Refrigerate fruit salads made with yogurt.
2. Discuss wise buying suggestions:
 - Where to buy seasonal and local produce for the best price and quality.
 - Where to pick local fruits (berries, apples, etc.) for the best price and quality.
 - Plan which fruits to purchase each week based on weekly grocery specials – plan menu accordingly and make/use a shopping list.
 - Buy only the amount of fresh fruit that can be used while the produce is still fresh.
 - Choose canned (in juice) or frozen fruits when fresh is expensive or unavailable.
 - When buying canned fruit, try store brand products rather than expensive name brands.
 - When buying 100% juice, purchase frozen concentrate rather than ready-to-use bottles or cartons.
 - Think of fresh fruit as a nutritional alternative to typically high-fat snacks.
3. Discuss highlights from the lesson plan:
 - Fruits are high in nutrients and fiber, low in calories and taste good.
 - Recommended daily portion sizes for children and adults.
 - It is important to consume a variety of colorful fruit.
4. Discuss the Food Stamp Program:
 - Benefits of participation.
 - How to find out if they are eligible for this benefit and receive assistance completing the application.
 - Contact information for the local Nutrition Outreach and Education Program (NOEP) agency.

Fruit Salad

Yield: 4 cups

Serves: 8 adults

Ingredients

- 1 apple
- 1 orange
- 1 banana
- 1/4 pound seedless grapes
- 1/2 20-ounce can pineapple chunks
- 1/2 cup low-fat yogurt.

Steps

1. **Wash fresh fruits.**
2. **Peel and slice bananas and place in serving bowl. A child can do this with a butter knife.**
3. **Peel and chop oranges and place in serving bowl.**
4. Core and chop apples and **place in serving bowl.**
5. Cut grapes in half and **place in serving bowl.**
6. **Drain pineapple in strainer (reserve juice), and place in serving bowl. Enjoy the extra pineapple chunks later!**
7. **Pour reserved pineapple juice on apples and bananas to prevent browning.**
8. **Place yogurt in a serving bowl.**
9. **Each person should then create a salad by selecting and spooning the fruits they desired to eat into a salad bowl.**
10. **Top the fruit salad with yogurt as a salad dressing if desired.**
11. **Enjoy!**

Have your child help you do the bold steps.

Flavorful Fruit

Audience: Adults

Activity 3: Apple Cinnamon Wrap and Roll

Preparation Time: 10 min

Activity Time: 25 min

Ingredients

sugar
cinnamon
vegetable oil
apples
low-fat vanilla yogurt
4 6-inch flour tortillas.

Supplies

recipes
small bowls
small saucer
spoons
cutting sheets
knives
medium bowls
plates
electric skillet or hotplate and frying pan
pancake turner
small plates
forks
napkins.

Preparation Prior to Class

1. Wash apples if teams won't have access to a kitchen sink.
2. Place ingredients needed by each team in one container and supplies needed by each team in a second container.
3. Place ingredient containers in the refrigerator to chill before class.

Implementation

1. Warmly welcome participants, creating a comfortable environment where they feel valued and safe being open and honest.
2. Ask participants to wash their hands.
3. Divide the parents into teams and give each team their containers of ingredients and supplies.
4. Pass out the recipes and review steps with the participants.
5. Explain that their children may help with the bold steps when they prepare this at home.
6. Ask them to work together to prepare their Apple Cinnamon Wrap and Rolls. Encourage them to ask questions if they have any.
7. Circulate among participants to assist or answer questions as needed. Discuss additional information.
8. Help them feel good about themselves, and remind them that they are powerful as each small action they take can make a positive difference in the lives of their children.

Flavorful Fruit

Audience: Adults

Activity 3: Apple Cinnamon Wrap and Roll

Preparation Time: 10 min

Activity Time: 25 min

NOTE: The recipe each team has makes 8 servings – perhaps their children could join them to sample their finished product.

Additional Discussion During this Activity

1. Discuss sanitation issues:
 - Wash hands thoroughly before cooking or eating and whenever they become contaminated.
 - Wash all fresh produce with cold, running water. Wash regardless of whether the produce will be served whole, peeled or cooked.
 - Do not chop produce on a cutting board that was used to chop meat, fish or poultry without thoroughly washing it in hot, soapy water.
 - Refrigerate Apple Cinnamon Wrap and Rolls that are not consumed.
2. Discuss wise buying suggestions:
 - Where to buy seasonal and local produce for the best price and quality.
 - Where to pick local fruits (berries, apples, etc.) for the best price and quality.
 - Buy only the amount of fresh fruit that can be used while the produce is still fresh.
 - Choose canned (in juice) or frozen fruits when fresh is expensive or unavailable.
 - When purchasing canned fruit, use the store brand rather than the more expensive name brand variety.
 - Plan what foods to purchase based on weekly grocery specials – plan menus accordingly and make/use a shopping list.
 - Purchase yogurt in larger containers rather than single serve containers if it will be consumed in a timely manner.
3. Discuss highlights from the lesson plan:
 - Fruits are high in nutrients and fiber, low in calories and taste good.
 - Recommended daily portion sizes for children and adults.
 - It is important to consume variety of colorful fruit.
4. Discuss the Food Stamp Program:
 - Benefits of participation.
 - How to find out if they are eligible for this benefit and receive assistance completing the application.
 - Contact information for the local Nutrition Outreach and Education Program (NOEP) agency.

Apple Cinnamon Wrap and Roll

Yield: 4 6-inch wraps

Serves: 8 adults

Ingredients

3 tablespoons sugar
1 teaspoon cinnamon
3 teaspoons vegetable oil

2 medium chopped apples (2 cups)
1/3 cup low-fat vanilla yogurt
4 6-inch flour tortillas.

Steps

1. **Mix sugar and cinnamon in small bowl.**
2. Pour 1 teaspoon vegetable oil in small saucer.
3. **Wash** and chop apples. Place in medium bowl.
4. Add yogurt to apples. **Stir to combine.**
5. **Lay tortilla flat on plate.** Use fingers to lightly coat top side with oil. Sprinkle with a spoonful of cinnamon sugar.
6. Flip tortilla so un-oiled side is up. Fill half of tortilla with 1/4 of apple mixture.
7. **Fold other half of tortilla over mixture.**
8. Heat 2 teaspoons of vegetable oil in skillet on medium.
9. Place folded tortilla in pan and cook about 1 minute or until lightly browned.
10. Flip and cook second side in the same manner.
11. Remove from pan and cut in half.
12. Repeat with remaining tortillas.
13. **Enjoy.**

Have your child help you do the bold steps.

Adapted from [Get Fresh At Your Farmers Market](#) produced by Cornell Cooperative Extension and Division of Nutritional Sciences, NYS Colleges of Human Ecology and Agriculture and Life Sciences, Cornell University; NYS Department of Agriculture and Markets; and NYS Department of Health. Funded by the Food and Nutrition Service, U.S. Department of Agriculture, Grant Number 59-3798-8-501. Reprinted with permission.

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Staff Pages

This Week's Topic: Flavorful Fruit
This Week's Lesson: Fun Fruit Salad

Today in your classroom children learned why it is important to eat colorful fruits every day. Fruit provides vitamins, minerals, and fiber, and they are low in fat and salt.

- On the back of this page is your lesson plan for this week's lesson "Fun Fruit Salad." Use this lesson to reinforce the concepts from the Eat Well Play Hard in Child Care Settings (EWPHCCS) lesson provided to your class this week.
- Attached is a parent letter that explains what the children learned from this lesson and includes a fun activity to complete at home. Please make copies and send home following your lesson.

5 Ways to Bring Flavorful Fruits to Your Classroom



1. Children learn by watching you. **Enjoy fruit every day with meals or as snacks.**
2. **Play a fruit salad game.** Map out a "salad bowl" on the floor using masking tape. Give each child a picture of colorful fruit. Have them "jump" in the bowl when you name their fruit. Have them "mix" the salad by jumping up and down. (Try this with vegetables to make a "tossed salad.")
3. **Make a fruit kabob.** Place colorful, bite-size pieces of soft fruit on a popsicle stick.
4. **Plan a field trip** to an apple orchard and pick some local, fresh apples to eat!
5. **Highlight a "Fruit of the Month"** and plan activities that focus on fruit that is in season. (Try this with vegetables too.)



For more EWPHCCS lessons go to: http://www.nyhealth.gov/prevention/nutrition/cacfp/ewphccs_curriculum/index.htm

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This Week's Lesson: Fun Fruit Salad

Goals & Objectives: To provide children with knowledge and awareness of the importance of eating more fruits, especially colorful ones.

Prep Time: 15 Minutes

Activity Time: 15 Minutes

Supplies You Will Need

- Choose at least 3 different colorful fruits. Example: Kiwi, watermelon, cantaloupe.
- Cutting board, knife, serving bowls, serving spoons, small cups or bowls for individual fruit salads, spoons, and napkins.

Preparation for Activity

- Read through entire lesson.
- Purchase fruit. Wash and cut fruit into bite size pieces. Place each fruit into separate serving bowl. Save one whole sample of each fruit for discussion and demonstration.

Activity

- 1. Ask the children to wash their hands.** 
- 2. Ask the children what they remember from the nutritionist's visit.** Remind them of the following points:
 - Fruits come in many colors, shapes and sizes.
 - Eating a variety of colorful fruits gives us energy for work and play and helps our body grow healthy and strong.
 - Fruit taste great.
- 3. Using the whole fruit, name each of the fruits.** Discuss the color, shape, feel, and size of the fruit.
- 4. Pass around whole fruits** for children to feel and smell.
- 5. Display the serving bowls** with the cut up fruit (one for each colorful fruit).
- 6. Provide each child with a napkin and a small cup or bowl and a spoon.**
- 7. Pass around serving bowls of fruit, and serving spoons. Allow children to serve themselves** fruit they want in their fruit salad using the serving spoons.
- 8. Ask children how the fruit tastes,** if they like it and will eat this type of salad at home.

Extension Activity

- Sensory Experience: offer children different textures of fruits. For example, apples are crunchy, bananas are smooth and creamy, and oranges are juicy.
- Ask children to draw pictures of colorful fruit. Display pictures on a rainbow, color wheel or color chart.

Options

For a CACFP creditable snack, prepare enough fruit for each child to have a ½ cup portion and serve an additional component such as ½ ounce of low-fat cheddar cheese to meet CACFP Healthy Child Meal Pattern. Water must be served with a snack if no beverage is provided.

Dear Parent,

Today your child learned that fruit comes in many colors. Offering your child many colorful fruits and vegetables are ways to make eating healthy food delicious and fun.

Home Activity: Make a colorful fruit salad with your child.



Tips



-  Let your child help choose at least 3 colorful fruits to make your salad.
-  Keep it safe: rinse fruits under clean, running water before preparing or eating them. Children can help wash the fruit.
-  Let your child help by measuring, adding ingredients to the bowl, and stirring. With supervision, preschool children can cut soft fruits using a plastic knife.
-  Try to make half your plate fruits and vegetables. They take their lead from you. Eat fruits and your children will too.

Make half your plate **fruits** and **vegetables**



Try this fun activity for a child friendly fruit or vegetable:

-  Make a colorful kabob: Cut fruit such as melon, apple, orange and pear into small pieces. Children can put fruit on a popsicle stick, chop stick or coffee stirrer to make a fun fruit kabob. For a veggie version try vegetables like zucchini, cucumber, sweet peppers and tomatoes.



Today we made a colorful kabob.

Directions: Make a colorful kabob with your child. Your child can draw a picture of the fruits or vegetables.

Dairylicious

Dairylicious

Dairylicious

Audience: Children

Preparation Time

Activity 1: 5 min
Activity 2: 10 min
Activity 3: 5 min

Duration of Lesson

Introduction: 10 min
Activity 1: 20 min
Activity 2: 20 min
Activity 3: 20 min
Closing: 5 min

Take Home Handouts

Parent Pages
I tried a new dairy product today!
Smoothies recipe

Goal

To increase knowledge and awareness of dairy in relation to strong teeth and bones, and other sources of dairy in addition to milk.

Participant Objectives

Children will:

1. Identify at least two sources of dairy.
2. Understand the importance of dairy in relation to strong teeth and bones.

Points to Cover

1. Describe sources of dairy: milk, cottage cheese, cheese, and yogurt.
2. Explain that dairy contains calcium and other nutrients that build strong bones and teeth.
3. Emphasize that milk and dairy products are great with meals and snacks.

Activities

Activity 1: This is the Farmer

Activity 2: Dairy Tasting

Activity 3: Smoothies

Closing

1. Review participant objectives.
2. Discuss the next class
3. Provide take home handouts.

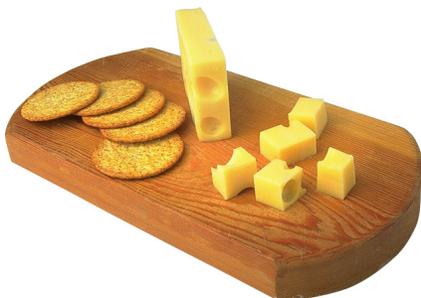
References

[A Healthier You](#)

[This is the Farmer](#)

[Tickle Your Appetite](#)

www.mypyramid.gov



NOTE: The concept of low-fat is difficult for young children to grasp. Consequently, the benefits of consuming low-fat dairy products will be reviewed with parents and child care center staff who control the type of dairy products that are purchased for the children. The children will be encouraged to consume dairy products, and their caregivers will be encouraged to serve them low-fat versions of these foods.

Dairylicious

Audience: Children

Activity 1: This is the Farmer

Preparation Time: 5 min

Activity Time: 20 min

Supplies

This is the Farmer by Nancy Tafuri
cow puppet
food models of milk and dairy products.

Preparation Prior to Class

1. Familiarize yourself with the book.
2. Practice reading This is the Farmer while holding the book in such a manner that the children will be able to view the pictures while you read.

Implementation

1. Read This is the Farmer to the children.
2. Review with the children that the milk they drink comes from the cows that farmers care for.
3. Introduce the children to your cow puppet and tell them that she is here to talk with them about her milk.
4. Using the puppet, discuss the points to cover in the lesson plan with the children, showing them food models of milk and dairy products.

Additional discussion during the activity

Discuss highlights from the lesson plan:

- Milk comes from a cow, and yogurt, cottage cheese and cheddar cheese are made from milk.
- Dairy products are good for you and help your bones and teeth.

Dairylicious

Audience: Children

Activity 2: Dairy Tasting

Preparation Time: 10 min

Activity Time: 20 min

Ingredients (for 4 servings)

variety of low-fat dairy products:

- 4 ounces 1% cottage cheese
- 4 ounces low-fat vanilla or fruited yogurt
- 4 ounces 1% milk
- 4 ounces low-fat cheddar cheese.

Supplies

small soufflé cups
teaspoons
napkins
cutting board
knife
small cups
crayons

I tried a new dairy product today!
handout.

Preparation Prior to Class

1. Cube low-fat cheese and place in soufflé cups.
2. Spoon low-fat cottage cheese and yogurt into soufflé cups.
3. Pour small samples of milk into small cups.

Implementation

1. Ask the children to wash their hands.
2. Present each child with one sample of each low-fat dairy product, a napkin and a teaspoon.
3. Encourage, but do not force, children to taste each dairy product.
4. After the children have tasted the samples, ask them which products they liked.
5. Ask the children to tell you why these dairy products are good for them.
6. Provide each child with the *I tried a new dairy product today!* handout.
7. Help the children write their name on the page and list what product(s) they tried.
8. Provide them with crayons and ask them if they would like to draw a picture.

Additional discussion during the activity

Discuss highlights from the lesson plan:

- Milk comes from a cow, and yogurt, cottage cheese and cheddar cheese are made from milk.
- The dairy products you sampled today are needed for your bones and teeth.



_____ tried a new dairy product today!



Dairylicious

Audience: Children

Activity 3: Smoothies

Preparation Time: 5 min

Activity Time: 20 min

Ingredients

banana
frozen fruit (blueberries, strawberries, etc.)
low-fat yogurt (vanilla or fruited)
low-fat (1% or less) milk.

Supplies

recipes
cutting board
knife
plastic bowl
blender
measuring cup
small cups
napkins.

Preparation Prior to Class

Pre-measure the fruit and low-fat milk needed for the recipe.

Implementation

1. Ask the children to wash their hands.
2. Explain to the children that they will be making smoothies, and show them the ingredients.
3. Peel the banana and cut into one-inch chunks. Place banana chunks into a small plastic bowl.
4. Ask the children to put the bananas, frozen berries, yogurt and low-fat (1% or less) milk into the blender.
5. Cover the blender and blend on high speed for about 1 minute or until the mixture is smooth.
6. Pour smoothie into the cups.
7. Ask each child to take a napkin and a smoothie sample.
8. Ask the children how they like their smoothie.
9. Offer them another sample if they wish.
10. Ask the children why this yogurt and milk-based drink is good for them.
11. Provide each child with a copy of the recipe.

Additional discussion during the activity

Discuss highlights of the lesson plan:

- Yogurt, milk, cottage cheese and cheddar cheese are all different kinds of dairy products.
- Dairy products like the yogurt and milk in your smoothies are good for you and help your bones and teeth.

Smoothies

Yield: 24 ounces

Serves: 4 adults

Ingredients

- 1 small ripe banana
- 1 cup frozen fruit (blueberries, strawberries, etc.)
- 1 8-ounce carton low-fat yogurt (vanilla or fruited)
- 3/4 cup low-fat (1% or less) milk.

Steps

1. **Peel banana. Using cutting boards and butter knife, cut banana into 1-inch chunks. Place the banana chunks into the blender.**
2. Measure the frozen fruit and milk needed.
3. **Put the measured fruit, yogurt and milk into the blender with the bananas.**
4. Cover the blender, and blend on high speed for about 1 minute or until the mixture is smooth.
5. Pour smoothie into cups, and **enjoy!**

Have your child help you do the bold steps.

PARENT PAGES

Dairylicious

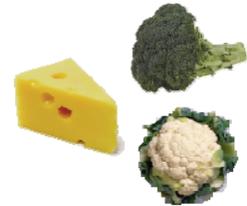


Tips to Enjoy Low-Fat Dairy

1. Top wheat crackers with low-fat mozzarella cheese.
2. Make **cheesy veggies** for your family.
3. Try low-fat cottage cheese with canned fruit.
4. Pour low-fat milk over frozen berries for a cool snack.
5. Choose cheese with less fat. Look for “low-fat” or “reduced-fat” on the label.
6. When recipes call for sour cream, use plain yogurt instead.
7. Use fat-free evaporated milk instead of cream.

Today at child care your child learned about dairy products and why they are important. Milk, cheese, and yogurt contain calcium and vitamin D, which children need for strong bones and teeth. Help your child grow strong. Switch to fat-free or low-fat (1%) milk for children 2 years or older. They learn from watching you. Drink milk and your children will too. You need 3 cups and your child needs 2 cups of dairy products each day.

Cheesy Veggies



Yield: 4 cups
Serves: 8 adults

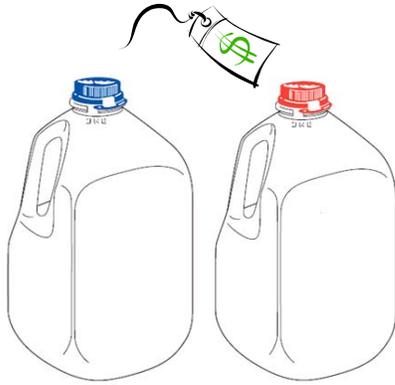
Ingredients

4 cups chopped vegetables (such as broccoli or cauliflower)
1 tablespoon flour
1 cup low-fat milk
dash of pepper
4 ounces shredded low-fat sharp cheddar cheese (1 cup).

Steps

1. Cook vegetables until tender and set aside.
2. **Using a fork, blend flour into low-fat milk until flour can no longer be seen and there are no lumps.**
3. Heat milk and flour mixture in a pan over medium heat, stirring constantly, until it begins to bubble.
4. Continue cooking and stirring until sauce thickens, about 1-2 minutes.
5. Reduce heat to low and add pepper and shredded cheese.
6. Stir until cheese melts.
7. Remove from heat and pour over the cooked vegetables.
8. **Enjoy!**

Have your child help you do the bold steps.



Milk Cost Comparison

The next time you go shopping, take this chart along with you and write down the milk prices.

Type of Milk	Cost of One Gallon
Whole	
Reduced-Fat (2%)	
Low-Fat (1%)	
Fat-Free (Skim)	

Lose the Fat—Keep the Nutrients at No Extra Cost!

Low-fat (1%) or fat-free milk gives you all of the protein, calcium and vitamin D that 2% and whole milk provide, with less fat and calories. And low-fat (1%) or fat-free milk usually costs the same or less than 2% or whole milk.

Dairylicious

Audience: Adults

Preparation Time

Activity 1: 5 min
Activity 2: 15 min
Activity 3: 10 min

Duration of Lesson

Introduction: 15 min
Activity 1: 20 min
Activity 2: 15 min
Activity 3: 20 min
Closing: 5 min

Take Home Handouts

Cottage Cheese Dip recipe
Easy No-Bake Mac and Cheese recipe

Goal

To increase knowledge and understanding of the importance of dairy to the growth of children's bones and the development of teeth and to reinforce the importance of low-fat dairy to health.

Participant Objectives

Participating adults will:

1. Name at least one benefit of eating low-fat dairy to their family's health.
2. Identify at least one way to incorporate low-fat dairy into their family's diet without adding cost.
3. Describe how to store and serve low-fat dairy products safely.

Points to Cover

1. Explain that milk, yogurt, cheese, cottage cheese, frozen yogurt, sour cream and ice cream are all examples of dairy products.
2. Explain that low-fat dairy (1% or less) and full-fat dairy products all contain the same amount of calcium and nutrients that are essential for strong teeth and bones.
3. Explain that there is no noticeable change in taste from 2% to 1% milk.
4. Explain that low-fat dairy products generally cost the same as or less than their full-fat counterparts.
5. Explain the recommendation that all healthy people over the age of two drink low-fat (1% or less) milk.
6. Explain that milk is the major contributor of fat in children's diets. Extra fat in the diet can contribute to weight gain and incorporating low-fat dairy products into your family's diet instead of full-fat dairy is an easy way to cut the fat.
7. Describe the current dairy product recommendation of 2 cups per day for children two to eight years of age and 3 cups per day for adults.
8. Inform parents that every little step they take in consuming more low-fat dairy products really does help their families be at their best today and in the future.
9. Explain that dairy products contribute protein in the diet.
10. Explain that dairy products need to be refrigerated, and expiration dates should be checked before serving.



Dairylicious

Audience: Adults

Activities

Activity 1: Milk Taste Test Challenge

Activity 2: Cottage Cheese Dip

Activity 3: Easy No-Bake Mac & Cheese

Closing

1. Review participant objectives.
2. Discuss the date, location and subject of the next class.
3. Provide take home handouts.

References

[A Healthier You](#)

[1% or Less Toolkit](#)

www.mypyramid.gov

Miscellaneous

Be prepared to discuss the following:

- Lactose intolerance/milk alternatives (i.e. soy milk).
- Milk allergies.
- Milk in association with weight loss.
- Milk in association with blood pressure.
- Infants need breast milk or iron-fortified formula.
- Children between the ages of one and two years need the fat in whole milk to promote neurological development.
- Daily dairy recommendation for older children and pregnant/nursing women.



Dairylicious

Audience: Adults

Activity 1: Milk Taste Test Challenge

Preparation Time: 5 min

Activity Time: 20 min

Ingredients (for 10 participants)

- 1 pint 1% milk
- 1 pint 2% milk.

Supplies

- small cups (2 colors or patterns)
- two thermos bottles or opaque pitchers
- napkins
- sunglasses (optional).

Preparation Prior to Class

1. Keep milk refrigerated. If possible, chill the thermoses or pitchers as well.
2. Pour only the amount of milk that you think you will need into well-cleaned thermoses or pitchers.
3. Set up your demonstration area with one set of cups next to one container, and the other set (which should have a different color or pattern) next to the other, so that you will consistently pour the same milk into the same color cup each time.

NOTE: Most people are accustomed to seeing whole milk in containers with red labels. If your cups or thermoses are red, make sure that you do not put the higher-fat milk in the red container or participants may easily guess which milk is which, based on the colors of the containers.

Implementation

1. Warmly welcome participants, creating a comfortable environment where they feel valued and safe being open and honest.
2. Ask participants what type of milk they usually drink at home and if the entire family drinks the same kind of milk.
3. Explain to participants that they are going to be taste testing two different kinds of milk. One is 1% (also called low-fat), which has very little fat, and one is 2% (reduced-fat), which has more fat.
4. Pour a small amount (only about 1 ounce) of each type of milk for each participant. The milk should be kept very cold and freshly poured for each taster. Place the milk samples in front of the tasters only after they have closed their eyes or put on sunglasses. Do not pressure anyone who is not a milk drinker to participate.
5. After the participants taste each sample, ask them to identify what type of milk it was and say whether or not they like it before trying the next sample.
6. When all participants have completed the taste test, thank them and explain which type of milk was in each cup.
7. Tell them the type of milk that their children consume at the child care center.

Dairylicious

Audience: Adults

Activity 1: Milk Taste Test Challenge

Preparation Time: 5 min

Activity Time: 20 min

8. Help them feel good about themselves, and remind them that they are powerful as each small action they take can make a positive difference in the lives of their children.

Additional Discussion During the Activity

1. Discuss sanitation issues:
 - The importance of keeping dairy products refrigerated.
 - The importance of checking expiration dates and purchasing the freshest dairy products.
2. Discuss wise buying suggestions:
 - Low-fat (1% or less) milk costs the same as or less than reduced- and full-fat milk.
 - Powdered milk can be used in cooking to save additional money.
3. Discuss highlights from the lesson plan:
 - The nutritional benefits of dairy products for their family.
 - When they use 1% or less dairy products, they get all of the nutrients without the undesirable fat calories.
 - Drinking low-fat (1% or less) milk instead of whole milk after the age of 2, reduces dietary fat intake by 400 pounds over a lifetime.
 - Just as parents were unable to tell which milk was which, other family members will probably be unable to distinguish between 1% and 2% milk either. Switch to 1% or less milk.
 - If participants are currently using whole milk, encourage them to switch first to 2%, and wait a few weeks before changing to 1% milk.
4. Discuss the Food Stamp Program:
 - Benefits of participation.
 - How to find out if they are eligible for this benefit and receive assistance completing the application.
 - Contact information for the local Nutrition Outreach and Education Program (NOEP) agency.

Dairylicious

Audience: Adults

Activity 2: Cottage Cheese Dip

Preparation Time: 15 min

Activity Time: 15 min

Ingredients

low-fat cottage cheese
dried dill or parsley
onion powder
garlic powder
black pepper
fresh vegetables of choice:
– broccoli
– carrots
– celery
– green pepper
– green beans.

Supplies

recipes
blender
measuring cups
measuring spoons
small bowl
spoon
plastic wrap
cutting sheets
knives
platter
small plates
napkins.

Preparation Prior to Class

1. Wash fresh vegetables if teams won't have access to a kitchen sink.
2. Place ingredients needed by each team in one container and supplies needed by each team in a second container.
3. Place ingredient containers in the refrigerator until class time.

Implementation

1. Warmly welcome participants, creating a comfortable environment where they feel valued and safe, being open and honest.
2. Ask the participants to wash their hands.
3. Divide the participants into teams and give each team their two containers.
4. Pass out the recipe and review the steps with the participants. Explain that their children may help with the bold steps when they prepare this at home.
5. Encourage participants to prepare dip first, so it can chill while they prepare the vegetables to dip in it.
6. Circulate among the participants to assist or answer questions as needed.
7. Discuss additional information as participants are cooking.
8. Explain that this smooth cottage cheese dip may be more acceptable to their children than cottage cheese as some children do not like the texture of cottage cheese. Remind parents to monitor children when they eat. Children should be seated and should chew on raw vegetable sticks carefully to prevent choking.
9. Help them feel good about themselves, and remind them that they are powerful as

Dairylicious

Audience: Adults

Activity 2: Cottage Cheese Dip

Preparation Time: 15 min

Activity Time: 15 min

each small action they take can make a positive difference in the lives of their children.

Additional discussion during the activity

1. Discuss sanitation issues:
 - Wash hands thoroughly before cooking or eating and whenever they become contaminated.
 - Wash all fresh produce with cold running water. Wash regardless of whether the produce will be served whole, peeled or cooked.
 - Keep dairy products and leftover dip refrigerated.
 - Check expiration dates and purchase the freshest dairy products.
2. Discuss wise buying suggestions:
 - Shop for seasonal and local produce for the best price and quality.
 - Locations where Food Stamp EBT cards may be used to purchase fresh vegetables economically.
 - Purchase whole vegetables and cut them rather than already prepared vegetables.
 - Purchase store brands rather than the more expensive brand name items.
 - Check the unit price to determine which container size of cottage cheese is the best buy (as long as it can be used while fresh).
 - Review unit pricing.
3. Discuss highlights from the lesson plan:
 - The nutritional benefits of dairy products for their family.
 - When they use 1% or less milk and dairy products, they get all of the nutrients without the undesirable fat calories.
 - Ways to incorporate low-fat dairy into their diets without adding cost.
4. Discuss the Food Stamp Program:
 - Benefits of participation.
 - How to find out if they are eligible for this benefit and receive assistance completing the application.
 - Contact information for the local Nutrition Outreach and Education Program (NOEP) agency.

Cottage Cheese Dip

Yield: 1 cup

Serves: 5 adults

Ingredients

- 1 cup low-fat cottage cheese
- 1/4 teaspoon dried dill or parsley
- 1/4 teaspoon onion powder
- 1/8 teaspoon garlic powder
- 1 pinch black pepper
- fresh vegetables of choice:
 - broccoli
 - carrots
 - celery
 - green pepper
 - green beans.

Steps

1. **Place first 5 ingredients in a blender** and mix only until smooth, about 1-2 minutes. Note: over-mixing will result in a dip that is too thin.
2. Pour the mixture into a small bowl. Cover with plastic wrap and **place into the refrigerator.**
3. While the dip is chilling, **wash the fresh vegetables.**
4. Cut the carrots, celery, green pepper and green beans into small sticks.
5. Break broccoli into florets.
6. **Dip vegetables in chilled dip and enjoy!**

Have your child help you do the bold steps.

Adaptation of Cottage Cheese Dip recipe from [Healthy Cooking for Kids](#) by Michael Jacobsen, Ph.D., and Laura Hill, R.D.
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Dairylicious

Audience: Adults

Activity 3: Easy No-Bake Mac and Cheese

Preparation Time: 10 min

Activity Time: 20 min

Ingredients

cooked elbow macaroni
low-fat (1% or less) milk
flour
pepper
low-fat sharp cheddar cheese.

Supplies

recipes
measuring cups
measuring spoons
small mixing bowls
whisk
medium saucepans
spoons
small plates
forks
napkins.

Preparation Prior to Class

1. Place ingredients needed by each team in one container and supplies needed by each team in a second container.
2. Place the ingredient containers in the refrigerator until class time.

Implementation

1. Warmly welcome participants, creating a comfortable environment where they feel valued and safe being open and honest.
2. Ask participants to wash their hands.
3. Divide the participants into teams and give each team their two containers.
4. Pass out the recipe and review the steps with the participants.
5. Explain that their children may help with the bold steps when they prepare this at home.
6. Circulate among the participants to assist or answer questions as needed.
7. Discuss additional information as participants are cooking.
8. When everyone has completed their cooking assignment, invite them to sample the macaroni and cheese.
9. Help them feel good about themselves, and remind them that they are powerful as each small action they take can make a positive difference in the lives of their children.

Additional discussion during the activity

1. Discuss sanitation issues:

Dairylicious

Audience: Adults

Activity 3: Easy No-Bake Mac and Cheese

Preparation Time: 10 min

Activity Time: 20 min

- Washing hands thoroughly before cooking and whenever they become contaminated.
 - Refrigerating ingredients and leftovers.
2. Discuss wise buying suggestions:
- Review grocery advertisements for specials and make a list of what you wish to buy.
 - Buy only the amount of dairy products that you will use while still fresh.
 - Purchase low-fat cheese when on sale. Freeze what is not needed for this recipe in meal size quantities.
 - Buy cheese in block form rather than shredded, and shred yourself.
3. Discuss highlights from the lesson plan:
- Importance of dairy products in the diet and the current daily recommendations.
 - Benefit of using low-fat dairy products.
 - Those who do not drink much (or any) milk can incorporate low-fat cheese and yogurt into their diets to provide them with calcium and vitamin D.
4. Discuss the Food Stamp Program:
- Benefits of participation.
 - How to find out if they are eligible for this benefit and receive assistance completing the application.
 - Contact information for the local Nutrition Outreach and Education Program (NOEP) agency.

Easy No-Bake Mac and Cheese

Yield: 4 cups

Serves: 4 adults

Ingredients

- 1/2 pound uncooked macaroni (2 cups)
- 1 1/2 cups low-fat (1% or less) milk
- 2 tablespoons flour
- dash of pepper
- 8 ounces shredded low-fat sharp cheddar cheese (2 cups).

Steps

1. Follow package directions to cook macaroni.
2. **Using a fork, blend flour and low-fat milk in a small mixing bowl until flour can no longer be seen and there are no lumps.**
3. Heat milk and flour mixture in a saucepan over medium heat, stirring constantly, until it begins to bubble.
4. Continue cooking and stirring until sauce thickens, about 1-2 minutes.
5. Reduce heat to low and add pepper and shredded cheese.
6. Stir until cheese melts. Remove from heat.
7. Stir cheese sauce and cooked macaroni together until blended.
8. **Enjoy!**

Have your child help you do the bold steps.

Staff Pages

This Week's Topic: Dairylicious
This Week's Lesson: Dairy Dip-a-licious

Today in your classroom children learned about dairy products and why they are important. Milk, cheese, and yogurt contain calcium and vitamin D, which helps make strong bones and teeth. Fat-free or low-fat (1%) has all the goodness of whole milk, with less fat.

- On the back of this page is your lesson plan for this week's lesson "Dairy Dip-a-licious." Use this lesson to reinforce the concepts from the Eat Well Play Hard in Child Care Settings (EWPHCCS) lesson provided to your class this week.
- Attached is a parent letter that explains what the children learned from this lesson and includes a fun activity to complete at home. Please make copies and send home following your lesson.

5 Dairylicious Ideas for Your Classroom



1. **Switch to fat-free or low-fat (1%) milk.**
2. **Be a good role model.** Enjoy fat-free or low-fat milk, yogurt, and cheese.
3. **Visit a local dairy farm** for a field trip.
4. **Make a smoothie** with low-fat yogurt, milk and frozen fruit with the class.
5. **For birthday parties try a fruit sundae** made with low-fat vanilla yogurt, fruit, and cereal. Children can make their own!



For more EWPHCCS lessons go to: http://www.nyhealth.gov/prevention/nutrition/cacfp/ewphccs_curriculum/index.htm

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This Week's Lesson: Dairy Dip-a-licious

Goals & Objectives: To provide children with knowledge and awareness of the importance of dairy foods.

Prep Time: 15 minutes

Activity Time: 15 minutes

Supplies You Will Need

- Low-fat (1%) cottage cheese, dried dill or parsley, onion powder, garlic powder, and black pepper if dipping with vegetables (see recipe below). Use flavored yogurt if dipping with fruit slices.
- Vegetables (ex. broccoli, sweet bell peppers) or fruit (ex. apple slices, melon cubes) for dipping.
- Cutting board and knife, serving plate or bowl, small cups and plates, napkins, small tongs.

Preparation for Activity

- Read through entire lesson.
- Purchase ingredients for Cottage Cheese Dip or flavored yogurt and vegetables or fruit.
- Wash and prepare vegetables or fruit to dip. Place on serving plate or in serving bowl.
- Prepare Cottage Cheese Dip using recipe below or put flavored yogurt in serving bowl.

COTTAGE CHEESE DIP RECIPE Yield: 2 cups Serving size: ¼ cup Serves: 16 children

2 cups low-fat cottage cheese, ½ teaspoon dried dill or parsley, ½ teaspoon onion powder, ¼ teaspoon garlic powder, 1 pinch black pepper

Steps: Place ingredients in a mixing bowl or blender. Mix with a fork or in a blender, until cottage cheese is smooth. Pour mixture in serving bowl, cover and store in the refrigerator.

Children can help with the bold steps.

Adaptation of Cottage Cheese Dip recipe from Healthy Cooking for Kids by Michael Jacobsen, Ph.D., and Laura Hill, R.D. Copyright 1991 by Center for Science in the Public Interest. Reprinted with permission of Henry Holt and Company, LLC.

Activity



1. Ask the children to wash their hands.
2. Ask the children what they remember from the nutritionist's visit. Remind them of the following points:
 - Dairy foods are foods made from milk and milk comes from a cow.
 - Dairy foods include milk, cottage cheese, cheese, and yogurt.
 - Dairy contains calcium that builds strong bones and teeth.
 - Dairy foods are great with meals and snacks.
3. Tell them they are going to taste a delicious dip made from cottage cheese (or yogurt).
4. Provide each child with a napkin, small cup for the dip and a small plate for the veggies or fruit.
5. Pass the serving bowl of dip, serving spoon, separate bowl or plate of veggies or fruit and small tongs. Allow children to serve themselves dip and veggies or fruit.
6. While enjoying the snack, talk with the children about milk and the foods made from milk.

Extension Activity

Taste three types of fat-free or low-fat (1%) dairy foods such as yogurt, mozzarella cheese, and cottage cheese. Describe and compare the taste, appearance, and texture of each food.

Options

For a CACFP creditable snack, prepare enough dip for each child to have a ¼ cup portion and serve an additional component such as ½ cup of sweet bell pepper strips to meet CACFP Healthy Child Meal Pattern. Water must be served with a snack if no beverage is provided.

Dear Parent,

Your child is learning that a strong and fit body needs healthy food and lots of physical activity. Children learned that milk, yogurt, and cheese are foods that help to keep bones strong and healthy.

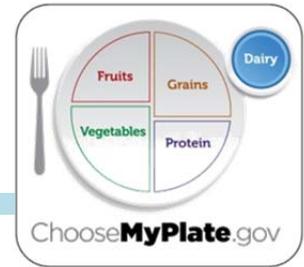
Home Activity: Make a delicious fruit and dairy smoothie with your child. Put 1 cup of yogurt, 1 cup of frozen fruit, $\frac{3}{4}$ cup of milk, and one small banana in a blender and blend until smooth.



Tips

-  **Let your child help by measuring and pouring ingredients into the blender.** With supervision, preschool children can cut the banana using a plastic knife.
-  **Children love to count and cooking gives them lots of opportunities to practice counting.** While you are making the Smoothie, ask your child to count the pieces of banana after they cut them. They can also count how many pieces of frozen fruit fit into the measuring cup.
-  **Try the Smoothie together.** It's best to offer a small portion at first and let them ask for more if they want it. Remember to allow your child to say "No, thank you."

Switch to fat-free or low-fat (1%) milk.
Drink water instead of sugary drinks.



**Choose your drink! Drink milk at meals
and your children will too.**



- We switched to fat-free or low-fat (1%) milk at home for everyone 2 years and older. (Children 1 to 2 years old need whole milk.)
- We choose water instead of sugary drinks.

Directions: Place a ✓ in the boxes above as you make these changes.

Choose Your Fun

Choose Your
Fun

Choose Your Fun

Audience: Children

Preparation Time

Activity 1: 5 min
Activity 2: 5 min
Activity 3: 10 min

Duration of Lesson

Introduction: 5 min
Activity 1: 15 min
Activity 2: 10 min
Activity 3: 15 min
Closing: 5 min

Take Home Handouts

Parent Pages
Choose Your Fun
I talked about watching less TV



Goal

To increase knowledge and awareness of the importance of choosing healthy activities and reducing screen time.

Participant Objectives

Children will:

1. Give one reason why reducing screen time is good for them.
2. Name two activities they can do in place of screen time.
3. Name one new activity they are willing to try in place of screen time.

Points to Cover

1. Explain that screen time means time watching TV and videotapes and playing video and computer games.
2. Explain that screen time reduces the time that they could be playing and doing other fun activities.
3. Discuss the many great alternatives to screen time such as looking at books, listening to music, drawing, playing games, helping cook, playing outside, dancing and singing.
4. Explain that being active every day is healthy.

Activities

Activity 1: Too Much TV

Activity 2: Family Activity Picture

Activity 3: Musical Fun

Closing

1. Review participant objectives.
2. Discuss the next class.
3. Provide take home handouts.

References

[Fit5Kids](#)

[Nibbles for Health](#)

[Sing It! Say It! Stamp It! Sway It! Vol.2 \(CD\)](#)

[The Berenstain Bears and Too Much TV](#)

www.tvturnoff.org

Choose Your Fun

Audience: Children

Activity 1: Too Much TV

Preparation Time: 5 min

Activity Time: 15 min

Supplies

The Berenstain Bears and Too Much TV by Stan & Jan Berenstain.

Preparation Prior to Class

1. Familiarize yourself with the book.
2. Practice reading The Berenstain Bears and Too Much TV while holding the book in such a manner that the children will be able to view the pictures while you read.

Implementation

1. Read The Berenstain Bears and Too Much TV to the children.
2. Talk about how too much TV was not a good thing for the bears: they were not doing other things they enjoyed, they went straight to the TV with hardly a hello, they had no lively conversations around the dinner table, and they didn't have fun playing outside.
3. Discuss activities the bears did instead of watching TV or videos: ride a bike, play outside, watch the stars come out, go on nature walk, and do a puzzle. Ask children what types of activities they can do if they live in a city (instead of the woods like the bears do).
4. Talk about what the bears did at the end of the week and how they felt about watching TV.
5. Ask the children to tell what activities they enjoy doing instead of watching TV.

Additional Discussion During the Activity

Discuss highlights from the lesson plan:

- On average, children, like the bears in the story, spend too much time watching TV.
- Watching TV won't make children healthy but being active and having fun will.

Adapted from Fit5Kids.

Choose Your Fun

Audience: Children

Activity 2: Family Activity Picture

Preparation Time: 5 min

Activity Time: 10 min

Supplies

Choose Your Fun handout
I talked about watching less TV handout
washable markers or crayons.

Preparation Prior to Class

Review and print pictures of several activities that children might enjoy instead of watching TV.

Implementation

1. Ask the children what they like to do other than screen activities. Use prompts if necessary to encourage participation. Show children pictures of activities to stimulate discussion.
2. Explain to children that when they watch TV, they are just sitting and not doing any of the fun activities they discussed.
3. Pass out the handouts and the crayons or markers.
4. Ask the children to draw a picture of one activity that they would like to do in place of screen time. Optional: Children may glue picture of activities on their handout.
5. Encourage the children to discuss their picture with their parent(s) tonight.

Additional Discussion During the Activity

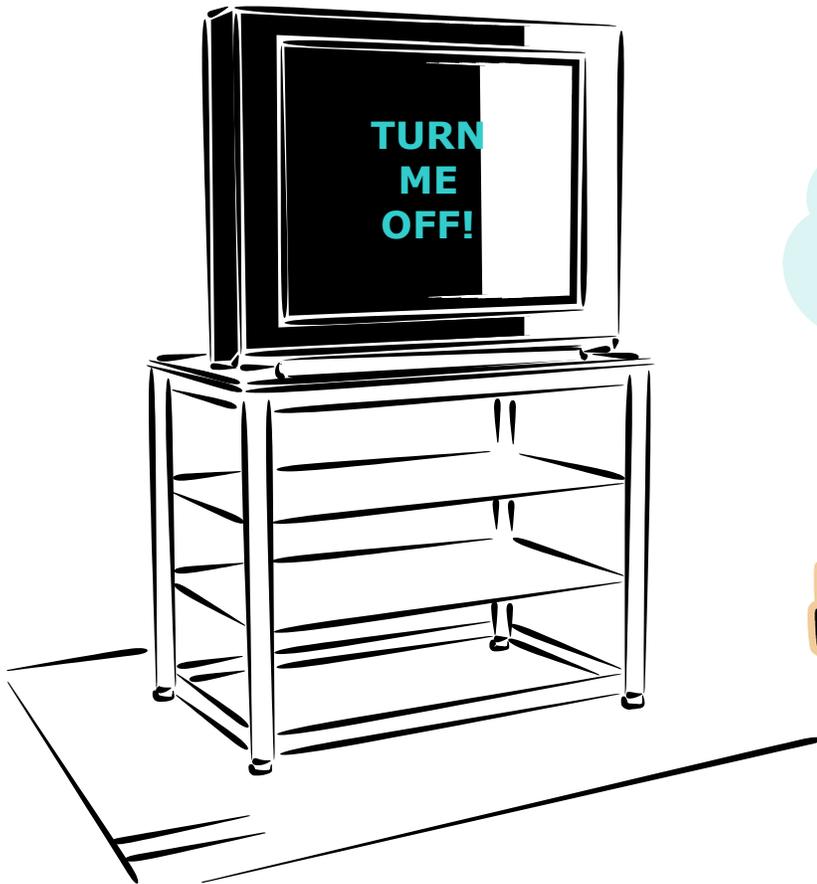
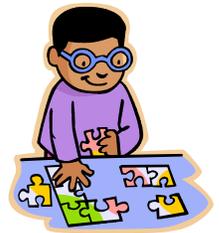
Discuss highlights from the lesson plan:

- What screen time is.
- Time spent in front of TV is time that they are not active.
- There are many fun activities to do instead of watching TV.
- It is healthy and fun to choose activities to reduce screen time.

Adapted from [Fit5Kids](#).

Choose Your Fun!

Let's:



_____ talked about watching less TV today.
This is an activity that your child would like to do instead of watching TV.



Choose Your Fun

Audience: Children

Activity 3: Musical Fun

Preparation Time: 10 min

Activity Time: 15 min

Supplies

CD player

Sing It! Say It! Stamp It! Sway It! Vol. 2 by Peter & Ellen Allard

small cups

pitcher.

Preparation Prior to Class

1. Play *Glad to See You* and *Bodies 1-2-3*.
2. Practice singing along with the music and acting these songs out, so you will be better prepared to help the children do this.
3. Refrigerate a pitcher of water.

Implementation

1. Explain to the children that it is more fun to play games than watch TV and that you are going to teach them two musical games today.
2. Tell them that the first song you will play is *Glad to See You* because you are glad to see them.
3. Describe the actions that they will do to the rhythm of the song and ask them to practice with you – clapping hands, stamping feet, shaking hips, nodding head and blinking eyes.
4. Play this game once or twice using the music on the CD.
5. Tell them that they did so well they are ready to learn the second musical game called *Bodies 1-2-3*.
6. Describe the actions that they will do to the rhythm of the song and ask them to practice with you – fingers wiggling, knees bending, arms swaying, eyes blinking, legs marching shoulders shrugging and bodies moving.
7. Play this game using the music on the CD. Use your discretion when deciding how many times to play this game. The goal is for the children to learn how they feel after they have fun exercising.
8. When you stop playing, discuss with the children how they feel – hot, sweaty, breathing hard, tired. Explain that this is how exercise makes one feel.
9. Explain why daily exercise is good for them and ask them for examples of physical activity that they enjoy and could do instead of watching TV.
10. Provide a glass of water as a refreshment and explain that water is great to drink when thirsty.

Choose Your Fun

Audience: Children

Activity 3: Musical Fun

Preparation Time: 10 min

Activity Time: 15 min

Additional Discussion During the Activity

Discuss highlights from the lesson plan:

- There are many fun activities for children to do instead of watching TV.
- It is healthy and fun to choose activities to reduce screen time.

PARENT PAGES

Choose Your Fun



Ways to Reduce Screen Time!

1. Make mealtime a family time. Turn off the TV during meals.
2. Cook together and make memories with your child.
3. Use the chart on the second page to keep track of fun activities.
4. After 30 minutes of sitting, have your child play actively.
5. Quiet time is best before naps or bed. Read your child a bedtime story.
6. Help your child get enough sleep. Make your child's bedroom quiet, dark and not too warm.

Today at child care your child learned why it is important to turn off the TV and be active instead. Doctors recommend children watch no more than one to two hours of quality TV and videos each day. Active playtime helps children grow and develop! Make this chicken noodle soup for supper, and play with your child while it cooks.

Chicken Noodle Soup

Yield: 10 cups

Serves: 8 adults

Ingredients

- 1 cup chopped onions
- 1 cup chopped carrots
- 1 cup chopped celery
- 1 clove minced garlic
- 2 teaspoons vegetable oil
- 1/2 teaspoon flour
- 1/2 teaspoon poultry seasoning
- 6 cups fat-free chicken broth
- 4 cups diced potatoes
- 2 cups diced, skinless cooked chicken
- 3 cups uncooked wide noodles
- 1 cup fat-free evaporated milk.

Steps

1. Brown onions, carrots, celery and garlic in oil in skillet.
2. **Stir flour and poultry seasoning together in small bowl.**
3. Blend flour/seasoning mixture into the browned vegetables. Pour into the slow cooker.
4. **Pour broth, potatoes, and chicken into the slow cooker.** Stir and cook on low for 5-6 hours or until the potatoes are soft.
5. Add noodles and evaporated milk. Cook until noodles are tender, approximately 20 minutes. Do not bring to a boil after milk is added.
6. **Enjoy!**

Have your child help you do the bold steps.

Adapted from Fix-It and Forget-It Lightly and reprinted with permission.

Parents,

Instead of watching TV, plan fun activities to do with your child. Spending time with your child creates closer bonds and lifelong memories.



What We Did instead of TV

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Directions: Help your child put a sticker (or draw a smiley face 😊) in the top box when they choose a fun activity instead of TV. Have your child draw a picture in the lower box of the activity chosen.

Adapted from [Fit5Kids](#).

Choose Your Fun

Audience: Adults

Preparation Time

Activity 1: 5 min
Activity 2: 10 min
Activity 3: 10 min

Duration of Lesson

Introduction: 10 min
Activity 1: 15 min
Activity 2: 15 min
Activity 3: 45 min
Closing: 5 min

Take Home Handouts

Child's Play
Tuna Salad in Pita Pockets
recipe
Crustless Spinach Pie
recipe

Goal

To increase knowledge and awareness of the importance of helping children choose healthy activities and reducing screen time.

Participant Objectives

Participating adults will:

1. Give one reason reducing screen time is good for families.
2. Name two activities that their children can do in place of screen time.
3. Name one new activity that they will encourage their child to try in place of screen time.

Points to Cover

1. Explain that screen time includes time watching TV and video tapes and playing video and computer games.
2. Explain that having too much screen time can reduce a child's natural desire to play, be creative and interact with others.
3. Discuss the many great alternatives to screen time.
4. Discuss the importance of active play time for the development of mental, physical and social skills. Review the current National Association for Sport & Physical Education (NASPE) recommendation for preschool children of at least 60 minutes of structured and 60 minutes of unstructured physical activity daily.
5. Discuss the fact that in addition to not being active, children who eat or snack while watching TV often overeat or consume excessive amounts of high, or empty, calorie food.
6. Explain that children who watch more TV are more likely to request and eat the foods they see advertised on commercials, many of which are foods that are not healthy for them.
7. Explain that children are more likely to be overweight if the TV is on in the background, even if the child is not watching it.
8. Explain that the more television and videos children watch, the more likely they are to be overweight.
9. Explain that the American Academy of Pediatrics recommends no more than one to two hours of quality TV and videos a day for older children and no screen time for children under the age of two.



Choose Your Fun

Audience: Adults

10. Discuss the fact that children with extended exposure to media violence may engage in more aggressive behavior, be desensitized to violence, or view the world as a scary place. Young children under eight years of age cannot discriminate fantasy/entertainment from real life and learn violence as an acceptable way to resolve problems.

Activities

Activity 1: Reducing TV Time – Increasing Active Time

Activity 2: Tuna Salad in Pita Pockets

Activity 3: Crustless Spinach Pie

Closing

1. Review participant objectives.
2. Discuss the date, location and subject of the next class.
3. Provide take home handouts.

References

[Active Start: A Statement of Physical Activity Guidelines for Children Birth to Five](#)

[Appropriate Practices in Movement Programs for Young Children 3 to 5](#)

[Fit5Kids](#)

[Nibbles for Health](#)

[Physical Activities and Healthy Snacks for Young Children](#)

[Purposeful Play](#)

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Choose Your Fun

Audience: Adults

Activity 1: Reducing TV Time – Increasing Active Time

Preparation Time: 5 min

Activity Time: 15 min

Supplies

easel

easel pad

markers

Child's Play handout.

Preparation Prior to Class

1. Assemble the easel and place a pad on the easel.
2. Determine whether a brainstorm or facilitated group discussion will be the most effective teaching strategy.

Implementation

1. Warmly welcome participants, creating a comfortable environment where they feel valued and safe being open and honest.
2. Begin by explaining that too much screen time can reduce a child's natural desire to play, be creative and interact with others.
3. Discuss the importance of active playtime for the development of mental, physical and social skills.
4. Introduce the purpose of this activity, which is to get ideas that have helped other parents reduce the amount of screen time and increase the amount of active time spent by their preschool children.
5. Start with an icebreaker: What times of the day do you find your child most likely to watch TV and video tapes or play video and computer games?
6. Record participant responses to the icebreaker on the easel pad. Save space after each major time to add ideas for how to decrease screen time and increase active time.
7. Discuss results: Which times of day are most problematic?
8. If you are leading a brainstorm, review brainstorming rules:
 - Any idea is fine – no comments on the ideas of others.
 - It is okay to build on someone else's idea.
 - Yell your ideas out.
 - We will discuss the ideas later.If you are not leading a brainstorm, go to step 11.
9. Move into the brainstorming question: How have you increased your child's active time and reduced or eliminated screen time during each time of day identified as

Choose Your Fun

Audience: Adults

Activity 1: Reducing TV Time – Increasing Active Time

Preparation Time: 5 min

Activity Time: 15 min

being prime screen time?

10. Record participant responses to brainstorming questions on the easel pad.
11. If you are facilitating a group discussion instead of a brainstorm or need to move the brainstorm along, share each suggestion prompt below.
 - Have you read to your child?
 - Have you told your child a story?
 - Have you asked your child to act out a story?
 - Have you provided paper and encouraged your child to draw?
 - Have you provided a toy and encouraged your child to play?
 - Have you rotated toys, bringing out a new selection when your child tires of current toys?
 - Have you provided kitchen equipment for “instruments” and asked your child to pretend to be in a marching band?
 - Have you turned on music and asked your child to dance?
 - Have you asked your child to help with a household chore (dusting, picking up toys)?
 - Have you taken your child outside for a walk?
 - Have our helped your child play an indoor stretching game such as Twister?
 - Have you taken your child to the playground?
 - Have you asked your child to help you with simple food preparation?
 - Have you asked your child to pretend to be an animal and tried to guess which animal?
12. Use open-ended questions that will enable your participants to share how they have tried some of these techniques in the past or how they might try them in the future.
13. Do not call on participants, but allow an adequate amount of time for them to volunteer answers.
14. Affirm all responses.
15. Review and expand upon the information shared in the brainstorm or group discussion in a way that will summarize and motivate.
16. Ask the parents to name one new way to encourage their children to reduce screen time this week.
17. Distribute the *Child’s Play* handout, and review the points on it that haven’t already been covered.
18. Help them feel good about themselves, and remind them that they are powerful as each small action they take can make a positive difference in the lives of their children.

Choose Your Fun

Audience: Adults

Activity 1: Reducing TV Time – Increasing Active Time

Preparation Time: 5 min

Activity Time: 15 min

Additional Discussion During the Activity

Discuss the Food Stamp Program:

- Benefits of participation.
- How to find out if they are eligible for this benefit and receive assistance completing the application.
- Contact information for the local Nutrition Outreach and Education Program (NOEP) agency.

Child's Play



Your child is designed to move! Most children like to climb, crawl, run, jump, swing, tumble, twist and stretch. By moving more and sitting less, your child will also learn to live in a healthful way.

Active Play Helps Your Children Learn to:

- get along with others.
- share toys.
- explore.
- create.
- make choices.
- control their actions.
- feel good about themselves.



Moving and Playing:

- help children's bones and muscles develop.
- help children use up extra energy and sleep better.
- help children and adults feel fit.
- help you have fun with your child!

5 Ways to Provide Your Child with Active Fun Inside Your Home:

- 1. Set aside a play area.** Use quilts to create a safe and soft play area where your child can tumble, roll and jump safely.
- 2. Create an obstacle course for your child.** Position pillows to roll over, open boxes to climb through, and place hula hoops to jump into.
- 3. Put on some music and dance.**
- 4. Basketball.** Provide your child with rolled up socks and a laundry basket. Show your child how to toss the socks into the basket.
- 5. Mimic me.** Do an action, and have your child copy it.

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5 Ways to Provide Your Child with Active Fun Outdoors:

- 1. Chase Me, Chase Me.** Playfully chase your child safely throughout the yard or playground. Go uphill and downhill, zig and zag, fast and slow, forward and backward.
- 2. Bubble Chase.** Let your child blow bubbles. Have fun chasing, popping or stomping them.
- 3. Hula Hoop Fun.** Roll the hoop and chase after it. Lay the hoop on the ground, and hop in and out.
- 4. Square Hop.** With chalk or masking tape make several squares. Have your child hop to and from each square.
- 5. Tight Rope.** Draw a line with chalk or masking tape, and have your child walk on the line. To make it more challenging, you can add twists and turns or have your child hop.

Safety Alert: Always Stay with Your Child.

Children don't have life experiences to foresee danger. They may not have the body skills or strength to move away from trouble. When children play, they may not notice that they're cold, wet, overheated or in possible danger. When you supervise, you stay active and have the fun of playing with your child.



Adapted from [Nibbles for Health](#) and [Fit WIC Activity Book](#).

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Choose Your Fun

Audience: Adults

Activity 2: Tuna Salad in Pita Pockets

Preparation Time: 10 min

Activity Time: 15 min

Ingredients

water-packed tuna
low-fat mayonnaise
celery
onion
black pepper
lettuce
tomatoes
whole-wheat pita bread rounds.

Supplies

recipes
mixing bowls
cutting sheets
knives
mixing spoons
can openers
measuring cups
measuring spoons
colander.

Preparation Prior to Class

1. Wash/drain lettuce, and wash tomatoes and celery if teams won't have access to a kitchen sink.
2. Place ingredients needed by each team in one container and supplies needed by each team in a second container.
3. Place the ingredient containers in the refrigerator to chill before class.

Implementation

1. Warmly welcome participants, creating a comfortable environment where they feel valued and safe being open and honest.
2. Ask the participants to wash their hands.
3. Divide participants into teams of four or five, and give each team their two containers.
4. Pass out the recipe.
5. Explain that their children may help with the bold steps when they prepare this at home, instead of watching TV.
6. Circulate among participants to answer questions or assist as needed.
7. When everyone has finished, invite them to enjoy their sandwiches.
8. Help them feel good about themselves, and remind them that they are powerful as each small action they take can make a positive difference in the lives of their children.

Additional Discussion During the Activity

1. Discuss sanitation issues:
 - Wash hands thoroughly before cooking or eating and whenever they become contaminated.

Choose Your Fun

Audience: Adults

Activity 2: Tuna Salad in Pita Pockets

Preparation Time: 10 min

Activity Time: 15 min

- Wash all fresh produce with cold, running water. Wash regardless of whether the produce will be served whole, peeled or cooked.
 - Keeping perishable foods cold.
2. Discuss wise buying suggestions:
- How to purchase pita bread economically: store brand, advertised special or at a bread store.
 - Substitute whole-grain bread if pita bread is too expensive.
 - Where to buy seasonal and local produce for the best price and quality
 - Watching for in-store specials on tuna and buying larger quantities that they can store for later use.
 - Alternate inexpensive fillers include:
 - egg salad made with low-fat mayo
 - peanut butter
 - cooked dried beans.
3. Discuss highlights from the lesson plan:
- The importance of reducing screen time and increasing active time for their children. Refer to *Parent Pages* titled “What We Did Instead of TV.”
 - Introduce “TV Turn Off Week,” which is always the last week in April. Explain that the goal of “TV Turn Off Week” is to reduce screen time and replace TV watching with healthy and fun activities.
 - Instead of watching TV or videos, children can assist parents in preparing simple yet nutritious meals such as this one. Children will be more interested in trying foods that they help prepare and learn important skills from helping in the kitchen. These cooking projects with parents will provide children with fine memories.
 - A fresh fruit and a glass of low-fat (1% or less) milk would make this meal complete.
4. Discuss the Food Stamp Program:
- Benefits of participation.
 - How to find out if they are eligible for this benefit and receive assistance completing the application.
 - Contact information for the local Nutrition Outreach and Education Program (NOEP) agency.

Tuna Salad in Pita Pockets

Yield: 1 cup tuna salad

Serves: 2 adults

Ingredients

4 lettuce leaves
1/2 stalk chopped celery (2 tablespoons)
1 tomato
1/8 medium chopped onion (2 tablespoons)
1 6½-ounce can water-packed tuna
2 tablespoons low-fat mayonnaise
dash of black pepper
2 whole-wheat pita bread rounds.

Steps

1. **Wash and drain lettuce. Wash celery and tomato.**
2. Cut onion in half. Cut ends and **discard. Peel onion.** Chop onion.
3. Chop celery, and slice the tomato.
4. **Mix tuna, mayo, chopped celery and onion.**
5. **Add a dash of black pepper to taste and mix well.**
6. Cut pita bread in half crosswise.
7. **Line pita pockets with lettuce and sliced tomato.**
8. **Spoon tuna mixture into lined pita bread pocket.**
9. **Enjoy!**

Have your child help you do the bold steps.

Choose Your Fun

Audience: Adults

Activity 3: Crustless Spinach Pie

Preparation Time: 10 min

Activity Time: 45 min

Ingredients

vegetable cooking spray
eggs
flour
low-fat (1% or less) milk
garlic powder
baking powder
low-fat cheddar cheese
fresh spinach.

Supplies

recipes
9"x13" pan
mixing bowls
whisks
mixing spoons
measuring cups and spoons
colander
plates
forks
napkins.

Preparation Prior to Class

1. Wash and drain spinach if teams won't have access to a kitchen sink.
2. Place ingredients needed by each team in one container and supplies need by each team in a second container.
3. Place the ingredient containers in the refrigerator to chill before class.

Implementation

1. Warmly welcome participants, creating a comfortable environment where they feel valued and safe being open and honest.
2. Ask the participants to wash their hands.
3. Divide participants into teams and give each team their two containers.
4. Pass out the recipe.
5. Explain that their children may help with the bold steps when they prepare this at home, instead of watching TV.
6. Circulate among participants to answer questions or assist as needed.
7. When the spinach pie has been baked, encourage them to sample their product.
8. Help them feel good about themselves, and remind them that they are powerful as each small action they take can make a positive difference in the lives of their children.

Additional Discussion During the Activity

1. Discuss sanitation issues:
 - Wash hands thoroughly before cooking or eating and whenever they become contaminated.

Choose Your Fun

Audience: Adults

Activity 3: Crustless Spinach Pie

Preparation Time: 10 min

Activity Time: 45 min

- Wash all fresh produce with cold, running water. Wash regardless of whether the produce will be served whole, peeled or cooked.
 - Keeping perishable foods cold.
2. Discuss wise buying suggestions:
- They can purchase powdered milk and rehydrate it for cooking projects to save money.
 - Buying a brick of cheese and shredding it oneself is more economical than buying it already shredded.
 - If fresh spinach is out of season and thus costly, a more seasonal vegetable could be substituted for the spinach or a less expensive form of spinach (frozen or canned) could be substituted for the fresh spinach.
 - Purchasing store brand items such as flour and baking powder is more economical than purchasing name brand items.
3. Discuss highlights from the lesson plan:
- The importance of reducing screen time and increasing active time for their children. Refer to *Parent Pages* titled “What We Did Instead of TV.”
 - Introduce “TV Turn Off Week,” which is always the last week in April. Explain that the goal of “TV Turn Off Week” is to reduce screen time and replace TV watching with healthy and fun activities.
 - Instead of watching TV or videos, children can assist parents in preparing meals. Children will be more interested in trying a food they helped prepare. Children feel important and learn important skills in the kitchen. These cooking projects with parents provide children with fine memories.
 - While this main dish bakes, parents can encourage their child to assist with simple chores that keep them active (away from the TV) and make them feel “grown up.”
 - A serving of fruit and a glass of low-fat (1% or less) milk would make this meal complete.
4. Discuss the Food Stamp Program:
- Benefits of participation.
 - How to find out if they are eligible for this benefit and receive assistance completing the application.
 - Contact information for the local Nutrition Outreach and Education Program (NOEP) agency.

Crustless Spinach Pie

Yield: 9"x13" pan

Serves: 6 adults

Ingredients

vegetable cooking spray

4 cups chopped fresh spinach or 1 10-ounce box frozen spinach, thawed

3 eggs

1 cup flour

1 cup low-fat (1% or less) milk

1/8 teaspoon garlic powder

1 teaspoon baking powder

12 ounces low-fat shredded cheddar cheese (3 cups).

Steps

1. Preheat oven to 350 degrees.

2. Spray 9"x13" baking pan with cooking spray.

3. **Wash and drain the spinach.** Chop the spinach. If frozen spinach is used, thaw and drain.

4. **Beat eggs well with fork. Mix in the flour, milk, garlic powder and baking powder.**

5. **Stir in cheese and spinach.** Pour mixture into the pan.

6. Bake for 35 minutes or until lightly browned.

7. **Enjoy!**

Have your child help you do the bold steps.

Adapted from [Tickle Your Appetite](#).

Staff Pages

This Week's Topic: **Choose Your Fun**
This Week's Lesson: **A Trip to the Aquarium**

Today in your classroom children learned why it is important to **turn off the TV and be active instead.** The American Academy of Pediatrics recommends that children watch no more than one to two hours of quality TV and videos each day. They also recommend that TV and other visual recording should not be used with children under two years of age.

- On the back of this page is your lesson plan for this week's lesson, a story in motion called "A Trip to the Aquarium." Use this lesson to reinforce the concepts from the Eat Well Play Hard in Child Care Settings (EWPHCCS) lesson provided to your class this week.
- Attached is a parent letter that explains what the children learned from this lesson and includes a fun activity to complete at home. Please make copies and send home following your lesson.

5 Ways to Choose Fun in Your Classroom



1. Explain to children that it's important to **sit less and move more** in order to stay healthy.
2. **Turn on some lively music** and dance, dance, dance!
3. **Go outside for a walk**, have the children describe what they see. Note the difference in the flowers, plants and trees that they see as the seasons change.
4. **Create an indoor parade.** Have the children march around the center. Give them streamers or strips of crepe paper to wave during their parade.
5. Put on some peppy music and **form a conga line.** Lead the children around the classroom and into the hallway.



For more EWPHCCS lessons go to: http://www.nyhealth.gov/prevention/nutrition/cacfp/ewphccs_curriculum/index.htm

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This Week's Lesson: A Trip to the Aquarium

Goals & Objectives: To increase the knowledge and awareness of the importance of helping children choose healthy activities and reducing screen time.

Prep Time: 5 minutes

Activity Time: 20 minutes

Preparation for Activity

- Clear a play area for the children, moving hard furniture and objects out of the way. Read the story out loud.
- When an underlined “action” word or phrase is read, have the children demonstrate the action for 15-30 seconds.
- Refrigerate a pitcher of water. Set out a cup for each child.

Activity

1. **Ask the children what they remember from your nutritionist’s visit.** Remind them of the following points:
 - Screen time means time watching TV and videotapes and playing video and computer games.
 - Screen time reduces the time they could be playing and doing other fun activities.
 - Being active every day is healthy.
2. Hi! Today we are going to the aquarium. Put your shoes on and start **walking!** I’m so excited, I can’t wait! Let’s **jog** so we get there faster! Keep your arms close to your body and your feet in place. Come on, faster.
3. We’re here! Oh my, look at all the sea creatures!! Look, there are penguins! See them waddle. We can **waddle** too!
4. Look at all the different creatures in that tank! The crabs are doing the crab walk. We can do the **crab walk** too! Let’s do it now.
5. OOH, there’s an eel slithering around. Put your hands together and we will **slither** like the eel.
6. I see so many different kinds of fish swimming. We can swim too! Let’s do the **front crawl**. Now we can do the **back stroke**.
7. Look! There’s a ray. It looks like a giant underwater bird flying. We can fly too. **Flap your arms** like a bird.
8. Oh my gosh! There’s a whale jumping out of that big tank! Let’s try **jumping** too! That whale got us wet! Let’s take our towel and dry off. We need to **twist our bodies** so the towel will dry our backs.
9. Well, it’s time to walk back from the aquarium. I had fun, did you?
10. Encourage the children to have a cup of water. “Water is great to drink when thirsty.”

Options

- Have pictures of the different creatures as props.
- Have the children go to the zoo instead of the aquarium. Have them wave their elephant trunks, reach to pet the giraffe, jump like a kangaroo, thump their chests like a gorilla, slither like a snake.

Extension Activity

Have the children draw a picture of their favorite sea creature or animal.

Dear Parent,

Your child is learning the importance of choosing healthy activities and reducing screen time. Screen time means time watching TV and other visual recording and playing video and computer games. Screen time reduces the time that they could be playing and doing other fun activities.

Home Activity: Read a book to your children or tell your children a story, and have them act it out.



Tips

-  They learn from watching you. Watch less TV and your children will too.
-  Make meals and memories together. It's a lesson your children will use for life.
-  Make play time a family time. Walk, run, and play with your child.

Have Fun with Your Child!

-  Play outside with your child every day.
-  Cook together. Eat together. Talk together. Make mealtime a family time.
-  Enjoy music. Sing and dance together.
-  Read or tell your child a story that they can act out.



Today instead of screen time, my child and I _____.

Cooking with Children

Cooking
with
Children

Cooking with Children

Audience: Adults with Children

Preparation Time

Activity 1: 5 min
Activity 2: 10 min
Activity 3: 5 min

Duration of Lesson

Introduction: 15 min
Activity 1: 20 min
Activity 2: 25 min
Activity 3: 15 min
Closing: 5 min

Take Home Handouts

Parent Pages
Cinnamon French Toast
recipe
Mini Pizza recipe



Goal

To increase knowledge and understanding of food safety and sanitation and a child's role in cooking.

Participant Objectives

Participants will:

1. Identify at least one food safety and sanitation practice.
2. Identify at least one reason why involving children in cooking is beneficial.
3. Identify at least one skill 3- and 4-year-old children can perform in the kitchen.

Points to Cover

1. Explain why food safety and sanitation is important for the health of your family.
2. Describe the four ways to practice good food safety and sanitation:
 - Wash hands thoroughly.
 - Don't cross-contaminate.
 - Keep hot foods hot.
 - Keep cold foods cold.
3. Explain that children are natural kitchen helpers and that including children in planning and preparing meals is important for the following reasons:
 - Cooking builds self-esteem and helping in the kitchen builds confidence and early skills of independence.
 - Kitchen tasks give your child a chance to measure, count and see food change, and that's early math and science learning.
 - Cooking together creates closer bonds and lifelong memories.
4. Discuss the cooking tasks that young children can perform.

Activities

Activity 1: Cinnamon French Toast
Activity 2: Mini Pizza
Activity 3: Cooking with Children

Closing

1. Review participant objectives.
2. Discuss the date, location and subject of the next class.
3. Provide take home handouts

Cooking with Children

Audience: Adults with Children

References

[More than Mud Pies](#)

[Nibbles for Health](#)

[Physical Activities and Healthy Snacks for Young Children](#)

[Teaching Children About Food](#)

[Tickle Your Appetite](#)

www.cfsan.fda.gov

www.fsis.usda.gov



Cooking with Children

Audience: Adults with Children

Activity 1: Cinnamon French Toast

Preparation Time: 5 min

Activity Time: 20 min

Ingredients

seasonal fresh fruit
eggs
low-fat (1% or less) milk
cinnamon
vanilla extract
whole-grain bread slices
vegetable cooking spray.

Supplies

recipes
cutting sheets
paring knives
electric griddle
mixing bowls
whisks
measuring cups and spoons
pancake turners
small plates
forks
napkins.

Preparation Prior to Class

1. Wash fruit if teams won't have access to a kitchen sink.
2. Place ingredients needed by each team in one container and supplies need by each team in a second container.
3. Place the ingredient container in the refrigerator to chill until class time.

Implementation

1. Warmly welcome participants, creating a comfortable environment where they feel valued and safe being open and honest.
2. Ask participants to wash their hands.
3. Divide the participants into parent-child teams and give each team their two containers.
4. Pass out the recipes and review the steps with the participants. Encourage the participants to allow children to help with the bold steps.
5. Circulate among participants to assist or answer questions as needed.
6. Discuss additional information as participants are cooking.
7. Encourage parents and children to top finished French toast with cut-up fruit.
8. Discuss the importance of fruit in the diet.
9. Encourage participants to sample their French toast.
10. Help them feel good about themselves, and remind them that they are powerful as each small action they take can make a positive difference in the lives of their children.

Cooking with Children

Audience: Adults with Children

Activity 1: Cinnamon French Toast

Preparation Time: 5 min

Activity Time: 20 min

Additional Discussion During this Activity

1. Discuss sanitation issues:
 - Wash hands thoroughly before cooking or eating and whenever they become contaminated.
 - Wash all fresh produce under cold, running water. Wash regardless of whether the produce will be served whole, peeled or cooked.
 - Refrigerate milk and eggs and leftover French toast.
 - Do not taste items made with raw eggs before cooking thoroughly.
2. Discuss wise buying suggestions:
 - Shop for seasonal and local produce for the best price and quality.
 - Choose canned or frozen fruit when fresh is expensive or unavailable.
 - Purchase store brand items (bread, milk, cinnamon, cooking spray and vanilla) rather than the more expensive brand name items.
 - Reconstitute non-fat dry milk for cooking.
 - Eggs are an economical source of protein. French toast topped with fruit and served with a glass of low-fat (1% or less) milk is a complete meal.
3. Discuss highlights from the lesson plan:
 - The importance of children helping to plan and prepare meals.
 - Kitchen tasks preschool children can do.
 - The four ways to practice good food safety and sanitation.
 - The importance of following good food safety and sanitation practices.
4. Discuss the Food Stamp Program:
 - Benefits of participation.
 - How to find out if they are eligible for this benefit and receive assistance completing the application.
 - Contact information for the local Nutrition Outreach and Education Program (NOEP) agency.

Cinnamon French Toast

Yield: 8 slices

Serves: 4 adults

Ingredients

seasonal fresh fruit

4 eggs

1/3 cup low-fat (1% or less) milk

1/2 teaspoon cinnamon

1 teaspoon vanilla extract (optional)

8 slices whole-grain bread

vegetable cooking spray.

Steps

1. **Wash fresh fruit** and slice as a topping for the French toast.
2. Preheat griddle on medium-low heat.
3. Break eggs into mixing bowl.
4. **Add milk, cinnamon (and vanilla, if desired) to mixing bowl with eggs; mix well with fork.**
5. **Dunk bread into egg/milk mixture;** make sure all of the bread is covered.
6. Spray the griddle with cooking spray.
7. Place bread on the griddle and cook for 3 to 4 minutes or until lightly browned. Then flip the French toast over and cook on the other side for 3 to 4 minutes or until lightly browned.
8. Place French toast on plate and **top with prepared fresh fruit if desired.**
9. **Enjoy!**

Have your child help you do the bold steps.

Adapted from [Tickle Your Appetite](#).

Cooking with Children

Audience: Adults with Children

Activity 2: Mini Pizza

Preparation Time: 10 min

Activity Time: 25 min

Ingredients

green peppers
onions
whole-wheat English muffins
tomato sauce
low-fat mozzarella cheese.

Supplies

recipes
oven
baking sheets
cutting sheets
knives
can opener
spoons
measuring spoons
grater
hot pads
wax paper.

Preparation Prior to Class

1. Wash fresh peppers if teams won't have access to a kitchen sink.
2. Place ingredients needed by each team in one container and supplies needed by each team in a second container.
3. Place the ingredient containers in the refrigerator until class time.

Implementation

1. Warmly welcome participants, creating a comfortable environment where they feel valued and safe being open and honest.
2. Ask the participants to wash their hands.
3. Divide the participants into parent-child teams. Give each team their two containers.
4. Pass out the recipes and review the steps with the participants. Encourage participants to allow children to help with the bold steps.
5. Circulate among the participants to assist or answer questions as needed.
6. Discuss additional information as participants are cooking.
7. Advise parents that these mini pizzas are an easy-to-make main course that their children will enjoy. Discuss other vegetable toppings that could be used. Review why this is such a nutritious choice – whole-grain muffin, tomato sauce/vegetables and low-fat cheese.
8. Help them feel good about themselves, and remind them that they are powerful as each small action they take can make a positive difference in the lives of their children.

Cooking with Children

Audience: Adults with Children

Activity 2: Mini Pizza

Preparation Time: 10 min

Activity Time: 25 min

Additional discussion during the activity

1. Discuss sanitation issues:
 - Wash hands thoroughly before cooking or eating and whenever they become contaminated.
 - Wash all fresh produce under cold, running water. Wash regardless of whether the produce will be served whole, peeled or cooked.
 - Refrigerate cheese and leftover pizzas.
 - Once the tomato sauce has been opened, pour unused portion out of the can into another container and refrigerate.
2. Discuss wise buying suggestions:
 - Plan your menu according to what is on sale. Make a shopping list based on what you already have on hand and stick with your list.
 - Purchase muffins at a bread store or when on sale.
 - Purchase store brand items (muffins, tomato sauce and cheese) rather than more expensive name brand items.
 - Purchase a brick of cheese (rather than shredded) and shred it yourself.
 - Check the unit price to determine what package size of cheese is the best buy (as long as it can be used while fresh).
 - Purchase raw vegetables that have been reduced in price because they need to be used immediately.
 - Review unit pricing.
 - Mini pizzas served with fruit and a glass of low-fat milk could be a complete lunch or dinner.
3. Discuss highlights from the lesson plan:
 - The importance of children helping to plan and prepare meals.
 - Kitchen tasks preschool children can do.
 - The four ways to practice good food safety and sanitation.
 - The importance of following good food safety and sanitation practices.
4. Discuss the Food Stamp Program:
 - Benefits of participation.
 - How to find out if they are eligible for this benefit and receive assistance completing the application.
 - Contact information for the local Nutrition Outreach and Education Program (NOEP) agency.

Mini Pizza

Yield: 6 mini pizzas

Serves: 3 adults

Ingredients

- 1/4 chopped green pepper (2 tablespoons)
- 1/8 chopped medium onion (2 tablespoons)
- 4 ounces low-fat mozzarella cheese
- 3 whole-wheat English muffins
- 3/4 cup tomato sauce.

Steps

1. Preheat oven to 400 degrees.
2. **Wash the green pepper.** Remove stem and seeds, and chop into small pieces.
3. Place onion on the cutting board, and carefully cut off the ends. Cut the onion in half. **Remove the skin and discard with the ends.** Chop the onion into small pieces.
4. Shred cheese onto wax paper, and set aside.
5. **Place muffin halves on baking sheet.**
6. **Spoon 2 tablespoons tomato sauce on each muffin half.**
7. **Top with chopped peppers and onions as desired.**
8. **Sprinkle each pizza with approximately 3 tablespoons shredded cheese.**
9. Place baking sheet in the oven, and bake for 15 minutes.
10. Remove from the oven and **enjoy!**

Have your child help you do the bold steps.

Cooking with Children

Audience: Adults

Activity 3: Cooking with Children

Preparation Time: 5 min

Activity Time: 15 min

Supplies

easel
easel pad
markers.

Preparation Prior to Class

1. Assemble the easel and place a pad on the easel.
2. Determine whether a brainstorm or facilitated group discussion will be the most effective teaching strategy.

Implementation

1. Warmly welcome participants, creating a comfortable environment where they feel valued and safe being open and honest.
2. Begin by explaining how cooking experiences help children grow and develop.
3. Explain that cooking together creates close family bonds and lifelong memories.
4. Introduce the purpose of this activity, which is to get ideas that have helped other parents include their children in kitchen tasks.
5. Start with an icebreaker: How old were you when you helped cook, and what is one of your first family cooking memories?
6. Record participant responses to the icebreaker on the easel pad.
7. Discuss results:
 - What age were most participants when they started to cook?
 - Did most have a childhood cooking memory to share?
8. If you are leading a brainstorm, review brainstorming rules:
 - Any idea is fine – no comments on the ideas of others.
 - It is okay to build on someone else's idea.
 - Yell your ideas out.
 - We will discuss the ideas later.

If you are not leading a brainstorm, go to step 11.
9. Move into the brainstorming questions:
 - What cooking task does your child help with?
 - What mealtime task does your child help with?
 - What kitchen clean-up task does your child help with?

Cooking with Children

Audience: Adults

Activity 3: Cooking with Children

Preparation Time: 5 min

Activity Time: 15 min

10. Record participant responses to brainstorming questions on the easel pad.
11. If you are facilitating a group discussion instead of a brainstorm or need to move the brainstorm along, rephrase the question and ask what tasks your child could help with and share the suggestion prompts below.
 - **Cooking tasks:**
 - Scrub fresh vegetables.
 - Tear lettuce leaves.
 - Mix tossed salad ingredients together.
 - Snap green beans.
 - Dip berries or grapes into water to wash them.
 - Shake liquids together to mix (make a salad dressing).
 - Bring ingredients from one place to another.
 - Spread sandwich filling on bread.
 - Beat eggs with a fork or whisk.
 - Pour liquid ingredients into a bowl.
 - Dump dry ingredients into a bowl.
 - Stir batter with a spoon.
 - Roll a lemon or orange and squeeze out the juice.
 - Cut soft items (bananas or strawberries) with a butter knife.
 - Peel an orange or hard cooked egg.
 - Mash bananas.
 - Cut parsley with dull scissors.
 - **Mealtime tasks:**
 - Clear table for meal.
 - Wash the table.
 - Set the table.
 - Put rolls or bread on a plate or in a basket.
 - Bring items to the table.
 - Pour milk or water from a small pitcher.
 - **Kitchen clean-up tasks:**
 - Bring their dish, utensils and cup to the kitchen.
 - Return other items to the kitchen.
 - Clear table after eating.
 - Wash the table.
12. Use open-ended questions that will enable your participants to share how they have included their children in cooking, mealtime or kitchen clean-up tasks in the past or how they might try to do so in the future.

Cooking with Children

Audience: Adults

Activity 3: Cooking with Children

Preparation Time: 5 min

Activity Time: 15 min

13. Do not call on participants, but allow an adequate amount of time for them to volunteer answers.
14. Affirm all responses.
15. Review and expand upon the information shared in the brainstorm or group discussion in a way that will summarize and motivate.
16. Ask the parents to name one new way to include their children in a cooking, mealtime or kitchen clean-up task this week.
17. Help them feel good about themselves, and remind them that they are powerful as each small action they take can make a positive difference in the lives of their children.

Additional Discussion During the Activity

Discuss the Food Stamp Program:

- Benefits of participation.
- How to find out if they are eligible for this benefit and receive assistance completing the application.
- Contact information for the local Nutrition Outreach and Education Program (NOEP) agency.

PARENT PAGES

Cooking with Children



Tips for Safe Cooking with Children

1. Keep your child safe by watching them carefully.
2. Make sure your child washes their hands before helping.
3. Food safety:
 - o Keep raw and cooked foods apart.
 - o Keep cold food cold in the refrigerator.
 - o Cook food until done, and keep hot food hot.
4. Let your child help you clean up.
5. Praise and thank your child for helping.

Today at child care parents and children did a cooking project together. Cook together. Make meals and memories together. It's a lesson they'll use for life. Your child will have fun helping you in the kitchen and will want to taste the foods that you cook together! Let your child help you prepare the recipe below.

Chicken Tenders

Yield: 5 cups

Serves: 8 adults

Ingredients

- 1/2 medium chopped onion (1/2 cup)
- 1 small chopped red pepper (1/2 cup) (optional)
- 1 1/2 pounds boneless, skinless chicken
- 1/2 cup seasoned bread crumbs
- 2 teaspoons vegetable oil
- 10 3/4-ounce can low-fat cream of chicken soup
- 1 cup low-fat (1% or less) milk
- 1 cup frozen or canned peas.

Steps

1. Cut ends off onion half. Peel onion and **throw away ends and skin**. Chop onions into small pieces.
2. **Wash red pepper**. Cut pepper open, and remove stem and seeds. **Throw away stem and seeds**. Chop pepper into small pieces.
3. Rinse chicken under running water. Then slice chicken into 1/2-inch strips.
4. **Add bread crumbs to a plastic bag**. Add chicken strips to the bag, and **shake to coat chicken with the crumbs**.
5. Heat oil in a large frying pan on medium heat. Add chopped onion and pepper and cook for 2 minutes.
6. Add chicken to the frying pan. Cook for 3 to 5 minutes to brown chicken.
7. Add cream of chicken soup and low-fat milk to the frying pan, and stir well.
8. Add peas to the frying pan. Cover and cook on low heat for 10 minutes to finish cooking the chicken.
9. Serve over cooked rice or noodles. **Enjoy!**

Have your child help you do the bold steps.

Let's Cook Together!



2 Years	3 Years All that a 2-year-old can do plus:	4-5 Years All that a 3-year-old can do plus:
Rinse and scrub vegetables or fruits	Add ingredients	Crack eggs
Tear lettuce or greens	Name and count foods	Peel hard cooked eggs
Snap green beans	Stir	Peel and mash bananas
Break cauliflower	Spread peanut butter and other soft spreads	Cut soft fruit with a plastic knife (Only adults should use sharp knives)
Make "faces" out of pieces of fruits and vegetables	Pour liquids (not hot)	Measure liquids with help
	Knead and shape dough	Help measure dry ingredients
	Add toppings to a pizza	Set the table

As preschoolers grow, they are able to help out with different tasks in the kitchen. While the following suggestions are typical, children may develop these skills at different ages.

Directions: Put a check (✓) in the box beside each task that your child already does. And use the additional ideas to encourage your child to try a new task.

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Smart Snacking

Smart Snacking

Audience: Children

Preparation Time

Activity 1: 10 min
Activity 2: 10 min
Activity 3: 20 min

Duration of Lesson

Introduction: 5 min
Activity 1: 20 min
Activity 2: 15 min
Activity 3: 10 min
Closing: 5 min

Take Home Handouts

Parent Pages
This is a Healthy Snack

Goal

To increase knowledge and awareness of the importance of eating nutritious snacks.

Participant Objectives

Children will:

1. State one reason why it is important to eat healthy snacks.
2. Name one new healthy snack that they will try.

Points to Cover

1. Explain that healthy snacks help children's bodies grow strong and give them energy to play.
2. Explain that there are many healthy snacks and they taste good too.
3. Discuss healthy snack ideas.

Activities

Activity 1: Banana Sundae

Activity 2: Growing Colors

Activity 3: Healthy Snack Artwork

Closing

1. Review participant objectives.
2. Discuss the next class.
3. Provide take home handouts.

References

[A Healthier You](#)

[Growing Colors](#)

[More Than Mud Pies](#)

[Nibbles for Health](#)

[Tickle Your Appetite](#)

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Smart Snacking

Audience: Children

Activity 1: Banana Sundae

Preparation Time: 10 min

Activity Time: 20 min

Ingredients (for 12 servings)

6 ripe bananas
4 1/2 cups low-fat vanilla yogurt
3/4 cup crushed cereal.

Supplies

large zippered bag
rolling pin
bowl
plastic wrap
small plates
knives
plastic sundae cups
spoon
napkins.

Preparation Prior to Class

1. Place cereal in bag, zip the bag closed, and roll over the cereal with a rolling pin to crush it.
2. Place crushed cereal in the bowl and cover with plastic wrap.

Implementation

1. Ask the children to wash their hands.
2. Explain to the children that each of them will make a banana sundae.
3. Tell them why this is a healthy snack and that it tastes good.
4. Distribute plate, knife and 1/2 banana to each child.
5. Show the children how to peel their banana and slice it on the plate. Direct them to do this.
6. Give each child a clear plastic sundae cup and direct them to place banana slices in it.
7. Ask each child to spoon yogurt on top of banana slices. Assist as needed with verbal prompts if a child has difficulty determining how much to take.
8. Explain what the topping is, and tell the children that they may spoon some crushed cereal on top of the yogurt if they wish. Assist as needed with verbal prompts if a child has difficulty determining how much to take.
9. Encourage children to taste their banana sundaes.
10. Ask them if they like their snack and if they would like to make this at home.

Additional Discussion During the Activity

Discuss highlights from the lesson plan:

- Healthy snacks help your bodies grow strong and give you energy to play.
- Low-fat dairy products help build strong bones and teeth.
- Additional healthy snack ideas.

Smart Snacking

Audience: Children

Activity 2: Growing Colors

Preparation Time: 10 min

Activity Time: 15 min

Supplies

Growing Colors by Bruce McMillan
food models of healthy snacks.

Preparation Prior to Class

1. Familiarize yourself with the book.
2. Think about what information you will share with the children in addition to the colors such as the name of the fruit or vegetable, whether it grows in, on or above the ground, if it is grown locally, etc.

Implementation

1. Review with the children why healthy snacks are good for them and explain that fruits and vegetables are healthy snacks.
2. Read Growing Colors to the children, telling them additional information about each fruit and vegetable pictured.
3. Pass out the food models – one per child.
4. Give each child the opportunity to tell the class what their healthy snack is and whether they have ever tried it before.
5. Thank the children for helping.

Additional Discussion During the Activity

Discuss highlights from the lesson plan:

- There are many healthy snacks and they taste good.
- Healthy snack ideas.

Smart Snacking

Audience: Children

Activity 3: Healthy Snack Artwork

Preparation Time: 20 min

Activity Time: 10 min

Supplies

This is a Healthy Snack handout

pictures of healthy snacks that the children may take home (2/child)

glue

crayons.

Preparation Prior to Class

1. Print several pictures of healthy snacks.
2. Display healthy snack pictures where the children can see and reach them.

Implementation

1. Explain why children should eat healthy snacks.
2. Name the snack in each picture, and explain why it is a healthy snack.
3. Ask each child to choose one picture of a healthy snack that they enjoy or would like to try. The children may choose two pictures if they desire.
4. Distribute one handout to each child.
5. Distribute glue and crayons.
6. Direct the children to glue the picture(s) on their handouts. Assist as needed.
7. Help each child put their name on the handout.
8. Ask the children to decorate their pictures with crayons (or draw another healthy snack) if they wish.

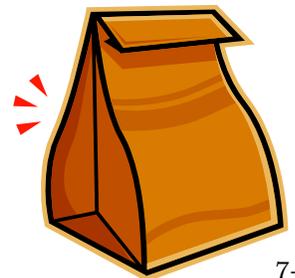
Additional Discussion During the Activity

Discuss highlights from the lesson plan:

- There are many healthy snacks, and they taste good.
- Healthy snack ideas.



This is a Healthy Snack that
_____ Wants to Eat!



PARENT PAGES

Smart Snacking



Hearty Snack Ideas

1. 1/4 cup vanilla low-fat yogurt with 1/4 cup apple slices
2. 10 thin wheat crackers with peanut butter
3. 1/2 cup toasted oat cereal with 1/2 cup low-fat (1% or less) milk
4. 1/2 tuna or egg salad sandwich and 1/2 cup water
5. 1/2 toasted English muffin with peanut butter
6. 1/4 cup crunchy snack mix (recipe on this page) with 1/2 cup low-fat (1% or less) milk
7. 1/4 cup low-fat cottage cheese with 1/4 cup fruit cocktail
8. 1/2 whole-wheat tortilla with 1/4 cup bean spread

Today at child care your child learned why it is important to eat healthy snacks. Small children need snacks because they get hungry between meals. Healthy snacks will help them grow strong. They learn from watching you. Eat healthy snacks and your child will too. Save money by making your own snack mix using the easy recipe below.

Snack Mix

Yield: 4 cups

Serves: 8 adults

Ingredients

1 cup toasted oat cereal
1 cup wheat square cereal
1 cup reduced-fat cheese crackers
1 cup fun-shaped mini pretzels.

Steps

1. **Pour cereals, crackers and pretzels into a medium bowl.**
2. **Stir.**
3. **Enjoy!**

Note: You may put this snack into small plastic bags to carry when traveling.

Have your child help you do the bold steps.

Tips and Shopping List

Ways to Save Money When Shopping:

- Look at grocery ads to see what is on sale.
- Plan your meals and snacks around weekly specials.
- Make a shopping list and stick to it!
- Don't shop when you are hungry.
- Buy whole fruit and vegetables, and cut or shred them yourself.
- When fresh cost too much, buy frozen or canned fruit and vegetables.
- Buy frozen juice and mix with water instead of bottled juice.
- Buy store brand rather than name brand items.



-----Use this handy list to jot down what you need to buy-----

Shopping List

Breads, Cereals, and Crackers <hr/> <hr/> <hr/> <hr/> <hr/>	Fruits/Juice <hr/> <hr/> <hr/> <hr/> <hr/>	Vegetables <hr/> <hr/> <hr/> <hr/> <hr/>	Milk, Cheese, Yogurt, and Eggs <hr/> <hr/> <hr/> <hr/> <hr/>
Pasta, Rice, and Noodles <hr/> <hr/> <hr/> <hr/> <hr/>	Canned Beans, Fish, and Peanut Butter <hr/> <hr/> <hr/> <hr/> <hr/>	Chicken, Turkey, and Fish <hr/> <hr/> <hr/> <hr/> <hr/>	Beef and Pork <hr/> <hr/> <hr/> <hr/> <hr/>
Baking Supplies <hr/> <hr/> <hr/> <hr/> <hr/>	Paper Products <hr/> <hr/> <hr/> <hr/> <hr/>	Other <hr/> <hr/> <hr/> <hr/> <hr/>	Other <hr/> <hr/> <hr/> <hr/> <hr/>

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Smart Snacking

Audience: Adults

Preparation Time

Activity 1: 15 min
Activity 2: 10 min
Activity 3: 5 min

Duration of Lesson

Introduction: 10 min
Activity 1: 15 min
Activity 2: 30 min
Activity 3: 15 min
Closing: 5 min

Take Home Handouts

Chick Pea Dip recipe
Banana Oatmeal Muffins
recipe



Goal

To increase knowledge and awareness of the importance of providing nutritious snacks to children.

Participant Objectives

Participating adults will:

1. State one reason to provide nutritious snacks to children.
2. Name one smart snacking tip that promotes good health.
3. Identify one healthy snack that they will offer at home.

Points to Cover

1. Explain that snacks are important for children because they have small stomachs and cannot eat enough at 3 meals/day to meet their nutritional needs and satisfy their hunger between meals.
2. Advise that most young children do best with four to six small meals per day.
3. Discuss the following smart snacking tips:
 - Snacks should complement meals – not replace them. Offer them at regular times each day, at least 1 1/2 hours before a meal.
 - Offer small snacks. If children are still hungry, they can ask for more. Let your child decide how much is enough.
 - Snacks should be offered to satisfy hunger. Do not offer a snack to calm a child or reward behavior.
 - Offer healthy snacks that will provide needed nutrients.
 - Be a good role model – eat healthy snacks with your child.
4. Review healthy snack ideas.

Activities

Activity 1: Chick Pea Dip
Activity 2: Banana Oatmeal Muffins
Activity 3: Healthy Low-Cost Snack Ideas

Closing

1. Review participant objectives.
2. Discuss the date, location and subject of the next class.
3. Provide take home handouts.

Smart Snacking

Audience: Adults

References

[A Healthier You](#)

[More Than Mud Pies](#)

[Nibbles for Health](#)

[Tickle Your Appetite](#)

www.fruitandveggiesmorematters.org



Smart Snacking

Audience: Adults

Activity 1: Chick Pea Dip

Preparation Time: 15 min

Activity Time: 20 min

Ingredients

fresh vegetables of choice:

- broccoli
- carrots
- celery
- green beans
- green peppers
- zucchini

chick peas

lemon juice

low-fat mayonnaise

garlic powder.

Supplies

recipes

cutting sheets

knives

plates

colander

bowl

measuring cups and spoons

blender

bowl

small plates

napkins.

Preparation Prior to Class

1. Wash fresh vegetables if teams won't have access to a kitchen sink.
2. Place ingredients needed by each team in one container and supplies needed by each team in a second container.
3. Place the ingredient containers in the refrigerator until class time.

Implementation

1. Warmly welcome participants, creating a comfortable environment where they feel valued and safe being open and honest.
2. Ask participants to wash their hands.
3. Divide the participants into teams and give each team their two containers.
4. Pass out the recipes and review the steps with the participants. Explain that their children may help with the bold steps when they prepare this at home.
5. Circulate among the participants to assist or answer questions as needed.
6. Discuss additional information as participants are cooking.
7. Encourage parents to try a variety of vegetables in the dip that they prepared. Review why fresh vegetables are a nutritious snack choice. Remind parents to monitor children at snack time. Children should be seated and should chew their raw vegetable sticks carefully to prevent choking.
8. Explain that this nutritious dip may also be used as a sandwich spread or a filling for pita bread.
9. Help them feel good about themselves, and remind them that they are powerful as

Smart Snacking

Audience: Adults

Activity 1: Chick Pea Dip

Preparation Time: 15 min

Activity Time: 20 min

each small action they take can make a positive difference in the lives of their children.

Additional Discussion During the Activity

1. Discuss sanitation issues:
 - Wash hands thoroughly before cooking or eating and whenever they become contaminated.
 - Wash all fresh produce with cold, running water. Wash regardless of whether the produce will be served whole, peeled or cooked.
 - Refrigerate chick peas after they have been opened and any leftover dip.
2. Discuss wise buying suggestions:
 - Shop for seasonal and local produce for the best price and quality.
 - Locations where Food Stamp EBT cards can be used to purchase fresh vegetables economically.
 - Purchase whole vegetables and cut them rather than purchasing already prepared vegetables.
 - Purchase store brand items rather than the more expensive brand name items.
 - Unit pricing information helps identify economical choices.
3. Discuss highlights from the lesson plan:
 - Why children need small snacks between meals.
 - Smart snacking tips.
 - Healthy snack ideas.
4. Discuss the Food Stamp Program:
 - Benefits of participation.
 - How to find out if they are eligible for this benefit and receive assistance completing the application.
 - Contact information for the local Nutrition Outreach and Education Program (NOEP) agency.

Chick Pea Dip

Yield: 1½ cups

Serves: 6 adults

Ingredients

fresh vegetables of choice:

- broccoli
- carrots
- celery
- green beans
- green pepper
- zucchini

1 16-ounce can chick peas
1 tablespoon lemon juice
2 tablespoons low-fat mayonnaise
1/4 teaspoon garlic powder.

Steps

1. **Wash the fresh vegetables.**
2. Cut carrots and celery into 3" sticks.
3. Break broccoli into florets.
4. Arrange vegetables on serving plate.
5. **Drain chick peas in colander over bowl** and save liquid.
6. **Put chick peas, 1/3 cup liquid, lemon juice, mayonnaise and garlic powder into a blender.**
7. Blend until desired consistency is reached, slowly adding more liquid if needed.
8. Put dip into a serving bowl.
9. **Dip vegetables into dip and enjoy!**

Have your child help you do the bold steps.

Smart Snacking

Audience: Adults

Activity 2: Banana Oatmeal Muffins

Preparation Time: 10 min

Activity Time: 30 min

Ingredients

bananas
vegetable oil
egg
low-fat milk
vanilla extract
flour
quick-cooking oatmeal
sugar
baking powder
cinnamon
salt
vegetable cooking spray.

Supplies

recipes
medium mixing bowl
measuring cups and spoons
spoon
small bowl
muffin tin
pot holders
small plates
napkins.

Preparation Prior to Class

1. Place ingredients needed by each team in one container and supplies needed by each team in a second container.
2. Place the ingredient containers in the refrigerator to chill until class time.

Implementation

1. Warmly welcome participants, creating a comfortable environment where they feel valued and safe being open and honest.
2. Ask the participants to wash their hands.
3. Divide the participants into teams and give each team their two containers.
4. Pass out the recipes, and review the steps with the participants. Explain that their children may help with the bold steps when they prepare this at home.
5. Circulate among the participants to assist or answer questions as needed.
6. Discuss additional information as participants are cooking.
7. Help them feel good about themselves, and remind them that they are powerful as each small action they take can make a positive difference in the lives of their children.

Additional discussion during the activity

1. Discuss sanitation issues:
 - Wash hands thoroughly before cooking or eating and whenever they become contaminated.

Smart Snacking

Audience: Adults

Activity 2: Banana Oatmeal Muffins

Preparation Time: 10 min

Activity Time: 30 min

- Keep dairy products and eggs refrigerated.
 - Check expiration dates and purchase freshest milk and eggs.
2. Discuss wise buying suggestions:
- Ripe bananas, perfect for this recipe, are often available at a reduced price.
 - Purchase store brands rather than the more expensive name brand items.
 - Check the unit price to determine which container size of vegetable oil, low-fat milk and quick-cooking oats is the best buy (as long as it can be used while fresh).
 - Unit pricing information helps identify economical choices.
3. Discuss highlights from the lesson plan:
- Why children need small snacks between meals.
 - Smart snacking tips.
 - Healthy snack ideas.
4. Discuss the Food Stamp Program:
- Benefits of participation.
 - How to find out if they are eligible for this benefit and receive assistance completing the application.
 - Contact information for the local Nutrition Outreach and Education Program (NOEP) agency.

Banana Oatmeal Muffins

Yield: 10 muffins

Serves: 10 adults

Ingredients

2-3 mashed ripe bananas (1 cup)
2 tablespoons vegetable oil
1 large egg
1/4 cup low-fat milk
1 teaspoon vanilla extract
3/4 cup flour
3/4 cup quick-cooking oats
1/4 cup sugar
1 tablespoon baking powder
1 teaspoon cinnamon
1/4 teaspoon salt
vegetable cooking spray.

Steps

1. Preheat oven to 350 degrees.
2. Spray 10 muffin cups with cooking spray.
3. **Peel bananas and place them in a medium-size bowl.**
4. **Mash bananas with a fork.**
5. Add vegetable oil, egg, low-fat milk and vanilla to the mashed banana and mix well.
6. **Add flour, oats, sugar, baking powder, cinnamon and salt to the banana mixture.**
7. Mix quickly and lightly. Do not beat. The batter will be lumpy.
8. Spoon about 1/4 cup of batter into each muffin cup.
9. Bake for 12 to 15 minutes. Insert a wooden pick in the center of a muffin. If it comes out dry, the muffin is done.
10. Run a butter knife around the outside edge of each muffin to loosen, and lift out.
11. **Enjoy.**

Have your child help you do the bold steps.

Smart Snacking

Audience: Adults

Activity 3: Healthy Low-Cost Snack Ideas

Preparation Time: 5 min

Activity Time: 15 min

Supplies

easel
easel pad
markers.

Preparation Prior to Class

1. Assemble the easel and place a pad on the easel.
2. Determine whether a brainstorm or facilitated group discussion will be the most effective teaching strategy.

Implementation

1. Warmly welcome participants, creating a comfortable environment where they feel valued and safe being open and honest.
2. Begin by explaining that most young children need to have four to six mini-meals per day.
3. Review smart snacking tips and give parents basic information on what to consider when determining whether a snack is healthy (nutrient dense vs. empty calorie).
4. Introduce the purpose of this activity, which is to get ideas for nutritious low-cost snacks that other parents have discovered their preschool children enjoy.
5. Start with an icebreaker: What is your favorite snack?
6. Record participant responses to the icebreaker on the easel pad.
7. Discuss results:
 - Is there a snack that is a favorite of many?
 - Is there a snack that is a favorite of only one?
 - Is there a wide variety of snacks represented?
8. If you are leading a brainstorm, review brainstorming rules:
 - Any idea is fine – no comments on the ideas of others.
 - It is okay to build on someone else's idea.
 - Yell your ideas out.
 - We will discuss the ideas later.If you are not leading a brainstorm, go to step 11.
9. Move into the brainstorming questions:
 - What is your preschool child's favorite fruit?
 - What *unusual* fruit does your child enjoy?

Smart Snacking

Audience: Adults

Activity 3: Healthy Low-Cost Snack Ideas

Preparation Time: 5 min

Activity Time: 15 min

- How did your child start eating that fruit?
 - What have you done to get your child to try a new fruit?
10. Record participant responses to brainstorming questions on the easel pad.
11. If you are facilitating a group discussion instead of a brainstorm or need to move the brainstorm along, share each suggestion prompt below.

Ideas that require no preparation:

- Fruits: fresh (with or without low-fat yogurt dip), frozen or canned.
- Frozen fruit juice on a popsicle stick.
- Raw vegetables: plain or with low-fat dip/dressing.
- Low-fat dairy: yogurt, cheese cut in shapes, cottage cheese, and milk.
- Whole-grains: bread, pita bread, breadsticks, cereal, crackers, and muffins.
- Combinations of the above items.

Ideas for more substantial snacks that require some preparation:

- Whole-grains with protein:
 - Toasted English muffin with peanut butter.
 - Bread or bagel with peanut butter.
 - 1/2 sandwich made with whole-grain bread or pita bread and peanut butter, low-fat cheese, egg salad or tuna salad.
 - Whole-wheat muffin or pita bread pizza.
 - Whole-grain tortilla with melted low-fat cheese.
 - Crackers with low-fat cheese or peanut butter.
 - Tortilla with low-fat refried beans.
- Low-fat dairy and fruit:
 - Low-fat cottage cheese and fruit.
 - Low-fat yogurt and fruit.
 - Smoothie made with low-fat milk, yogurt and fruit.
 - Diced low-fat cheese and fruit kabobs.
- Low-fat dairy and vegetable:
 - Low-fat cottage cheese with raw veggie sticks.
 - Low-fat cheese shapes with raw veggie sticks.
 - Baked potato with melted low-fat cheese.
- Snacks that can be pre-portioned into small plastic bags for you to carry when traveling:
 - Whole-grain crackers.
 - Breadsticks.
 - Muffins.

Smart Snacking

Audience: Adults

Activity 3: Healthy Low-Cost Snack Ideas

Preparation Time: 5 min

Activity Time: 15 min

- Pretzels.
 - Cereal that can be eaten as a finger food.
 - Peanut butter sandwich made on crackers, bread or pita bread.
12. Use open-ended questions that will enable your participants to share how they have tried some of these snack ideas in the past or how they might try them in the future.
 13. Do not call on participants, but allow an adequate amount of time for them to volunteer answers.
 14. Affirm all responses.
 15. Review and expand upon the information shared in the brainstorm or group discussion in a way that will summarize and motivate.
 16. Ask the parents to name new nutritious low-cost snacks they will offer their children this week.
 17. Help them feel good about themselves, and remind them that they are powerful as each small action they take can make a positive difference in the lives of their children.

Additional Discussion During the Activity

Discuss the Food Stamp Program:

- Benefits of participation.
- How to find out if they are eligible for this benefit and receive assistance completing the application.
- Contact information for the local Nutrition Outreach and Education Program (NOEP) agency.

Staff Pages

This Week's Topic: **Smart Snacking**
This Week's Lesson: **Butterfly Bagels**

Today in your classroom children learned why it is good to eat healthy snacks. Preschool children need snacks because they get hungry between meals.

- On the back of this page is your lesson plan for this week's lesson "Butterfly Bagels." Use this lesson to reinforce the concepts from the Eat Well Play Hard in Child Care Settings (EWPHCSS) lesson provided to your class this week.
- Attached is a parent letter that explains what the children learned from this lesson and includes a fun activity to complete at home. Please make copies and send home following your lesson.

5 Smart Snacking Ideas for Your Classroom



1. **Healthy snacks** help children's bodies grow strong and give them energy to play.
2. Snacks are important for children because they have **small stomachs** and cannot eat enough at 3 meals/day to meet their nutritional needs.
3. Snacks should **complement meals**, not replace them.
4. Snacks should be offered to **satisfy hunger**. Do not offer a snack to calm a child or reward behavior.
5. **Model healthy snacking** by eating with the children. You can read about new foods, have a discussion, and help children learn new skills—all while enjoying a snack together.



For more EWPHCSS lessons go to: http://www.nyhealth.gov/prevention/nutrition/cacfp/ewphccs_curriculum/index.htm

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This Week's Lesson: Butterfly Bagels

Goals & Objectives: To increase the knowledge and awareness of the importance of eating nutritious snacks.

Prep Time: 10 minutes

Activity Time: 20 minutes

Supplies You Will Need

- Whole-wheat mini bagels, one half per child
- Low-fat whipped cream cheese, 1 small container
- 2 carrots, scrubbed and grated
- 1 can black beans, drained, and rinsed
- 10-12 grape or cherry tomatoes cut in half
- 1 green pepper, cut into thin slices
- Serving bowls, small tongs, small plates, napkins, and small cups
- Pitcher of chilled water

Preparation for Activity

1. Read through the entire lesson.
2. Cut the bagels in half. Placing the bagels on an individual small plate, put the halves curved end to curved end to form the body of the butterfly.
3. Spread a thin layer of the low-fat cream cheese on the top of flat side of the bagel halves.
4. Put the grated carrots drained black beans, tomato halves and green pepper slices in small bowls with appropriate serving spoons or tongs.

Activity

1. **Ask the children to wash their hands.** 
2. **Ask the children what they remember from the nutritionist's visit.** Remind them of the following points:
 - Healthy snacks help your body grow strong.
 - Healthy snacks give you energy to play.
 - Healthy snacks taste great.
3. **Tell them they are going to make a healthy snack, a bagel butterfly.**
4. **Show the children how to create their butterfly** using 2 pieces of green pepper slices for antennae, black beans for eyes, and cherry tomato halves and shredded carrots for decorations.
5. **Provide each child with a napkin and small plate** containing a butterfly bagel to decorate. Have the children enjoy their bagel butterfly with a glass of chilled water.
6. **Pass the serving bowls of beans and vegetables and serving spoons or tongs.** Allow children to serve themselves and then decorate their butterfly.

Options

For a CACFP creditable snack, prepare enough beans and vegetables for each child to have ½ cup portion. This in combination with the bagel will meet the CACFP Healthy Child Meal Pattern. Water must be served with snacks if no beverage is provided.

Extension Activity

Have the children build their own healthy snack by making a fruit and cheese kabob on a coffee stirrer. Use melon cubes, or banana slices with cheese cubes.

Dear Parent,

Your child is learning that healthy snacks can help their bodies grow strong and will give them energy to play.

Home Activity: Prepare a healthy snack with your children. Offer fresh fruits with a yogurt dip. Let your children help choose the fruits you will serve.



Tips

-  Snack time is a good time to introduce new foods.
-  Let your child help make the snack.
-  Offer a new food along with a familiar food.
-  Sometimes new foods take time. Give your child a taste at first and be patient with them.
-  Offer your child water with their snack.

They learn from watching you—eat healthy snacks and your child will too.

- 😊 Offer healthy snacks to help your child grow strong.
- 😊 Offer snacks between meals at regular times each day when your child is hungry.
- 😊 Do not offer snacks to calm a child or reward behavior.



Directions: Make the fruits and vegetables you serve your child kid-friendly by giving them neat names like orange smiles, cucumber or banana wheels, carrot coins, or broccoli trees.

Today I served my child _____.

Fitness is Fun

Fitness is Fun

Audience: Children

Preparation Time

Activity 1: 10 min
Activity 2: 10 min
Activity 3: 10 min

Duration of Lesson

Introduction: 5 min
Activity 1: 15 min
Activity 2: 15 min
Activity 3: 15 min
Closing: 5 min

Take Home Handout

Parent Pages



Goal

To increase knowledge and awareness of what constitutes physical activity and the importance of physical activity to good health.

Participant Objectives

Children will:

1. Describe why physical activity is important.
2. Identify what constitutes physical activity (i.e. running vs. sitting).

Points to Cover

1. Explain that daily physical activity can make children feel good, give them more energy and keep them healthy.
2. Describe the many different ways to get physical activity/exercise. Examples of physical activity/exercise are: dancing, running, jumping, hula hooping, playing tag, etc. Physical activity is NOT watching TV, sitting, playing video or computer games, etc.
3. Explain that exercise can also be measured, i.e.
 - Are you sweating?
 - Are you breathing hard?

Activities

Activity 1: Head, Shoulders, Knees and Toes

Activity 2: Animal Boogie

Activity 3: Dancing Fun

Closing

1. Review participant objectives.
2. Discuss the next class.
3. Provide take home handout.

References

Active Start: A Statement of Physical Activity Guidelines for Children Birth to Five Years

The Animal Boogie

Appropriate Practices in Movement Programs for Young Children 3 to 5

Early Childhood Classics – Old Favorites with a New Twist (CD)

Purposeful Play

Fitness is Fun

Audience: Children

Activity 1: Head, Shoulders, Knees and Toes

Preparation Time: 10 min

Activity Time: 15 min

Supplies

CD player

Early Childhood Classics – Old Favorites with a New Twist by Hap Palmer

small cups

pitcher.

Preparation Prior to Class

1. Play *Head, Shoulders Knees and Toes* and review the words that go with it including the sample variation.
2. Practice singing along with the music and acting it out, so you will be better prepared to help the children do this.
3. Refrigerate a pitcher of water.

Implementation

1. Explain to the children that you will be playing a musical game called *Head, Shoulders, Knees and Toes* with them.
2. Ask them to raise their hands if they have played this game before.
3. Ask if one of the children who is familiar with this game would like to demonstrate what to do as you sing and/or play the song.
4. If you do not have a volunteer, you do the demonstration – touching each body part as it is mentioned in the song.
5. Play this game twice using the music on the CD.
6. Tell the children that they may sing along with the song if they wish.
7. Teach the children the additional jumping verse variation that is in the song booklet.
8. Sing the entire song with the children using all three verses, repeating the refrain twice between verses. Sing and act out the song at a faster rate than the tape.
9. You may repeat Step 8 if you wish. Use your discretion regarding how fast and long to play. The goal is for the children to learn how they feel after they have fun exercising.
10. When you stop playing, discuss with children how they feel – hot, sweaty, breathing hard, tired. Explain that this is how exercise makes one feel.
11. After they have rested, ask them if they would like to play again (if time allows).
12. Provide a glass of water, explaining that water is great to drink when thirsty.

Additional discussion during the activity

Discuss highlights from the lesson plan:

- Examples of what exercise is and isn't (running vs. sitting).
- Why daily exercise is good for them.
- Examples of other physical activity that they enjoy.

Fitness is Fun

Audience: Children

Activity 2: Animal Boogie

Preparation Time: 10 min

Activity Time: 15 min

Supplies

Animal Boogie by Debbie Harter

CD player

small cups

pitcher.

Preparation Prior to Class

1. Familiarize yourself with the book and CD.
2. Practice reading Animal Boogie while holding the book in such a manner that the children will be able to view the pictures while you read.
3. Play selection #2 and selection #3 of the CD and practice the dancing movements.
4. Refrigerate a pitcher of water.

Implementation

1. Explain to the children why exercise is good for them.
2. Tell them you are going to read them a story that will teach them how to do the animal boogie.
3. Read Animal Boogie to the children. Pause on each page that asks what creature is doing the movement described to allow the children to answer this question before you turn the page and reveal the answer. Pause on each page that identifies the creature and ask the children to practice the movement that the creature does.
4. When you finish reading the story, explain to the children that they will now dance the animal boogies as it is sung.
5. Play selection #2 on the CD and dance the animal boogie with the children as the singer guides.
6. Repeat step 5.
7. You may play selection #3 on the CD and encourage the children to freely dance along with the music if you wish. Use your discretion regarding how long to dance. The goal is for the children to learn how they feel after they have fun exercising.
8. When they are done dancing, discuss with the children how they feel – hot, sweaty, breathing hard, tired. Explain that this is how exercise makes one feel.
9. Provide a glass of water, explaining that water is great to drink when thirsty.

Additional discussion during the activity

Discuss highlights from the lesson plan:

- Examples of what exercise is and isn't.
- Why daily exercise is good for them.
- Examples of other physical activities that they enjoy.

Fitness is Fun

Audience: Children

Activity 3: Dancing Fun

Preparation Time: 10 min

Activity Time: 15 min

Supplies

music CD or cassette
CD or cassette player
small cups
pitcher.

Preparation Prior to Class

1. Choose appropriate peppy music for the children to dance to.
2. Play the music, and experiment with movements that you wish to share with the children.
3. Refrigerate a pitcher of water.

Implementation

1. Explain that dancing is great exercise, and today you are going to play music for everyone to dance to.
2. Reinforce that there is no wrong way to dance – everyone can dance the way they want to.
3. Play the music, and dance with the children. Use your discretion regarding how long to dance. The goal is for the children to learn how they feel after they have fun exercising.
4. Discuss with the children how they feel when they finish dancing – hot, sweaty, breathing hard, tired. Explain that this is how exercise makes one feel.
5. After they have rested, ask them if they would like to dance some more (if time allows).
6. Provide a glass of water, explaining that water is great to drink when thirsty.

Additional discussion during the activity

Discuss highlights from the lesson plan:

- Examples of what exercise is and isn't.
- Why daily exercise is good for them.
- Examples of other physical activities that they enjoy.

PARENT PAGES

Fitness Is Fun



Play Actively Every Day!

1. Lead by example. Be active yourself.
2. Make play time a family time. Walk, run, and play with your child.
3. Indoor activities you can do with your preschooler:
 - Have a parade and march through the house.
 - Go on a treasure hunt.
 - Play “Hide-and-Seek.”
 - Turn on some lively music and dance.
4. Outdoor activities you can do with your preschooler:
 - Go on family walks.
 - Play games in the yard or park.
 - Walk to a playground and play.
5. Help your child get enough sleep. Children need sleep to learn, grow and play.
6. For more ideas go to:
<http://www.choosemyplate.gov>

Today at child care your child learned why being active is important to good health. Moving and being active helps your child stay healthy and grow strong. Children love to move! Children also sleep better when they have been active. Drink water instead of sugary drinks when you are thirsty after being active.

Strawberry Yogurt Popsicles

Yield: 12 popsicles

Serves: 12 adults

Ingredients

2 cups low-fat vanilla yogurt
2 cups chopped fresh or frozen strawberries.

Steps

1. **Get out the following supplies: 12 3-ounce paper cups, 12 wooden sticks, and a roll of tin foil.**
2. **Combine yogurt and strawberries. Mix well.**
3. **Fill cups with mixture.** Cover cups with plastic wrap or tin foil.
4. **Insert a wooden stick through the plastic wrap or tin foil.**
5. Freeze popsicles.
6. Gently tear away paper cup from frozen yogurt popsicle before eating.
7. Supervise children while eating the popsicles, and throw away the sticks after eating.
8. **Enjoy!**

Have your child help you do the bold steps.

Adapted from [Tickle Your Appetite](#).



Fitness is Fun



Children love to climb, crawl, run, jump, swing, tumble, twist, stretch, and peddle. Try these tips to help your child enjoy active play time:

- ➔ **Take it outside.** Bring your child outside every day to play. Children are more active when they play outside.
- ➔ **Play lively music.** Children and grown-ups find it hard to resist dancing when lively music is playing.
- ➔ **Have things on hand for your child to play with.** Toys that encourage your child don't have to cost any money. How many of these "toys" do you have around your house?
 - Plastic coffee can lids (Frisbee™)
 - Crunched newspaper balls (to toss and kick)
 - Rolled up socks and a laundry basket (for tossing games)
 - Bandanas or dish towel (dance streamers)
 - Toilet paper or paper towel tubes (bowling pins)

Activity Scoreboard

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Outdoors Play							
Indoors Play							

Directions: Draw a smiley face 😊 in each box for every day your child enjoyed active free time outdoors and indoors.

Adapted from [Eat Well Play Hard with Day Care Homes Curriculum](#).

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Fitness is Fun

Audience: Adults

Preparation Time

Activity 1: 5 min
Activity 2: 10 min
Activity 3: 15 min

Duration of Lesson

Introduction: 20 min
Activity 1: 15 min
Activity 2: 25 min
Activity 3: 10 min
Closing: 5 min

Take Home Handouts

*Playing with Your 3 to 5
Year Old
Steps Add Up!*



Goal

To increase knowledge and awareness of the health benefits of physical activity, current physical activity recommendations and age-appropriate physical activities.

Participant Objectives

Participating adults will:

1. Name at least one health benefit of physical activity.
2. Define current physical activity recommendations for adults and children.
3. Name at least two indoor and outdoor age-appropriate activities for their three to four year old child.

Points to Cover

1. Describe the benefits of regular physical activity, i.e. maintain good health, maintain weight or help with weight loss, release energy, sleep better and improve self-esteem and self-control.
2. Define current physical activity recommendation for adults.
3. Explain that one way to monitor activity is to wear a pedometer. Set a reasonable goal for daily steps based on individual baseline (how many steps per day they currently walk). Continue to increase daily steps over time.
4. Explain that 10,000 steps-per-day is an excellent long-term goal but even small increases will yield health benefits.
5. Review the current National Association for Sports & Physical Education (NASPE) recommendation for preschool children of at least 60 minutes of structured and 60 minutes of unstructured physical activity daily.
6. Explain age-appropriate physical activity.
7. Provide examples of indoor and outdoor chores that children can help with, and explain that doing chores is a form of physical activity.
8. Explain that children are more likely to be physically active if the whole family is involved. Review indoor/outdoor activities that the family can do together.

Activities

Activity 1: Active Time with Children
Activity 2: Steps Add Up!
Activity 3: Yarn Ball

Fitness is Fun

Audience: Adults

Closing

1. Review participant objectives.
2. Discuss the date, location and subject of the next class.
3. Provide take home handouts.

References

Active Start: A Statement of Physical Activity Guidelines for Children Birth to Five Years

Appropriate Practices in Movement Programs for Young Children 3 to 5

Fit WIC Activity Book

NYS WIC Nutrition Education Curriculum

Purposeful Play

www.americaonthemove.org



Fitness is Fun

Audience: Adults

Activity 1: Active Time with Children

Preparation Time: 5 min

Activity Time: 15 min

Supplies

easel

easel pad

markers

Playing with Your 3 to 5 Year Old handout.

Preparation Prior to Class

1. Assemble the easel and place a pad on the easel.
2. Determine whether a brainstorm or facilitated group discussion will be the most effective teaching strategy.

Implementation

1. Warmly welcome participants, creating a comfortable environment where they feel valued and safe being open and honest.
2. Begin by explaining that being active is critical to the health of children and adults.
3. Explain that children should have at least 60 minutes of structured and 60 minutes of unstructured physical activity each day. Similarly, children should avoid extended periods of inactivity.
4. Introduce the purpose of this activity, which is to get ideas that have helped other parents be more active inside and outdoors with their preschool children.
5. Start with an icebreaker: What is your favorite way to be active?
6. Record participant responses to the icebreaker on the easel pad.
7. Discuss results:
 - Is there an activity that is a favorite of many?
 - Is there an activity that is a favorite of only one?
 - Is there a wide variety of activities represented?
8. If you are leading a brainstorm, review brainstorming rules:
 - Any idea is fine – no comments on the ideas of others.
 - It is okay to build on someone else's idea.
 - Yell your ideas out.
 - We will discuss the ideas later.

If you are not leading a brainstorm, go to step 11.

9. Move into the brainstorming questions:
 - How are you and your child active inside?

Fitness is Fun

Audience: Adults

Activity 1: Active Time with Children

Preparation Time: 5 min

Activity Time: 15 min

- Does your child enjoy these activities?
 - How did you get your child to do these activities?
 - How are you and your child active outdoors?
 - Does your child enjoy these activities?
 - How did you get your child to do these activities?
10. Record participant responses to brainstorming questions on the easel pad.
 11. If you are facilitating a group discussion instead of a brainstorm or need to move the brainstorm along, share each suggestion prompt below.
 - Inside activities:
 - Dance to music.
 - Play catch with a yarn ball or beanbag.
 - Help dust.
 - Act out a story.
 - Pick up toys.
 - Play hide-and-seek.
 - Help make beds.
 - Outdoor activities:
 - Take walks.
 - Pretend to march in a parade.
 - Play at the park or playground.
 - Rake leaves.
 - Play in snow.
 - Gallop like a horse.
 - Jump like a rabbit.
 12. Use open-ended questions that will enable your participants to share how they have tried some of these activities with their children in the past or how they might try them in the future.
 13. Do not call on participants, but allow an adequate amount of time for them to volunteer answers
 14. Affirm all responses.
 15. Review and expand upon the information shared in the brainstorm or group discussion in a way that will summarize and motivate.
 16. Ask the parents to name one new way to be active with their children this week
 17. Distribute the *Playing with Your 3 to 5 Year Old* handout, and review the points on it that haven't already been covered.
 18. Help them feel good about themselves, and remind them that they are powerful as

Fitness is Fun

Audience: Adults

Activity 1: Active Time with Children

Preparation Time: 5 min

Activity Time: 15 min

each small action they take can make a positive difference in the lives of their children.

Additional Discussion During the Activity

Discuss the Food Stamp Program:

- Benefits of participation.
- How to find out if they are eligible for this benefit and receive assistance completing the application.
- Contact information for the local Nutrition Outreach and Education Program (NOEP) agency.

Fitness is Fun

Audience: Adults

Activity 2: Steps Add Up!

Preparation Time: 10 min

Activity Time: 25 min

Supplies

pedometers
masking tape
tape measure
CD player
music CD
cups
pitchers
Steps Add Up! handout.

Preparation Prior to Class

1. Review directions for how to set up the pedometers.
2. Practice by setting up a pedometer for self.
3. Refrigerate a pitcher of water.

Implementation

1. Warmly welcome participants, creating a comfortable environment where they feel valued and safe being open and honest.
2. Discuss the benefits of walking, the number one activity everywhere.
3. Review the physical exercise recommendation of 10,000 steps per day. Explain that even small increases will yield health benefits.
4. Display a pedometer and explain that it records how many steps the wearer takes each day.
5. Explain that in order for the pedometer to be accurate, it must be set up for the person who will be using it.
 - If the pedometers need to be set up, complete steps 7 through 9.
 - If the pedometers don't need to be set up, skip steps 7 through 9.
6. Pass the pedometers out to the participants and ask them to work in pairs (one person can help measure the other person's steps).
7. Read aloud each step of the directions for setting up the pedometer.
8. Wait until all participants have accomplished each step before reading the next step.
9. Provide assistance to the participants as needed.
10. Direct participants to clip on their pedometers and walk ten steps to see if their steps are recorded properly.
11. Assist participants in trouble shooting if the pedometers did not record steps properly. Keep in mind that people must walk at least two miles per hour for the

Fitness is Fun

Audience: Adults

Activity 2: Steps Add Up!

Preparation Time: 10 min

Activity Time: 25 min

- pedometer to register steps. Also, if the pedometer is not registering steps for an obese adult, try repositioning it to the back of the waist.
12. Explain to participants that you are going to play music and walk with them for 15 minutes to give them an idea on how their steps add up. If the classroom is too small for the group, take your participants to another larger area inside the facility. If the facility is too small, you may lead the walk outside without music.
 13. Advise participants that though you will be leading the group in a lively walk, each participant should walk at the pace he or she is comfortable with.
 14. Turn on the peppy music.
 15. Begin with a warm-up by walking slowly and gradually increase the pace for the first five minutes.
 16. Continue at a lively pace for the next five minutes.
 17. End the walk by gradually slowing down the pace for the last five minutes.
 18. Direct participants to look at their pedometers to see how many steps they took during the group walk.
 19. Explain that even small increases in activity such as 15 minutes of walking per day will yield health benefits.
 20. Offer participants some refreshing cold water and discuss why this is the beverage of choice for them and their children after exercising.
 21. Hand out the *Steps Add Up!* chart and encourage them to use it to record the number of steps they walk each day. Suggest that they may wish to set a goal to gradually increase their steps over time up to a target of 10,000 steps per day.
 22. Refer participants to www.americaonthemove.org, which is free and easy to join. Explain that once they join, they may log their activity and track their progress, learn from informative articles and find healthy recipes.
 23. Help them feel good about themselves, and remind them that they are powerful as each small action they take can make a positive difference in the lives of their children.

Additional Discussion during the Activity

1. Discuss highlights from the lesson plan:
 - Benefits of physical exercise.
 - The current physical activity recommendations for adults and children.
 - Physical activity does not have to be costly. Doing chores and walking count.
 - The best way to start is to wear the pedometer for a few days to establish their

Fitness is Fun

Audience: Adults

Activity 2: Steps Add Up!

Preparation Time: 10 min

Activity Time: 25 min

individual baseline (how many steps per day they currently walk). They can then set a goal to increase their daily steps over time.

- Children are more likely to be physically active if the whole family is involved.
 - Benefits of walking places with their children when possible instead of driving.
 - Activities that the family can do together.
 - Fastening pedometers to their belt loops with a cord to prevent loss.
2. Discuss the Food Stamp Program:
- Benefits of participation.
 - How to find out if they are eligible for this benefit and receive assistance completing the application.
 - Contact information for the local Nutrition Outreach and Education Program (NOEP) agency.

Steps Add Up!



Month: _____

Directions: Look at your pedometer at the end of each day. Record how many steps you took in the box for that day. Did you increase your daily steps this month?

SUN	MON	TUE	WED	THU	FRI	SAT
			<p><u>Remember:</u> 10,000 steps per day is an excellent long-term goal, but even small increases are good for you.</p>			

Fitness is Fun

Audience: Adults

Activity 3: Yarn Ball

Preparation Time: 15 min

Activity Time: 10 min

Supplies

4 ply yarn
5" × 5" cardboard squares
scissors.

Preparation Prior to Class

1. Prepare one 5" × 5" cardboard square for each participant and yourself.
2. Make a yarn ball for display purposes.

Implementation

1. Warmly welcome participants, creating a comfortable environment where they feel valued and safe being open and honest.
2. Display the yarn ball that you made, and explain that it is an inexpensive and safe ball for parents and children to use indoors.
3. Explain to participants that they will be making a yarn ball in class today.
4. Pass out the cardboard squares, balls of yarn and scissors.
5. Demonstrate the following steps as participants are directed to complete them with you:
6. Wrap the yarn around the cardboard square approximately 200 times.
7. Slide the yarn off the cardboard square.
8. Secure the yarn near the center with a 24" piece of yarn that has been folded in half.
9. Cut the ends of the yarn (top and bottom).
10. Discuss ideas for using the yarn ball with children.
11. Advise parents that rolled up socks may also be used as a safe, indoor ball for their children.
12. Help them feel good about themselves, and remind them that they are powerful as each small action they take can make a positive difference in the lives of their children.

Additional Discussion During the Activity

1. Discuss highlights from the lesson plan:
 - Benefits of physical exercise.
 - Current physical activity recommendations for adults and children.

Fitness is Fun

Audience: Adults

Activity 3: Yarn Ball

Preparation Time: 15 min

Activity Time: 10 min

- Toys that promote exercise do not have to be costly. Toys such as this yarn ball can be created quite inexpensively.
 - Use of common household items to create their own toys (for example: a few dried beans in an empty coffee can become an instrument the child can shake while walking in a family parade).
 - Children are more likely to be physically active if the whole family is involved.
 - Activity ideas that the family can do together.
2. Discuss the Food Stamp Program:
- Benefits of participation.
 - How to find out if they are eligible for this benefit and receive assistance completing the application.
 - Contact information for the local Nutrition Outreach and Education Program (NOEP) agency.

Adapted from Fit WIC Activity Book.

Staff Pages

This Week's Topic: **Fitness is Fun**
This Week's Lesson: **What's the Weather**

Today in your classroom children learned why being active is important to good health. Moving helps children's bones and muscles grow and be strong, helps children feel fit, and helps them sleep better. Children should receive at least two hours of physical activity daily.

- On the back of this page is your lesson plan for this week's lesson "What's the Weather." Use this lesson to reinforce the concepts from the Eat Well Play Hard in Child Care Settings (EWPHCCS) lesson provided to your class this week
- Attached is a letter to families about what the children learned from this lesson and includes a fun activity to complete at home. Please make copies and send home following your lesson.

5 Fitness Ideas for Your Classroom



1. **Follow a daily schedule** that allows children to spend plenty of time each day in both structured and unstructured physical activity.
2. **Involve all the children.** Play games in which everyone is actively involved.
3. **Participate in physical activities with the children.** Not only can adults model movement skills, the exercise has many benefits for adults too!
4. **Use rhymes, chants, songs, and marches** to help children learn rhythm during movement.
5. **Encourage children to drink water** after any physical activity, explaining that water is great to drink when thirsty.



Image Courtesy of USDA &
Maryland State Dept. of Education

For more EWPHCCS lessons go to: http://www.nyhealth.gov/prevention/nutrition/cacfp/ewphccs_curriculum/index.htm

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This Week's Lesson: What's the Weather

Goals & Objectives: Children will improve their balance and move creatively.

Prep Time: 10 minutes

Activity Time: 15 minutes

Supplies You Will Need

Masking tape

Preparation for Activity

- Clear a play area for the children, moving hard furniture and objects out of the way.
- Set up a 2 feet by 2 feet space for each child using tape
- Refrigerate a pitcher of water. Set out a cup for each child.

Activity

- 1. Ask the children what they remember from the nutritionist's visit.** Remind them of the following points:
 - Daily physical activity can make children feel good, give them more energy and keep them healthy.
 - There are many different ways to get physical activity such as dancing, running, jumping.
 - Physical activity is NOT watching TV, sitting, playing video or computer games.
 - Exercise can be measured by whether you are breathing hard and are you sweating.
- 2. Tell the children that each one of them is in a weather station.** Their job is to stay inside their station and pretend to be the weather. "You can pretend to be the weather any way you want, but stay inside your station!"
- 3. Show children different movements** to get them started.
- 4. Call out different kinds of weather** that the children are to become, such as:
 - Rain falling down
 - Thunder pounding
 - Tornado spinning
 - Snow quietly falling on the ground
 - Wind blowing gently in the trees
 - Lightening flashing
 - Rain pounding on a roof
 - Sun coming out and shining
 - Ice-covered trees bending from the weight
 - Leaves rustling in the breeze



5. Always end with the sun coming out!

6. Encourage the children to have a cup of water. "Water is great to drink when thirsty!"

Activity adopted from the [Eat Well Play Hard with Day Care Homes Curriculum](#)

Options

- Ask children to make sounds for the different types of weather.
- Show the children the movements of different animals such as a hopping frog, walking dog, jumping kangaroo, flying bird. Call out the different types of animals for them to imitate.

Extension Activity

Give the children streamers, colorful scarves, or long strips of crepe paper to wave as they pretend to be the weather.

Dear Parent,

Your child is learning why being active is important to good health. Moving helps children's bones and muscles grow and be strong. Moving more and sitting less helps children and adults feel fit. Children also sleep better when they have been active.

Home Activity: Dance to some peppy music with your child. Give your child colorful streamers, scarves or strips of crepe paper to wave while they dance



Tips



- Children need 2 hours of active play every day.
- After being active, children may be hot, sweating, breathing hard, and tired.
- Offer your child water to drink after active play.
- Lead by example. Be active yourself.
- Take a walk with your child every day. Have them tell you about what they see.

Play Actively Every Day

-  Your children learn from watching you.
-  Being active is good for everyone.
-  Make play time a family time.
-  Have fun playing and making memories together.



Directions: Write the name of the fun physical activity you and your child did together.

Today my child and I _____.

Awesome Appetites

Awesome Appetites

Audience: Children

Preparation Time

Activity 1: 10 min
Activity 2: 15 min
Activity 3: 10 min

Duration of Lesson

Introduction: 5 min
Activity 1: 10 min
Activity 2: 15 min
Activity 3: 10 min
Closing: 5 min

Take Home Handout

Parent Pages



Goal

To teach children that it is important to listen to their bodies and eat when they feel hungry and stop eating when they feel full. To assist children in identifying appropriate portion sizes.

Participant Objectives

Children will:

1. Verbalize why they should eat when they are hungry.
2. Verbalize why they should stop eating when they are full.
3. Identify appropriate portion sizes when given examples to choose from.

Points to Cover

1. Explain why the desire to eat is so awesome (important for their health and well-being).
2. Explain that the desire to eat changes depending on how fast their bodies are growing and how active they are.
3. Explain that feeling hungry is the body's way of saying it is time to eat. They need to eat foods that will give them energy and help their bodies grow strong and healthy when they feel hungry.
4. Tell why fruits, vegetables and dairy products are good for their bodies.
5. Explain that feeling full is the body's way of saying it is time to stop eating. Eating too much can lead to feeling uncomfortable and decrease their desire to play.
6. Identify correct portion sizes for children's bodies.

Activities

Activity 1: How Much?

Activity 2: Choose Your Snack!

Activity 3: Hungry? Eat a Variety of Foods!

Closing

1. Review participant objectives.
2. Discuss the next class.
3. Provide take home handout.

References

[More Than Mud Pies](#)

[Nibbles for Health](#)

Awesome Appetites

Audience: Children

Activity 1: How Much?

Preparation Time: 10 min

Activity Time: 10 min

Ingredients

- 1-pound bag of baby carrots
- 24-ounce loaf of whole-grain bread
- 1 1/2 pounds of seedless grapes.

Supplies

- large plates
- small plates
- knife
- cutting board.

Preparation Prior to Class

1. Using the cutting board and paring knife cut a small “carrot coin” from one of the baby carrots and place it on a small plate. Place three baby carrots on another small plate. Place the remainder of the baby carrots on a large plate.
2. Using the cutting board and paring knife cut a 1/2" cube from one slice of whole grain bread; and place it on a small plate. Place 1/2 slice of bread on a small plate. Place the remainder of the loaf of bread on a large plate.
3. Place one grape on a small plate. Place a small bunch of grapes (6 to 8 depending upon the size of the grapes) on another small plate. Place the remainder of the grapes on a large plate.

Implementation

1. Show the children the three servings of carrots, and ask them:
 - Which portion is too small for you? Why?
 - Which portion is too large for you? Why?
 - Which portion is just right for you? Why?
2. Show the children the three servings of bread, and ask them the same questions outlined for the carrots.
3. Show the children the three servings of grapes, and ask them the same three questions outlined for the carrots.

Additional discussion during the activity

Discuss highlights from the lesson plan:

- How they feel when they are hungry.
- How they feel when they are full.
- How they feel after they eat too much food (the pound of carrots, loaf of bread or huge bunch of grapes).
- How they feel if they eat too little food (the carrot coin, cube of bread or one grape).
- Why it is important to *listen* to their bodies.

Adapted from More Than Mud Pies.

Awesome Appetites

Audience: Children

Activity 2: Choose Your Snack!

Preparation Time: 15 min

Activity Time: 15 min

Ingredients

select one type of seasonal fresh fruit,
such as:

- kiwi
- star fruit
- mango
- cantaloupe.

Supplies

cutting board
knife
bowl
serving spoon
small cups
spoons
napkins.

Preparation Prior to Class

1. Prepare fruit for consumption, and cut into pieces that can be managed by a preschooler.
2. Save one whole sample of each fruit to show children.
3. Place pieces of fruit in a bowl.

Implementation

1. Ask the children to wash their hands.
2. Show the children the bowl of fruit pieces and the whole sample of each fruit. Tell them about the fruit and explain to them that this will be their snack today.
3. Pass out a cup, spoon and napkin to each child in the class.
4. Direct each child to use the serving spoon to place the amount of fruit that they think they will eat in their cup. Remind them to listen to their bodies and encourage them to think about how hungry they are when they decide how much fruit to take.
5. Observe the children taking the fruit and assist them if they appear to be taking too much or not enough by asking questions that will help them evaluate their decision such as:
 - Are you really hungry? Do you think you can eat all that you have taken? If you eat all of that, how will you feel?
 - Are you hungry? If you eat that one piece, will you feel full? If you have never tried this fruit before, you may not know how much you wish to eat. You can come back for more if you like it and are still hungry.

Additional Discussion During the Activity

Discuss highlights from the lesson plan:

1. Show the children the whole fruit and ask them:

Awesome Appetites

Audience: Children

Activity 2: Choose Your Snack!

Preparation Time: 15 min

Activity Time: 15 min

- Do you know what it is?
 - Have you ever tried it before?
 - Do you like it? If not, why not?
2. After they have eaten their fruit, ask them:
- Do you still feel hungry? How does this feel?
 - Do you feel full? How does this feel?
 - Did anyone eat too much? How does this feel?
3. Remind them why it is important to listen to their bodies and eat when they feel hungry and stop eating when they feel full.

Awesome Appetites

Audience: Children

Activity 3: Hungry? Eat a Variety of Foods!

Preparation Time: 10 min

Activity Time: 10 min

Supplies

large piece of paper for tracing a child's silhouette

colorful pictures of foods from each food group:

- include at least one vitamin A and one vitamin C fruit/vegetable.
- include at least two types of low-fat dairy products.
- include at least two whole-grain products from the bread/cereal group.
- include at least two different sources of protein.

crayons

glue or tape.

Preparation Prior to Class

1. Print several pictures of nutritious foods from each food group.
2. Ask one of the children to lie down on the large sheet of paper while you trace around him or her to make a drawing. Hang the drawing where the children can see and reach it.
3. Display pictures categorized by food group where the children can see and choose from them during the class.

Implementation

1. Discuss with the children that when they feel hungry, their bodies are telling them that they need to eat foods that will give them energy and help their bodies grow strong and healthy. Explain that eating a variety of healthy foods helps their bodies grow bigger and stronger.
2. Ask the children to take turns choosing a picture of food that they like to eat when they are hungry. Have the children name the food they chose and then glue or tape it inside the silhouette drawing. As the children attach the food they chose, tell them how that food helps the body:
 - Dairy – builds strong bones and teeth.
 - Vitamin A – helps them see.
 - Vitamin C – helps their body heal when it is hurt.
 - Whole-grain – gives them energy to work and play.
 - Protein – helps them grow.
3. Post the finished silhouette on a bulletin board or other prominent place in the classroom.

Awesome Appetites

Audience: Children

Activity 3: Hungry? Eat a Variety of Foods!

Preparation Time: 10 min

Activity Time: 10 min

Additional discussion during the activity

Discuss highlights from the lesson plan:

- Their desire to eat changes depending on how fast their bodies are growing and how active they are.
- It is important to listen to their bodies and eat when they feel hungry and stop eating when they feel full.
- Eating a variety of foods, like the ones in the pictures they chose, today will help their bodies have the energy that they need and grow strong and healthy.

Adapted from [Tickle Your Appetite](#).

PARENT PAGES

Awesome Appetites



Ways to Encourage Good Eating Habits

1. Cook together. Children love helping in the kitchen.
2. Offer your child healthy foods for meals and snacks.
3. They take their lead from you. Eat healthy foods and your child will too.
4. Let your child decide what to eat and how much.
5. Patience works better than pressure.
6. Children are more likely to enjoy a food when eating it is their own choice.
7. Make meal times happy times.

Today at child care your child learned that it is important to listen to their body and eat when hungry and stop eating when full. Let them learn by serving themselves. Teach them to take small amounts at first. Tell them they can get more if they're still hungry. Eat together. Talk together. Make mealtimes a family time.

Cheese Stuffed Potatoes

Yield: 8 potato halves

Serves: 8 adults

Ingredients

- 4 baking potatoes
- 1 cup low-fat cottage cheese
- 2 tablespoons low-fat (1% or less) milk
- 2 tablespoons minced onion (optional)
- 4 ounces shredded low-fat cheddar cheese
- 1/4 teaspoon paprika.

Steps

1. **Scrub potatoes** and remove any blemishes.
2. *Bake potatoes in oven preheated to 400 degrees until tender (about 30 to 40 minutes).
3. Slice each potato in half, lengthwise. Scoop out the pulp with a spoon, leaving 1/4-inch thick shells.
4. **Blend cheese, milk, and onion with spoon.** Add potato pulp and mix until light and fluffy.
5. **Fill potato halves with mixture. Sprinkle with shredded cheese and paprika.**
6. Return to oven to reheat for 10 minutes.
7. **Enjoy!**

*Microwave Method: Pierce potatoes with a fork and place in microwave. Cover potatoes with waxed paper and heat on high until tender, about 5 to 10 minutes.

Have your child help you do the bold steps.

Adapted from [Recipes and Tips for Healthy, Thrifty Meals](#).

How Many Times Has Your Child Asked

“Can I Help?”

Children love helping in the kitchen. Helping makes your child feel needed. Your child can help in many ways, and they will learn skills that they’ll use for life. Make meals and memories together.

Ways Your Child Can Help in the Kitchen

1. **Help** set the table.
2. **Wash** fruit and vegetables.
3. **Tear** lettuce and mix salad.
4. **Snap** green beans.
5. **Shake** a bottle of salad dressing.
6. **Spread** soft margarine on bread.
7. **Stir** batter with a spoon.
8. **Cut** soft fruit with a butter knife.
9. **Peel** hard cooked eggs.
10. **Wrap** potatoes in foil for baking.
11. **Put** bread or rolls in a basket.
12. **Bring** items to the table.
13. **Pour** water from a small pitcher.
14. **Bring** their dishes to the sink after eating.
15. **Place** items in the trash.



Make mealtime a family time.

You may not be able to eat together every day. Try to have family meals at least four times a week.

See what works, and plan from there.

Adapted from [Nibbles for Health](#).

Awesome Appetites

Audience: Adults

Preparation Time

Activity 1: 5 min
Activity 2: 10 min
Activity 3: 5 min

Duration of Lesson

Introduction: 10 min
Activity 1: 15 min
Activity 2: 20 min
Activity 3: 15 min
Closing: 5 min

Take Home Handouts

*Helping Your “Choosy”
Eater
Insisting Children Eat
Creates Bad Memories
that Last a Lifetime!
Enjoying the Family Meal*



Goal

To increase knowledge and awareness of the preschool child’s appetite and how to encourage favorable food attitudes and good eating habits.

Participant Objectives

Participating adults will:

1. Explain why a preschool child’s appetite may be limited.
2. Identify appropriate serving sizes for a preschool child.
3. Identify one way they will encourage good eating habits.
4. Identify one way they will help a *choosy* eater try new foods.

Points to Cover

1. Explain that preschool children’s appetites may be smaller because they are growing at a slower rate than infants/toddlers.
2. Discuss what appropriate portion sizes are for a preschool child and that most young children do best with four to six small meals per day.
3. Explain that preschool children know how much to eat, and encourage parents to let their children serve themselves.
4. Explain that learning hunger cues is important and that allowing mealtimes to be relaxed and unhurried will enable children to learn body signals for being hungry and feeling full.
5. Explain that both overfeeding and withholding food may lead to weight gain.
6. Explain that the child learns how to eat by watching parents, so parents should eat nutritious foods in reasonable amounts.
7. Discuss the importance of establishing a regular routine for meals and snacks.

Activities

Activity 1: Helping Your “Choosy” Eater
Activity 2: Family Fun Sandwiches
Activity 3: The Challenge of Feeding Children Right

Closing

1. Review participant objectives.
2. Discuss the date, location and subject of the next class.
3. Provide take home handouts.

Awesome Appetites

Audience: Adults

References

[Building Blocks for Fun and Healthy Meals](#)

[Happy Mealtimes for Healthy Kids](#)

[Nibbles for Health](#)

[Secrets of Feeding a Healthy Family](#)

[Your Child's Weight – Helping Without Harming](#)

Miscellaneous

Be prepared to discuss that a short transition time between activities and mealtimes with quiet activities such as coloring, drawing, looking at a book, listening to soft music, playing with blocks or talking about the meal may help children feel more ready to eat.



Awesome Appetites

Audience: Adults

Activity 1: Helping Your “Choosy” Eater

Preparation Time: 5 min

Activity Time: 15 min

Supplies

Helping Your “Choosy” Eater handout.

Preparation Prior to Class

Review the handout and be prepared to discuss contents.

Implementation

1. Warmly welcome participants, creating a comfortable environment where they feel valued and safe being open and honest.
2. Pass out the *Helping Your “Choosy” Eater* handout and review the behaviors of Sara-Mei, Santiago, Dillion and Mariffa on page 1.
3. Ask for a show of hands from parents who have experienced any similar behaviors with their children.
4. Ask how they feel when their child displays these behaviors.
5. Assure them that these are very typical behaviors for a preschool child. And explain why it is important for them to remain calm even when they feel very frustrated.
6. Explain that you will be giving them suggestions that will help them with their choosy eaters.
7. Review the three key points on page 1 of the handout.
8. Discuss the twelve effective ways to handle a choosy eater on page 2 of the handout. As you review each suggestion, encourage class participation by asking for a show of hands from parents who implement the suggestions already. Ask if anyone would wish to tell the rest of the class how effective the strategy has been. Direct them to place a check mark beside any of the suggestions that they are already doing.
9. When you have finished discussing the suggestions, ask them to look at the list of ideas and circle one or more new ideas that they can try right away.
10. Help them feel good about themselves, and remind them that they are powerful as each small action they take can make a positive difference in the lives of their children.

Additional Discussion During the Activity

Discuss the Food Stamp Program:

- Benefits of participation.
- How to find out if they are eligible for this benefit and receive assistance completing the application.
- Contact information for the local Nutrition Outreach and Education Program (NOEP) agency.

Helping Your “Choosy” Eater



What would you do?

1. Sara-Mei won't eat anything green. She refuses a whole meal if one green pea appears on her plate.
2. Santiago is interested in everything at the table **except** eating.
3. Dillion gets upset when one food on his plate touches another.
4. Mariffa won't eat anything but an orange or a banana. Two days ago she would only eat peanut butter sandwiches. These are called “food jags.”

Three Key Points



- 1. “Choosy” eating is a child-size step toward growing up and showing independence.**

This behavior which probably seems quite challenging at times is an early step toward making food choices. A child's “no” doesn't always mean no. What may seem “choosy” may just be your child's awkward first steps in learning to make decisions.

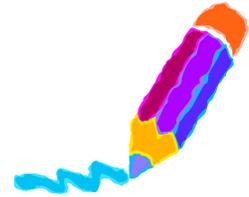
- 2. What may appear to be “choosy” eating may actually be a reflection of your child's smaller appetite.**

Preschool-age children grow and develop at a slower rate than they did as infants and toddlers. Your child is probably eating enough if he or she is full of energy and is growing and seems healthy. If left alone, most children become hearty eaters again when their body's growth pattern requires more food for energy.

- 3. The best advice for you is to relax and be patient!**

Learn how to handle eating challenges and avoid conflict. Then, your child won't learn to use food as a way to exert control.

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Twelve Ways to Help Your “Choosy” Eater

- 1. Help your child feel ready to eat.**
Tell your child ahead of time that it will soon be time to eat. Then, provide some quiet activities (drawing, playing with blocks, looking at a book, talking about the meal or listening to quiet music) that will help him or her slow down and get ready to eat.
- 2. Get your child interested and involved.**
Invite your child to help with simple food preparation tasks, setting the table, and bringing food to the table.
- 3. Make eating a pleasure.**
Select and arrange food on plates in ways that make meals interesting and attractive. Include a variety of colors, flavors, textures and shapes.
- 4. Serve food plain, and respect the “no foods touching” rule if that’s important to your child.**
- 5. Avoid being a short-order cook.**
Offer the same food to the whole family. Plan at least one food everyone will eat at each meal.
- 6. Provide just two or three choices, not several.**
Then, let your child decide what and how much to eat.
- 7. Treat food jags casually. These do not usually last long.**
- 8. Be sensitive to your child’s needs.**
Let your child choose his or her portions.
- 9. Foster positive feelings.**
Do not force a child to eat everything on the plate because this encourages overeating. Never use food to reward or punish.
- 10. Allow enough time for your child to eat without feeling rushed.**
Set reasonable time limits for the start and end of a meal. What’s reasonable depends on each child.
- 11. Stay positive, and set a good example.**
Avoid criticizing or calling any child a “picky eater.” Children believe what you say and will model their behavior after what they see you do.
- 12. Consider what your child eats over several days not just at one meal.**
Most children eat more food variety than a parent thinks.

Adapted from [Nibbles for Health](#) and [Building Blocks for Fun and Healthy Meals](#).

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Awesome Appetites

Audience: Adults

Activity 2: Family Fun Sandwiches

Preparation Time: 10 min

Activity Time: 20 min

Ingredients (to serve 10 adults)

24-ounce loaf sliced whole-wheat bread
3/4 pound sliced turkey
3/4 pound sliced low-fat cheese
1/4 pound lettuce
1 pound tomatoes
1/3 cup low-fat mayonnaise
1/3 cup mustard
1/4 cup stuffed olives
1/2 cup sliced pickles.

Supplies

cutting sheets
paring knives
butter knives
small, fun-shaped cookie cutters
small plates
napkins.

Preparation Prior to Class

1. Wash the lettuce and tomatoes if teams won't have access to a kitchen sink.
2. Prepare your demonstration kit with the ingredients and supplies needed to demonstrate the creation of one sandwich.
3. Divide the remainder of the ingredients and supplies into two containers for each team. Place the perishable food items for each team in one container and refrigerate. Place the non-perishable food and supplies for each team in another container.

Implementation

1. Warmly welcome participants, creating a comfortable environment where they feel valued and safe being open and honest.
2. Ask the participants to wash their hands.
3. Explain to the parents that 1/2 of a sandwich is the appropriate serving size for their preschool child. Tell them that one way to encourage good eating habits is to offer interesting foods that will appeal to their children. The children will enjoy small, fun-shaped foods with funny sounding names.
4. Using gloved hands prepare a sandwich that would appeal to a preschool child. Spread one slice of bread with low-fat mayonnaise and place on the cutting board. Top with one slice of turkey and one slice of low-fat cheese. Using a fun-shaped cookie cutter, cut through the turkey and cheese topped bread. Place another slice of bread on the cutting board. Using the same shaped cookie cutter, cut through this slice of bread; and place it on top of the turkey and cheese to create the sandwich. Garnish and give your sandwich a name.
5. Divide the parents into teams and give each team their two containers. Challenge each member of the team to create and name an appropriate sized fun sandwich that their preschool child will enjoy. Encourage creativity – parents do not have to use cookie cutters. Remind parents that sandwiches can be open-faced and decorated also. Limit each team to ten minutes for sandwich making.

Awesome Appetites

Audience: Adults

Activity 2: Family Fun Sandwiches

Preparation Time: 10 min

Activity Time: 20 min

6. When everyone has finished, have the teams take turns displaying their creations and telling the name of each sandwich. Ask them if they think their children would enjoy eating their creations. Encourage them to enjoy the sandwiches they made.
7. Help them feel good about themselves, and remind them that they are powerful as each small action they take can make a positive difference in the lives of their children.

Additional Discussion During the Activity

1. Discuss sanitation issues:
 - Wash hands thoroughly before cooking or eating and whenever they become contaminated.
 - Wash fresh produce under cold, running water. Wash regardless of whether the produce will be served whole, peeled or cooked.
 - Keeping perishable foods cold.
2. Discuss wise buying suggestions:
 - How to purchase whole-grain bread economically: store brand, advertised special or at a bread store.
 - Where to buy seasonal and local produce for the best price and quality.
 - Look for in-store specials on sliced turkey, chicken and cheese.
 - Alternate inexpensive sandwich fillers include tuna salad made with water packed tuna and low-fat mayo, egg salad made with low-fat mayo, and peanut butter sandwiches
3. Discuss highlights from the lesson plan:
 - It is normal for preschool children to have limited appetites.
 - Serve small portions. Let your child ask for more if hungry.
 - If your child is not hungry or doesn't finish a meal, relax. Take the food away.
 - Let the children participate in meal preparation and serve themselves.
 - Offer a variety of nutritious foods, and let your child choose what and how much to eat. Children can balance their diets over several days, not one meal or one day.
4. Discuss the Food Stamp Program:
 - Benefits of participation.
 - How to find out if they are eligible for this benefit and receive assistance completing the application.
 - Contact information for the local Nutrition Outreach and Education Program (NOEP) agency.

Awesome Appetites

Audience: Adults

Activity 3: The Challenge of Feeding Children Right

Preparation Time: 5 min

Activity Time: 15 min

Supplies

Insisting Children Eat Creates Bad Memories that Last a Lifetime! handout
Enjoying the Family Meal handout.

Preparation Prior to Class

Review the activity, the benefits of family-style meal service and strategies to promote favorable food attitudes and good eating habits.

Implementation

1. Warmly welcome participants, creating a comfortable environment where they feel valued and safe being open and honest.
2. Explain that our goal is to meet our children's nutritional needs today and create healthy eating habits that will last a lifetime.
3. Tell the parents that you want them to think of a funny or distasteful food experience that happened to them as children. Allow several people in the group to share any experiences that they remember.
4. If the group does not wish to share any experiences, tell them about one or two of following, asking how they might feel if they were the child in each example:
 - A child was served broccoli in child care. He had never seen broccoli before. When he refused to eat it, the teacher told him that they had a one-bite rule. He sat at the table 1 1/2 hours while all the other children played until he took his one bite. He never wanted to taste broccoli again.
 - A child loved oatmeal. When she went to visit her grandmother, she was offered a huge bowl of oatmeal. Although it was a favorite food, it was more than she wanted. She had to eat the entire bowl before she could have anything else. She did not enjoy eating oatmeal after this.
 - A child was offered cooked cabbage for the first time. After taking a bite, the child announced she did not like the cooked cabbage. Her mother, knowing how good cooked cabbage is for her, insisted she eat it. She coaxed her daughter to eat it all bite by bite. Her daughter has never eaten cooked cabbage again.
5. Explain to the class that well-intentioned adults in our lives insisted that we eat foods we did not want because they thought this was the right thing to do. However, insisting that children eat a food they do not want does not seem to make them like that food more. In the past maybe we thought that we would help children develop a taste for a food if we insisted they eat it, but in the end we now know this is not the best way to help children like a new food.

Awesome Appetites

Audience: Adults

Activity 3: The Challenge of Feeding Children Right

Preparation Time: 5 min

Activity Time: 15 min

6. If parents share an example of being asked to eat foods they didn't want or more than they wanted, ask them if they remember about how many years ago this happened. It is always interesting to hear how long ago these things happened because it shows us how vivid our memories are related to food. It reminds us of the responsibility we have in feeding children.
7. As adults we may be able to get a child to eat a food they don't want or more of it than they want to if we insist on it, but we will not be creating good eating habits that will last a lifetime. We may instead be creating unpleasant memories that will last a very long time.
8. Distribute the *Insisting Children Eat Creates Bad Memories that Last a Lifetime!* handout to each participant.
9. Ask parents what they think the child depicted in this picture might be feeling? If you don't receive any responses, encourage participation by asking additional questions such as:
 - Does the child look happy?
 - Does the child look upset?
 - Does the child look overwhelmed?
 - Do you think the child will enjoy this meal?
10. Then, ask parents why this child may look unhappy? If you don't receive any responses, encourage participation by asking additional questions such as:
 - Could there be too much food on the plate?
 - Might the child be unhappy about the food touching?
 - Might there be a food there that the child is unfamiliar with on the plate?
 - Might there be a food or foods the child doesn't care for on the plate?
11. Ask the parents what type of memory might be created if the child was forced to eat all of the food on his plate?
12. Connect their recollections of distasteful food experiences with how the child in this picture may feel.
13. Distribute *Enjoying the Family Meal* handout, and review the points on it that haven't already been covered.
14. Help them feel good about themselves, and remind them that they are powerful as each small action they take can make a positive difference in the lives of their children.

Awesome Appetites

Audience: Adults

Activity 3: The Challenge of Feeding Children Right

Preparation Time: 5 min

Activity Time: 15 min

Additional Discussion During the Activity

1. Discuss highlights from the lesson plan:
 - The benefits of family-style meal service.
 - How to encourage favorable food attitudes and good eating habits.

2. Discuss the Food Stamp Program:
 - Benefits of participation.
 - How to find out if they are eligible for this benefit and receive assistance completing the application.
 - Contact information for the local Nutrition Outreach and Education Program (NOEP) agency.

Adapted from [Happy Mealtimes for Healthy Kids](#).

Insisting Children Eat Creates Bad Memories that Last a Lifetime!



Adapted from Happy Mealtimes for Healthy Kids.

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Enjoying the Family Meal

Enjoying the Family Meal



Family meals are important. You create close bonds and lifelong memories around the family table. Family meals can teach your child about healthful eating. You just need to be a good role model. When you try new foods your child may want to try them.

How to Make Family Meals Pleasant

- **Set a regular family mealtime.**

Regular mealtimes give your child a better chance to eat a variety of foods to get the right amount to grow, stay healthy, and keep a healthy weight.

- **Make it simple, make it quick!**

Spend less time in the kitchen and more time at the family table. Simple meals, even cold sandwiches, taste as good as meals that take more work. You can make any meal special if you all feel relaxed and if mealtime is filled with caring and laughter. Simplify to take care of you too!

- **Show that family meals are important.**

During mealtime, turn off the TV. Mealtime is a time to share companionship, good food and conversations. Let the answering machine take your phone calls, too. Have family make calls before or after the meal hour. Show the same respect for other families when you make phone calls.

- **Eat around a table.**

It's easier to talk and listen to your family when you face each other. Eating side by side at a kitchen counter takes away eye contact.

- **Enjoy meal talk.**

Make easy conversations – no nagging or complaining. Talk so everyone can be a “star” at mealtime. Adults should not take over. Your child will listen and learn by feeling included.

- **Be realistic about mealtime.**

Try to sit down together. Keep meals from lasting too long. If children get fussy, your family meal won't be fun. Wait until everyone is done to be excused.

NOTE: Does it seem impossible to fit family meals into your hectic schedule? Go step by step. Try to enjoy at least one family meal together each week. See what works, and plan from there.

Adapted from [Nibbles for Health](#).

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Staff Pages

This Week's Topic: **Awesome Appetites**
This Week's Lesson: **Listen to Your Body**

Today in your classroom children learned that it is important to listen to their body and eat when hungry and stop eating when full. Preschool children's appetites may be smaller because they are growing at a slower rate than infants and toddlers. Most children do best with 4 to 6 small meals a day.

- On the back of this page is your lesson plan for this week's lesson "Listen to Your Body." Use this lesson to reinforce the concepts from the Eat Well Play Hard in Child Care Settings (EWPHCCS) lesson provided to your class this week.
- Attached is a parent letter that explains what the children learned from this lesson and includes a fun activity to complete at home. Please make copies and send home following your lesson.

5 Ways to Have Awesome Appetites in Your Classroom



1. **Provide meals and snacks as part of a daily routine.**
2. **Eat together.** Sit with and enjoy the same foods as the children.
3. **Let children learn by serving themselves** whenever possible.
4. When serving foods that are served in units (such as sandwiches) **provide age appropriate portions** and let children decide how much to eat.
5. **Encourage children to try new foods** but let them know it's okay if they don't want to.



For more EWPHCCS lessons go to: http://www.nyhealth.gov/prevention/nutrition/cacfp/ewphccs_curriculum/index.htm

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This Week's Lesson: Listen to Your Body

Goals & Objectives: To teach children that it is important to listen to their bodies and eat when they feel hungry and stop eating when they feel full. To assist children in identifying the appropriate portion sizes.

Prep Time: 0 Minutes

Activity Time: 30 Minutes

Supplies You Will Need

Food for a CACFP credible snack or meal. No additional supplies are needed for this activity.

Preparation for Activity

- Read through entire lesson.
- Plan this activity just before a meal or snack. Clean and sanitize the tables where children will eat.

Activity

- 1. Ask the children what they remember from the nutritionist's visit.** Remind them of the following points:
 - How much you want to eat changes depending on how fast your body is growing and how active you are.
 - Listen to your body. Feeling hungry is your body's way of saying it is time to eat. Stop eating when you feel full.
 - Fruits, vegetables and dairy foods are good for your body. These foods help you give you energy and help you grow strong and healthy.
- 2. Tell children they are going to practice listening to their bodies.** Ask children to stand in a circle and call out random fitness activities such as jumping jacks, jumping or running in place. After 1 minute, ask children how they feel. Discuss with the children that they may notice they are breathing harder, feeling warmer, and that their heart may be beating faster. Explain that this is how exercise makes us feel. Sometimes they may feel tired and that's when it's good to get some rest. Sometimes they may feel like they need to move and that's when they can go play a game.
- 3. Explain that they may also feel hungry or thirsty.** That means it's time to eat and have a drink.
- 4. Ask the children to wash their hands.** 
- 5. Enjoy the meal or snack together.**
- 6. Let children serve themselves.** Teach them to take small amounts at first. Tell them they can get more if they are still hungry.
- 7. Talk to the children** during the meal or snack about the colors, tastes, shapes, textures of the foods served.
- 8. Help the children know when they've had enough** by using phrases such as "Is your stomach telling you that you're full?" "Is your stomach still making its hungry growling noise?" "Has your tummy had enough?" Avoid praising a clean plate. Children should stop when they are full, rather than when the plate is clean.

Adapted from "What You Say Really Matters" in Feeding Young Children in Group Settings, Dr. Janice Fletcher and Dr. Laurel Branen, University of Idaho

Extension Activity

Go to <http://www.choosemyplate.gov/preschoolers/HealthyHabits/phrasesthathelp.pdf> and print the handout "Phrases the HELP not HINDER." Practice using phrases that help during mealtimes and snack times.

Dear Parent,

Today your child learned that it is important to listen to their body and eat when hungry and stop eating when full.

Home Activity: Let your child serve themselves at dinner.



Tips



- Children learn by serving themselves. Teach them to take small amounts at first. Tell them they can get more if they are still hungry
- Preschoolers can practice serving from small bowls that you hold for them.
- Patience works better than pressure. Offer your child a variety of foods. Then let them choose how much to eat.
- Reward your child with attention and kind words, not food. Show your love with hugs and kisses. Console with hugs and talks.

Cook together. Eat together. Talk together. Make meal time a family time!



- 😊 Children love helping in the kitchen. Help your child learn to follow instructions, count and more!
- 😊 Have your child help you get ready to eat; for example, your child can help set the table.
- 😊 Talk to your child during meals. Ask questions like:
 - What made you really happy today?
 - What did you eat at lunch today?
 - What's your favorite vegetable?
 - Tell me one thing you learned today.

Family Meal Days

Sun	Mon	Tue	Wed	Thu	Fri	Sat

Directions: You may not be able to eat together every day. Try to have family meals at least four times a week. Write it on your calendar.

Growing Goodness

Growing Goodness

Audience: Children

Preparation Time

Activity 1: 10 min
Activity 2: 20 min
Activity 3: 15 min

Duration of Lesson

Introduction: 10 min
Activity 1: 15 min
Activity 2: 25 min
Activity 3: 20 min
Closing: 5 min

Take Home Handouts

Parent Pages
Fruits and Veggies Color
Wheel
Quick and Tasty Veggie
Soup recipe

Goal

To increase knowledge and awareness of how and where fruits and vegetables grow.

Participant Objectives

Children will:

1. Explain that farmers grow fruits and vegetables.
2. Name two fruits.
3. Name two vegetables.

Points to Cover

1. Explain that plants grow from seeds.
2. Explain that farmers plant seeds and grow many of the vegetables we eat.
3. Explain how fruits and vegetables get from the farm where they are grown to the stores or farmers markets where we buy them.
4. Review that eating a variety of colorful fruits and vegetables helps children's bodies grow and be healthy.

Activities

Activity 1: Start with a Seed

Activity 2: Growing Vegetable Soup

Activity 3: The Farmers Market

Closing

1. Review participant objectives.
2. Discuss the next class.
3. Provide take home handouts.

References

[A Visit to the Farmers' Market](#)

[Growing Vegetable Soup](#)

[Tickle Your Appetite](#)

www.fruitsandveggiesmorematters.org



Growing Goodness

Audience: Children

Activity 1: Start with a Seed

Preparation Time: 10 min

Activity Time: 15 min

Ingredients

select one or two locally-grown vegetables with seeds, such as:

- tomatoes
- green beans
- peas
- cucumbers
- peppers
- squash

select one or two locally-grown fruits with seeds, such as:

- apples
- berries
- cherries
- peaches
- pears
- grapes

dried lima beans.

Supplies

two cutting sheets
knife
large plates
covered containers
small plates
napkins
serving spoons
forks.

Preparation Prior to Class

1. Arrange the vegetables on one cutting sheet and the fruits on another cutting sheet.
2. Wash and prepare small servings of a fruit and vegetable that the children may not be familiar with to offer them at the end of this activity.

Implementation

1. Ask the children to wash their hands.
2. Ask the children to name some foods with seeds.
3. Explain to the children that all plants grow from seeds and that fruits and vegetables grow on trees/plants.
4. Ask the children to name each of the vegetables on the cutting sheet. Teach them the names of vegetables they are not familiar with.
5. Explain that farmers area grow these vegetables.
6. Cut each vegetable open. Show the children the seeds.
7. Place a portion of each opened vegetable with seeds on a plate and pass it around for each of the children to touch and examine.

Growing Goodness

Audience: Children

Activity 1: Start with a Seed

Preparation Time: 10 min

Activity Time: 15 min

8. Ask the children to name each of the fruits on the cutting sheet. Teach them the names of fruits they are not familiar with.
9. Explain that farmers grow these fruits.
10. Cut each fruit open. Show the children the seeds. Note: if you choose a peach, have an opened pit to show the children the seed inside.
11. Place each opened fruit on a plate and pass it around for each of the children to touch and examine.
12. Show the children the fresh fruit and vegetable that you prepared for them to sample if they wish.
13. Give them a small plate and invite them to spoon a sample of the fruit and/or vegetable on their plate if they would like to taste it.
14. Distribute napkins.

Additional Discussion During the Activity

Discuss highlights of the lesson plan:

- They need to eat a variety of colorful fruits and vegetables each day to help their bodies grow and be healthy.
- How to politely refuse the sample fruit/vegetable if they choose not to try it.

Adapted from [More Than Mud Pies](#).

Growing Goodness

Audience: Children

Activity 2: Growing Vegetable Soup

Preparation Time: 20 min

Activity Time: 25 min

Ingredients

low-sodium chicken broth
canned, diced tomatoes
dried basil
onion powder
dry macaroni
frozen mixed vegetables
salt
pepper.

Supplies

recipes
hotplate if no stove
large pan
measuring cups and spoons
can opener
large spoon
crock pot
ladle
small bowls
spoons
napkins

Growing Vegetable Soup by Louis Ehlert.

Preparation Prior to Class

1. Familiarize yourself with the book.
2. Practice reading Growing Vegetable Soup while holding the book in such a manner that the children will be able to view the pictures while you read.
3. Prepare Quick and Tasty Veggie Soup either at your home prior to going to the center or at the center before you teach this class. Keep the soup warm in a crock pot until it is time to serve it to the children.

Implementation

1. Read Growing Vegetable Soup to the children.
2. Talk about the steps involved in growing and harvesting vegetables.
3. Explain that farmers grow many of the vegetables that we see at the store.
4. Discuss the vegetables and fruits that are grown in this area.
5. Explain that you have prepared some vegetable soup that they may taste if they wish.
6. Distribute a small bowl of soup, spoon and napkin to each child.
7. Sit with the children and enjoy some vegetable soup.
8. Reinforce good table manners and answer any questions they may have about the soup or the lesson.
9. Provide each child with a copy of the recipe.

Additional Discussion During the Activity

Discuss highlights of the lesson plan: Eating a colorful variety of fruit and vegetables each day will help their bodies grow and be healthy.

Quick and Tasty Veggie Soup

Yield: 8 cups

Serves: 8 adults

Ingredients

7 cups low-sodium chicken broth
1 14-ounce can diced tomatoes
1 teaspoon dried basil
1/2 teaspoon onion powder
3/4 cup dry macaroni
3 cups frozen mixed vegetables
1/2 teaspoon salt
1/8 teaspoon pepper.

Steps

1. **Combine chicken broth, diced tomatoes, basil, onion powder, salt and pepper in a large pan.**
2. Bring to a simmer and add macaroni and frozen vegetables.
3. Cook for 8 minutes and then remove from heat.
4. Let soup sit for 5 minutes and then serve.
5. **Enjoy!**

Have your child help you do the bold steps.

This adapted recipe appears courtesy of Produce for Better Health Foundation and can be found at www.fruitsandveggiesmorematters.org.

Growing Goodness

Audience: Children

Activity 3: The Farmers Market

Preparation Time: 15 min

Activity Time: 20 min

Supplies

A Visit to the Farmers' Market by Peggy Sissel-Phelan

Fruits and Veggies Color Wheel handout

markers (red, yellow, orange, green, purple)

pictures of locally-grown fruits and vegetables (2 of each color)

glue stick

clear contact paper.

Preparation Prior to Class

1. Print colorful pictures of locally-grown fruits and vegetables.
2. Familiarize yourself with the book.
3. Practice reading A Visit to the Farmers' Market while holding the book in such a manner that the children will be able to view the pictures while you read.

Implementation

1. Ask the children if they know what a farmers market is. Explain this to them if they do not know.
2. Read A Visit to the Farmers' Market to the children.
3. Talk about the steps involved in growing and harvesting fruits and vegetables.
4. Explain that local farmers grow many of the fruits and vegetables that we enjoy.
5. Discuss some of the fruits and vegetables that are grown in this area.
6. Explain that you are going to make a fruit and veggie color wheel for their classroom.
7. Show the children the first marker and ask them to identify its color.
8. Color in one section of the color wheel with this color. As you color, discuss fruits and vegetables that are this color.
9. Repeat Steps 7 and 8 for each of the remaining four markers.
10. Ask the children to identify the color of the section of the color wheel that was not filled in. Discuss white fruits and vegetables.
11. If there are not more than 12 children in the class, distribute one fruit or vegetable picture to each child. Name each of the six colors, one by one, asking the child or children with a fruit or vegetable of that color to hand it to you and tell you what it is. If there are more than 12 children in the class, or you have pictures leftover after distributing one to each child in the class, hold each picture up, one at a time, asking the children to name the color and the item.
12. Glue the pictures on the appropriate color wedges of the *Fruits and Veggies Color*

Growing Goodness

Audience: Children

Activity 3: The Farmers Market

Preparation Time: 15 min

Activity Time: 20 min

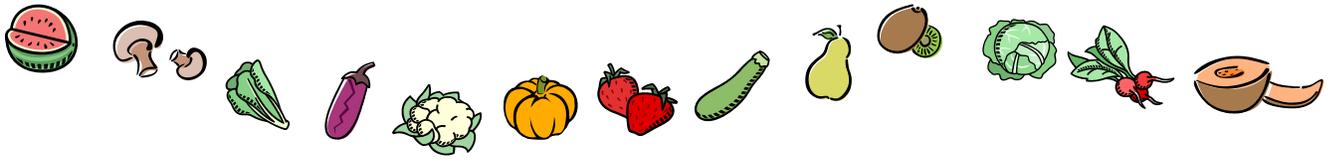
Wheel handout.

13. Cover the Color Wheel with contact paper or laminate and give this teaching tool to the teacher for classroom use.

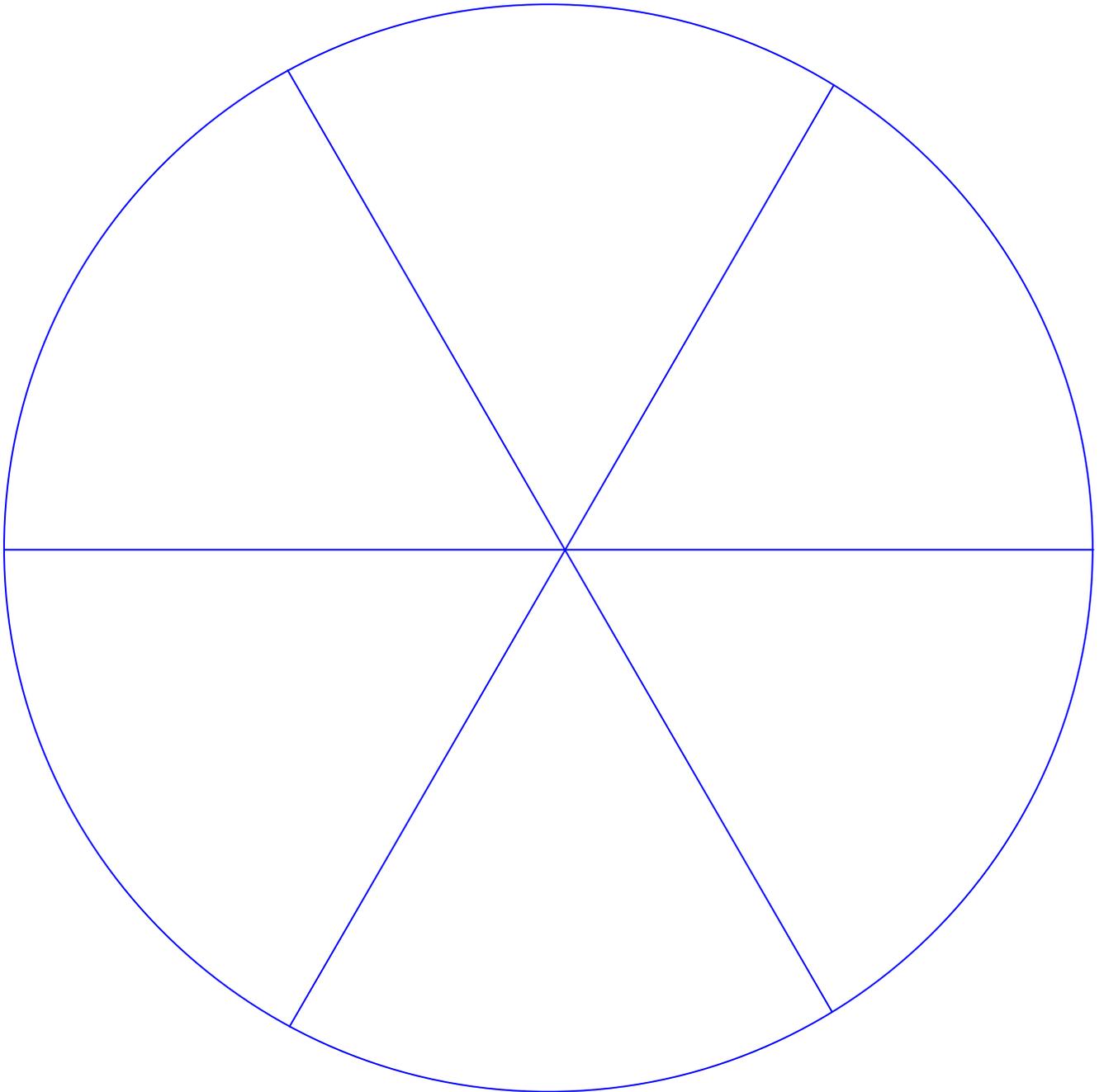
Additional Discussion During the Activity

Discuss highlights of the lesson plan: Eating a colorful variety of fruits and vegetables each day will help their bodies grow and be healthy.

Adapted from: [Tickle Your Appetite](#).



Fruits and Veggies Color Wheel



PARENT PAGES

Growing Goodness



Ways to Learn about Fruits & Vegetables

1. Children learn about fruit and vegetables they help grow and harvest.
2. Grow your own vegetables in a garden or in pots.
3. Work together. Join a neighborhood garden.
4. Visit an apple orchard or a pumpkin patch. Let them pick their own.
5. Offer colorful fruit and vegetables to your child. Talk about the colors, shapes, taste and feel.
6. Make half your plate fruits and vegetables.

Today at child care your child learned about how fruits and vegetables grow. Your child also learned that eating fruits and vegetables helps their bodies grow. Help your child learn about fruits and vegetables. Visit a Farmer's Market or produce section of the store. Let your child be a "produce picker." Help them pick fruits and vegetables at the store.

Baked Zucchini Squash

Yield: 4 cups

Serves: 4 adults

Ingredients

2 medium zucchini squash
1/2 cup low-fat sour cream
1/4 teaspoon salt
1/8 teaspoon pepper
1/8 teaspoon garlic powder
3 tablespoons grated Parmesan cheese
1/4 cup dried bread crumbs.



Steps

1. Preheat oven to 375 degrees.
2. **Wash the squash and drain in a colander.**
3. **Place each squash on the cutting board.** Cut off the ends and **discard.**
4. Slice each squash into 1/2-inch circles. **Place cut squash in a 1-quart mixing bowl.**
5. **Add sour cream, salt, pepper, and garlic powder to the squash. Mix well.**
6. Pour the squash mixture into a 1-quart casserole dish. **Smooth out to fill the bottom of the dish.**
7. **Sprinkle the Parmesan cheese over the squash evenly. Then top with bread crumbs.**
8. Bake for 30 minutes.
9. **Enjoy!**

Have your child help you do the bold steps.

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Growing a Container Garden

What You Need:

- Empty milk carton
- Cup to water with
- Old spoon to dig with
- Seeds
- Dirt
- Fertilizer

Easy Foods for Children to Grow from Seeds:

- Collard greens
- Green beans
- Lettuce
- Radishes
- Spinach



Steps to Grow a Container Garden:

1. Cut one side off the milk carton.
2. Make a small hole in the bottom of each carton to allow water to drain.
3. Cover this hole with a flat stone to keep the dirt in.
4. Fill the carton with dirt almost to the top.
5. Dig holes for the seeds.
6. Place a seed in each hole, and gently pat the soil over each seed.
7. Water lightly to keep the dirt damp.
8. Place the container in a sunny location.
9. Once they sprout, pull out plants that are too close together. This will give the remaining plants more room to grow.
10. Remove any weeds that grow.
11. Follow the directions on the package to fertilize the dirt.

Adapted from [Nibbles for Health](#).

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Growing Goodness

Audience: Adults

Preparation Time

Activity 1: 30 min*
Activity 2: 10 min
Activity 3: *

Duration of Lesson

Introduction: 10 min
Activity 1: 45 min
Activity 2: 35 min
Activity 3: 25 min
Closing: 5 min

Take Home Handouts

Roasted Herb Potatoes
recipe
Hot Pot Cabbage and
Meatballs recipe
Broccoli Stir-Fry recipe
Broccoli and Black Bean
Quesadilla recipe
Mediterranean Squash
Stew recipe
Baked Squash recipe

*depends on recipe



Goal

To increase knowledge and awareness of locally grown produce and the benefits of using it.

Participant Objectives

Participating adults will:

1. Name four locally grown fruits and vegetables.
2. Identify the location of one local Farmers Market.
3. Describe one benefit of consuming locally grown produce.
4. Demonstrate how to handle local produce safely.

Points to Cover

1. Discuss the growing seasons and what produce is available in the Northeast region each season.
2. Discuss the locations of nearby Farmers Markets and which ones accept food stamp EBT cards.
3. Review the benefits of consuming locally grown produce in season.
4. Review basic food sanitation practices that apply to the preparation, service and storage of fresh produce.
5. Inform parents that every little step they take in consuming more fruits and vegetables really does help their families be at their best today and in the future.

Activities

Activity 1: Get Fresh with Vegetables
Activity 2: Baked Squash
Activity 3: Farmer Visit

Closing

1. Review participant objectives.
2. Discuss the date, location and subject of the next class.
3. Provide take home handouts.

References

[Tickle Your Appetite](#)
[Get Fresh At Your Farmers Market DVD](#)
www.fruitsandveggiesmorematters.org
www.agmkt.state.ny.us/AP/CommunityFarmersMarkets.asp

Growing Goodness

Audience: Adults

Activity 1: Get Fresh with Vegetables

Preparation Time: 30 min

Activity Time: 45 min

Ingredients

Refer to recipes for ingredients.

Equipment

television with DVD player.

Supplies

Get Fresh At Your Farmers Market DVD

Refer to recipes for supplies

recipes

large plates

utensils

napkins

serving bowls

serving spoons.

Preparation Prior to Class

1. Confirm availability of DVD player and TV at center. If not available, plan to demonstrate a recipe.
2. Review vegetable preparation portions of the DVDs that will be viewed in class.
3. Place ingredients needed by each team in one container and supplies needed by each team in another container.
4. Place the ingredient containers in the refrigerator before class if they contain perishable items.
5. If you wish, you may prepare some of the vegetable dishes before class to share with the participants.

Implementation

1. Warmly welcome participants, creating a comfortable environment where they feel valued and safe being open and honest.
2. Ask the participants to wash their hands.
3. Tell participants that they will be viewing the demonstration of a recipe or recipes that they will then prepare themselves in class.
4. Play the DVD.
5. Divide the participants into groups, and tell each group what they will prepare. Each group may prepare a different vegetable recipe.
6. Give each team their two containers and recipe. Explain that their children may help with the bold steps when they prepare this at home.
7. Ask each team to begin preparing their food items. Circulate to answer questions and assist as needed. Discuss the additional information outlined as they cook.
8. When everyone has finished, advise participants that they may sample any of the vegetable dishes that they would like.

Growing Goodness

Audience: Adults

Activity 1: Get Fresh with Vegetables

Preparation Time: 30 min

Activity Time: 45 min

9. Ask them if they like the vegetables they prepared and if they will use any of these recipes at home.
10. Help them feel good about themselves, and remind them that they are powerful as each small action they take can make a positive difference in the lives of their children.

Additional Discussion During the Activity

1. Discuss sanitation issues:
 - Wash hands thoroughly before cooking or eating and whenever they become contaminated.
 - Wash all fresh produce under cold, running water. Wash regardless of whether the produce will be served whole, peeled or cooked.
 - Do not chop produce on a cutting board that was used to chop meat, fish or poultry without thoroughly washing it in hot, soapy water.
 - Use only pasteurized cider.
 - Any other issues that apply to the recipes they are using.
2. Discuss wise buying suggestions:
 - Buy local fresh produce in season for best price and quality.
 - Where the Food Stamp EBT cards may be used at Farmers Markets in the vicinity.
 - Shop early at the Farmers Market for the best selection. Compare prices, selection and quality before purchasing.
 - Community Supported Agriculture (CSA) farms in the areas that have reasonably priced shares or work shares.
 - Buy only the amount of produce that you will use while it is still fresh.
 - Be creative with recipes: if one vegetable or fruit ingredient is expensive, substitute another one.
 - Any other advice that pertains to the ingredients in the recipes selected.
3. Discuss Get Fresh Tips:
 - Storage:
 - Broccoli – in the refrigerator for several days.
 - Cabbage – in the refrigerator for a few weeks.
 - Potatoes – in a cool, dark, dry place for several weeks.
 - Winter Squash – in a cool, dry place for several weeks.
 - Additional Ways to Prepare:
 - Broccoli – add cooked, chopped broccoli to cornbread batter; top pizza with it; or add to chili.

Growing Goodness

Audience: Adults

Activity 1: Get Fresh with Vegetables

Preparation Time: 30 min

Activity Time: 45 min

- Cabbage – stir fry with other favorite vegetables; add to vegetable soup; or grate and add to tossed salad.
 - Potatoes – bake and serve plain or with toppings; mash alone or with carrots or squash; add to vegetable soup.
 - Squash – mash cooked squash with a dash of cinnamon, stuff squash with rice and bake; or roast cubes of squash and potatoes together.
4. Discuss highlights from the lesson plan:
- The importance of eating vegetables and the recommended amounts for adults and children.
 - Nutrients provided by colorful vegetables – the importance of eating a variety of colors.
 - Preparing vegetables in creative ways that will encourage children to eat them.
 - Having their children help them prepare vegetable dishes (**bold steps**) to increase their interest in tasting them.
5. Discuss the Food Stamp Program:
- Benefits of participation.
 - How to find out if they are eligible for this benefit and receive assistance completing the application.
 - Contact information for the local Nutrition Outreach and Education Program (NOEP) agency.

Roasted Herb Potatoes

Yield: 3 cups

Serves: 4 adults

Ingredients

vegetable cooking spray
1 pound cubed potatoes (3 cups)
2 teaspoons vegetable oil
1/2 teaspoon rosemary
1/2 teaspoon salt.

Steps

1. Preheat oven to 450 degrees. Coat baking sheet with vegetable cooking spray.
2. **Wash potatoes.** Cut into 1/2-inch cubes and **place in large bowl.**
3. **Combine oil, rosemary and salt in a small bowl. Pour this mixture over potatoes, stirring to coat evenly.**
4. **Spread potatoes onto baking sheet.**
5. Bake 25 to 30 minutes or until lightly browned.
6. **Enjoy!**

Have your child help you do the bold steps.

Adapted from Get Fresh At Your Farmers Market produced by Cornell Cooperative Extension and Division of Nutritional Sciences, NYS Colleges of Human Ecology and Agriculture and Life Sciences, Cornell University; NYS Department of Agriculture and Markets; and NYS Department of Health. Funded by the Food and Nutrition Service, U.S. Department of Agriculture, Grant Number 59-3798-8-501. Reprinted with permission.

Hot Pot Cabbage and Meatballs

Yield: 6 cups

Serves: 6 adults

Ingredients

Meatballs

1/4 medium chopped onion (1/4 cup)
1/2 pound lean ground beef or turkey
1/2 cup dry breadcrumbs
1 egg
1/4 cup low-fat (1% or less) milk
1/2 teaspoon salt
dash of pepper.

Hot Pot Cabbage

1 large chopped cabbage (4 cups) 1 teaspoon dry mustard
2 cloves minced garlic 1/2 teaspoon salt
1/2 medium chopped onion (1/2 cup) 1/2 teaspoon pepper
2 teaspoons vegetable oil 1/4 teaspoon hot sauce (optional).
1/2 cup water
1/2 cup vinegar
1/4 cup sugar
1 15-ounce can diced tomatoes (1 3/4 cups)

Steps for Making Meatballs

1. Preheat oven to 400 degrees.
2. Cut onion in half. Cut ends and **discard. Peel onion.** Chop onion.
3. Place all ingredients in a large bowl (**children may add onion, breadcrumbs, low-fat milk, salt and pepper**).
4. Mix thoroughly.
5. Form 8 to 10 meatballs and place on baking sheet.
6. Bake 20 minutes, until well done.

Steps for Making Hot Pot Cabbage

1. **Wash** and chop cabbage. Mince garlic.
2. Cut onion in half. Cut ends and **discard. Peel onion.** Chop onion.
3. Heat oil in large pot over medium heat. Add garlic and onion, and cook 3 to 5 minutes.
4. Add remaining ingredients, except cabbage. Increase heat and bring mixture to boil.
5. Stir in cabbage and cook 5 minutes.
6. To serve, add cooked meatballs to cabbage mixture.
7. **Enjoy!**

Have your child help you do the bold steps.

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Broccoli Stir-Fry

Yield: 3/4 cup stir-fry over 1/2 cup rice

Serves: 4 adults

Ingredients

1 cup water	2 teaspoons duck sauce
1 bouillon cube	2 teaspoons soy sauce
3 cups chopped broccoli	1/2 teaspoon garlic powder
1 large chopped onion (1 cup)	1 tablespoon vegetable oil
2 teaspoons cornstarch	2 cups cooked rice.
2 teaspoons hot mustard	

Steps

1. Boil water and add bouillon cube. Stir to dissolve and set aside to cool.
2. **Wash** and chop broccoli.
3. Cut onion in half. Cut ends and **discard. Peel onion.** Chop onion.
4. To make sauce: combine 1 tablespoon bouillon water with cornstarch in small cup. Pour cornstarch water back into bouillon water. Stir in hot mustard, duck sauce, soy sauce and garlic powder.
5. Heat oil in frying pan on medium. Add broccoli and onion. Stir-fry 3 to 5 minutes or until broccoli is tender.
6. Add sauce. Stir until mixture boils and thickens.
7. Serve broccoli over rice.
8. **Enjoy!**

Have your child help you do the bold steps.

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Broccoli and Black Bean Quesadilla

Yield: 4 8-inch tortillas

Serves: 8 adults

Ingredients

- 1 cup cooked black beans
- 1/4 cup salsa
- 4 ounces shredded low-fat cheddar cheese (1 cup)
- 1 cup cooked broccoli
- 1 tablespoon vegetable oil
- 4 8-inch tortillas.

Steps

1. In a large mixing bowl, mash beans.
2. Drain salsa and **add to beans.**
3. Shred cheese onto waxed paper and **add to beans.**
4. **Wash** and chop broccoli. **Add chopped broccoli to beans.**
5. Heat oil in frying pan on medium.
6. **Lay tortilla flat on plate.** Fill half of tortilla with 1/4 of bean mixture.
7. **Fold other half of tortilla over mixture.**
8. Placed folded tortilla in pan and cook 3-4 minutes or until lightly browned.
9. Flip and cook second side in the same manner.
10. Remove from pan and cut in half.
11. Repeat with remaining tortillas.
12. **Enjoy!**

Have your child help you do the bold steps.

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Mediterranean Squash Stew

Yield: 8 cups

Serves: 5 adults

Ingredients

1/2 cubed butternut squash (3 cups)	1 teaspoon mustard
2 cups chopped spinach	1 teaspoon oregano
1/2 medium chopped onion (1/2 cup)	1 teaspoon salt
2 cloves garlic	2 teaspoons vegetable oil
1-3/4 cups diced tomatoes	2 cups cooked rice.
1 tablespoon lemon juice	
1 tablespoon brown sugar	

Steps

1. **Wash the squash.**
2. Cut the squash in half lengthwise on the cutting board.
3. **Scoop out the seeds and strings.**
4. Peel squash and cut into 1/2-inch cubes.
5. Wash and shop spinach.
6. Cut onion in half. Cut ends and **discard. Peel onion.** Chop half of the onion and mince garlic.
7. To make sauce: **combine** tomatoes, lemon juice, brown sugar, mustard, oregano and salt in medium bowl.
8. Heat oil in frying pan on medium. Add onion and garlic. Saute 3 minutes or until garlic is soft.
9. Stir in squash and sauce. Cover pan, increase heat to medium-high and cook 15 minutes or until squash is tender.
10. Add rice and spinach. Cover and cook another 5 minutes.
11. **Enjoy!**

Have your child help you do the bold steps.

Adapted from *Get Fresh At Your Farmers Market* produced by Cornell Cooperative Extension and Division of Nutritional Sciences, NYS Colleges of Human Ecology and Agriculture and Life Sciences, Cornell University; NYS Department of Agriculture and Markets; and NYS Department of Health. Funded by the Food and Nutrition Service, U.S. Department of Agriculture, Grant Number 59-3798-8-501. Reprinted with permission.

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Growing Goodness

Audience: Adults

Activity 2: Baked Squash

Preparation Time: 10 min

Activity Time: 35 min

Ingredients

vegetable cooking spray
butternut or acorn squashes
salt
margarine
brown sugar
cinnamon
ginger.

Supplies

easel pad
markers
recipes
aluminum foil
baking sheet
cutting sheets
knives
spoons
small sauce pans
measuring spoons
small plates
forks
napkins.

Preparation Prior to Class

1. Obtain the prices of butternut squash:
 - fresh from a local farmer.
 - fresh from a local store.
 - peeled and cubed from a local store.
 - frozen, mashed from a local store.
2. Write this pricing information obtained on an easel pad.
3. Wash the butternut squash if the participants won't have access to a kitchen sink.
4. Place ingredients needed by each team in one container and supplies needed by each team in a second container.

Implementation

1. Warmly welcome participants, creating a comfortable environment where they feel valued and safe being open and honest.
2. Ask participants to wash their hands.
3. Divide the participants into teams and give each team their two containers.
4. Pass out the recipe, and review the steps with the participants. Explain that their children may help with the bold steps when they prepare this at home.
5. Explain that mashed squash may be prepared by peeling and cutting the squash into small pieces for boiling and mashing but that baking is a quicker and easier way to prepare this fresh vegetable.

Growing Goodness

Audience: Adults

Activity 2: Baked Squash

Preparation Time: 10 min

Activity Time: 35 min

6. Circulate among the participants to assist or answer questions as needed.
7. Discuss additional information as participants are cooking.
8. While the squash is baking, show the pricing information to the participants.
9. Ask them if they can tell which squash purchase is the most economical.
10. Show them using the marker on the easel board how to determine which would be the best buy:
 - How much squash of each type is needed to produce the same yield of mashed squash.
 - What is the cost of the amount of each type of squash needed to produce the same yield.
11. Explain that buying a product that has been partially prepared (the peeled, cubed squash) or fully prepared (the frozen squash) usually costs more money than buying the unprocessed vegetable.
12. Explain that buying a product that is in-season from a local farmer is usually more cost effective than purchasing a product that is not in season and was transported to the store from a distant supplier.
13. Review the other benefits of purchasing in-season local produce.
14. Remove the squash from the oven. Explain that it can be served in the shell, or it can be removed from the shell and mashed.
15. Provide plates, utensil and napkin to participants who wish to sample the squash.
16. Advise them that they may season their squash if and as desired.
17. Help them feel good about themselves, and remind them that they are powerful as each small action they take can make a positive difference in the lives of their children.

Additional Discussion During the Activity

1. Discuss sanitation issues:
 - Wash hands thoroughly before cooking or eating and whenever they become contaminated.
 - Wash all fresh produce under cold, running water. Wash regardless of whether the produce will be served whole, peeled or cooked.
 - Do not chop produce on a cutting board that was used to chop meat, fish or poultry without thoroughly washing it in hot, soapy water.
 - Use only pasteurized cider.

Growing Goodness

Audience: Adults

Activity 2: Baked Squash

Preparation Time: 10 min

Activity Time: 35 min

2. Discuss wise buying suggestions:
 - Buy local fresh produce in season for the best price and quality.
 - Where the Food Stamp EBT cards may be used at Farmers Markets in the vicinity.
 - Shop early at the Farmers Market for the best selection. Compare prices, selection and quality before purchasing.
 - Community Supported Agriculture (CSA) farms in the area that have reasonably priced shares or work shares.
 - Buy only the amount of produce that you will use while it is still fresh.
 - Be creative with recipes: if one vegetable or fruit ingredient is expensive, substitute another one.
 - Buy store brand or generic black pepper and spices instead of more costly name brand varieties.
3. Discuss highlights from the lesson plan: Locally grown vegetables and fruits for each season.
4. Discuss the Food Stamp Program:
 - Benefit of participation.
 - How to find out if they are eligible for this benefit and receive assistance completing the application.
 - Contact information for the local Nutrition Outreach and Education Program (NOEP) agency.

Baked Squash

Yield: 4 servings

Serves: 4 adults

Ingredients

vegetable cooking spray
1 butternut or acorn squash
pinch of salt
2 tablespoons margarine
2 tablespoons brown sugar
1 teaspoon cinnamon
1/4 teaspoon ginger.

Steps

1. Preheat the oven to 400 degrees.
2. Cover baking sheet with foil and coat foil with vegetable cooking spray.
3. **Wash the squash.**
4. Cut the squash in half lengthwise on the cutting board.
5. **Scoop out the seeds and strings.** Cut in 1/2-inch slices.
6. **Place the squash on the baking sheet.**
7. Sprinkle with salt.
8. Melt margarine. Add brown sugar, cinnamon and ginger.
9. Spread margarine mixture on squash.
10. Bake 20 to 25 minutes or until tender.
11. **Enjoy!**

Have your child help you do the bold steps.

Adapted from Get Fresh At Your Farmers Market produced by Cornell Cooperative Extension and Division of Nutritional Sciences, NYS Colleges of Human Ecology and Agriculture and Life Sciences, Cornell University; NYS Department of Agriculture and Markets; and NYS Department of Health. Funded by the Food and Nutrition Service, U.S. Department of Agriculture, Grant Number 59-3798-8-501. Reprinted with permission.

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Growing Goodness

Audience: Adults

Activity 3: Farmer Visit

Preparation Time: Depends on Recipe

Activity Time: 25 min

Ingredients

vegetable or fruits that the guest speaker is currently harvesting
other ingredients needed to prepare the recipe you have chosen.

Supplies

recipes
any supplies needed to prepare the recipe you have chosen
small plates
utensils
napkins.

NOTE: Purchase the quantity needed to prepare a recipe for the class to sample.

How to Arrange This Program

1. Meet with some local farmers. Perhaps the parent of a child in the child care center knows a farmer who might enjoy speaking with the adults?
2. Explain that you are teaching parents to incorporate more locally grown seasonal fruits and vegetables in their family's diets. Explain your desire to have a local farmer come to the center to explain how to select, use and store fresh produce.
3. If a farmer is willing to speak with the parents, arrange the logistics: select a date and time, ask the farmer which fruit or vegetable is currently being harvested and make arrangements to purchase this from the farmer. Purchase enough to prepare a recipe that the parents may sample.

Preparation Prior to Class

NOTE: Depending upon the recipe chosen, it may be more time effective to prepare the food the day before rather than the day of class.

1. Prepare a sample dish using the vegetable or fruit that you have purchased from the farmer.
2. Prepare copies of the recipe for the sample dish (one for each participant).

Implementation

1. Warmly welcome participants, creating a comfortable environment where they feel valued and safe being open and honest.
2. Introduce the farmer. Explain where his or her farm is located and how to purchase vegetables grown on this farm.
3. Explain that the farmer came today to explain how to select, use, and store fresh produce.

Growing Goodness

Audience: Adults

Activity 3: Farmer Visit

Preparation Time: Depends on Recipe

Activity Time: 25 min

4. Ask the farmer to do the presentation.
5. The following questions may be used to assist the discussion if needed:
 - Which vegetables and fruits are in season now?
 - How can you tell if a food is ripe?
 - What is the best way to store certain types of produce (give specific examples)?
 - Are there certain types of produce that should not be stored together?
 - How would you advise parents to prepare certain types of produce (give specific examples)?
6. Ask the parents for questions they have for the farmer.
7. Thank the farmer for coming and invite him or her to stay to sample the recipe that was prepared.
8. Invite the parents to take a plate, utensil and napkin and sample the food that has been prepared if they desire to do so.
9. Distribute the recipe and explain that their children may help with the bold steps when they prepare this at home.
10. Help them feel good about themselves, and remind them that they are powerful as each small action they take can make a positive difference in the lives of their children.

Additional Discussion During the Activity

1. Discuss sanitation issues:
 - Wash hands thoroughly before cooking or eating and whenever they become contaminated.
 - Wash all fresh produce under cold, running water. Wash regardless of whether the produce will be served whole, peeled, or cooked.
 - Do not chop produce on a cutting board that was used to chop meat, fish or poultry without thoroughly washing it in hot, soapy water.
 - Use only pasteurized apple cider.
 - Any other issues pertaining to the recipe that was prepared.
2. Discuss wise buying suggestions:
 - Buy local fresh produce in season for the best price and quality.
 - Where the Food Stamp EBT card may be used at Farmers Markets in the vicinity.
 - Shop early at the Farmers Market for the best selection. Compare prices, selection and quality before purchasing.
 - Community Support Agriculture (CSA) farms in the area that have reasonably

Growing Goodness

Audience: Adults

Activity 3: Farmer Visit

Preparation Time: Depends on Recipe

Activity Time: 25 min

priced shares or work shares.

- Buy only the amount of produce that you will use while it is still fresh.
- Use recipes for seasonal fresh vegetables.
- Be creative with recipes: if one vegetable or fruit ingredient is expensive, substitute another one.
- Any other advice that pertains to the ingredients in the recipe(s) selected.

3. Discuss the Food Stamp Program:

- Benefits of participation.
- How to find out if they are eligible for this benefit and receive assistance completing the application.
- Contact information for the local Nutrition Outreach and Education Program (NOEP) agency.

Adapted from [Tickle Your Appetite](#).

Staff Pages

This Week's Topic: *Growing Goodness*
This Week's Lesson: *Growing
a Seedling in a Bag*

Today in your classroom children learned how fruits and vegetables grow and that eating fruits and vegetables helps their bodies grow.

- On the back of this page is your lesson plan for this week's lesson "Growing a Seedling in a Bag." Use this lesson to reinforce the concepts from the Eat Well Play Hard in Child Care Settings (EWPHCSS) lesson provided to your class this week.
- Find more garden themed education resources in [Grow It! Try It! Like It! Preschool Fun with Fruits and Vegetables](#) from USDA's Team Nutrition resource library at <http://teamnnutrition.usda.gov/library.html>.
- Attached is a parent letter that explains what the children learned from this lesson and includes a fun activity to complete at home. Please make copies and send home following your lesson.

5 Ways to Grow Goodness in Your Classroom



1. **Take your class on a field trip** to a local community garden or farmer's market. Purchase items for them to try at snack (i.e. sugar snap peas, cherry tomatoes).
2. **Take your class to a "pick your own" farm stand** to pick apples or pumpkins.
3. **Invite a farmer to visit your class** and talk about how fresh fruits and vegetables get from farm to table.
4. Children like to try a vegetable they have helped grow and harvest. **Plan an outdoor garden.** Have the children check the progress of the garden during daily walks. Include produce from the garden in meals and snacks.
5. **Start indoor container gardens.** Children can start the plants for the outdoor garden indoors during the early spring.



For more EWPHCSS lessons go to: http://www.nyhealth.gov/prevention/nutrition/cacfp/ewphccs_curriculum/index.htm

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This Week's Lesson: Growing a Seedling in a Bag

Goals & Objectives: To provide children with an opportunity to see a seed grow.

Prep Time: **Day 1 & 2:** 5 minutes for the seed activity **Day 3:** 15 minutes for the food tasting

Activity Time: **Day 1:** 20 minutes **Day 2:** 5 minutes **Day 3:** 30 minutes

Supplies You Will Need

- **Day 1 for Growing a Seedling:** Plastic bag with a zipper style closure, 1-2 sheets of an absorbent paper towel, stapler, masking or strapping tape, dry lima bean or kidney bean seeds (soaked in water overnight)
- **Day 3 for Food Tasting:** Corn tortillas, canned vegetarian refried beans, napkins, serving plate, child-sized tongs, small plates.

Preparation for Activity

- Read through the entire lesson.

Day 1—How to Grow a Seedling in a Bag:

- Soak the lima beans overnight in water to hydrate the beans and speed up the sprouting process.
- Wet the paper towel and place in the plastic bag. Place a row of staples through the bag across the center of the paper towel. (The staples hold the seeds in place, allowing the roots to grow down and sprouts to grow up.)
- Place the soaked beans on top of the row of staples and seal the bag.

Day 3—Prepare Snack: Spread 1 corn tortilla with ¼ cup bean spread. Cut tortillas in quarters.

Activity

Day 1

1. **Ask the children what they remember from the nutritionist's visit.** Remind them of the following points:
 - Plants grow from seeds.
 - Farmers plant seeds and grow many of the fruits and vegetables we eat.
 - Eating a variety of colorful fruits and vegetables helps children's bodies grow and be healthy.
2. **Show children the bean seeds you prepared in the plastic bag.** Explain that the water and sunlight are needed for the seeds to begin to grow.
3. **Tape the bag with the seed side facing the room to a sunny southern or western exposure window.**
4. **Have the children check the bean seeds daily.** A sprout should break the seed coat within 3 days.

Day 3: Start with a joke: Ask them what kind of bean won't grow in a garden? The answer is jelly beans!

1. **Remove a few of the bean seeds from the plastic bag.** Use a toothpick to gently break the bean apart into 2 halves. Examine each seed half carefully for a little baby plant. Pass around the seed halves with the baby plants for the children to see.
2. **Ask the children to wash their hands.** 
3. **Explain that the bean spread in their snack is made from beans.**
4. **Provide each child with a napkin, small plate, and spoon.**
5. **Pass around the serving plate with the quartered bean tortillas.** Allow children to serve themselves, using small tongs.
6. **Encourage children to look at, touch, smell, and then taste the food** (if they choose to do so). Ask the children: What does it taste like? Did you like it?

Adapted from Grow It Try It Like It! Preschool Fun with Fruits and Vegetables

Extension Activity

- Allow children to spread bean spread on the tortillas.
- Plant the unsoaked beans in a pot. Have children continue to observe as the seeds grow into plants.

Options

For a CACFP creditable snack, spread 3 tablespoons of refried beans on ½ corn tortilla. Water must be served with snack if no beverage is provided.

Dear Parent,

Your child is learning how vegetables and fruits grow. Make half your plate fruits and vegetables. Vegetables and fruits are full of nutrients and may help to promote good health.

Home Activity: Purchase fresh green beans or peas. Help your child open one and count the seeds. Let your child taste the washed vegetable raw and cooked. Which do they like best?



Tips



- Try to make half your plate fruits and vegetables.
- Your children learn from watching you. Eat fruits and vegetables and your children will too.
- Offer only one new food at a time. Children don't always take to new foods right away. Keep trying!

Try these tips to teach your child about fruits and vegetables:

-  Explore fruits and vegetables with your child. Talk about the many colors, shapes, and feels of the fruit and vegetables.
-  Cook together. Let your child help prepare fruits and vegetables. Give them small jobs to do such as tear lettuce leaves, snap green beans, break cauliflower or broccoli, and mash bananas.
-  Children enjoy eating foods they help grow and harvest. Plant and tend a garden with your child.



Directions: Take your child to a local farmer's market or the produce section of a nearby store. Help them choose a fruit or vegetable they would like to try.

The fruit or vegetable my child chose to try is _____.

Handout Masters

Food Mood

Parent Pages

Chicken Curry

Veggie Rice Pilaf

Carrot Pineapple Salad

Meal Deal

Introducing New Foods to Children – Group A

Introducing New Foods to Children – Group B

Tips for Offering New Foods to Children

Introducing Staff Pages

Staff Pages

PARENT PAGES

Food Mood



Tips for Offering New Foods

1. Cook together. Children love helping in the kitchen. They like to try foods they help make.
2. Eat together. Children take their lead from you. Make healthy choices and your child will too.
3. Offer only one new food at a time. Serve something that you know your child likes along with a new food.
4. Serve foods in new ways so your child will want to try them.
5. Let your child learn by serving their own plate.
6. Share the adventure. Try new foods together.

Today at child care your child was offered some new foods to taste. Sometimes new foods take time. Children don't always take to new foods right away. Offer new fruits and veggies many times. Give them a taste at first and be patient with them. You may wish to try the recipe below for a healthy new main dish.

Lentil Spaghetti Sauce

Yield: 6 cups

Serves: 8 adults

Ingredients

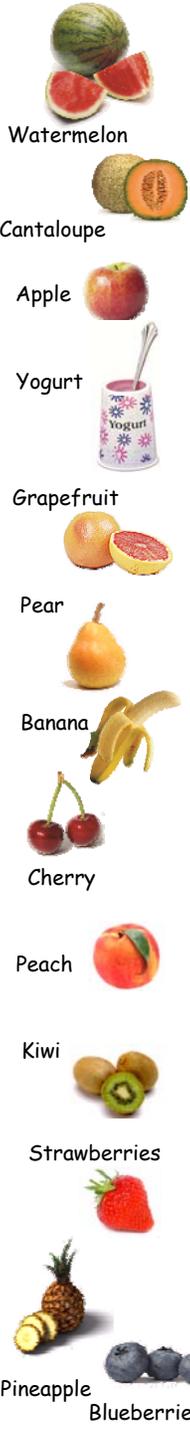
2 cups water
1 cup uncooked lentils
1 cup chopped medium onion
1 28-ounce can of crushed tomatoes
1 8-ounce can of tomato sauce
1 clove garlic, minced
1/2 teaspoon oregano, optional
1 4 1/2-ounce can mushrooms, optional.

Steps

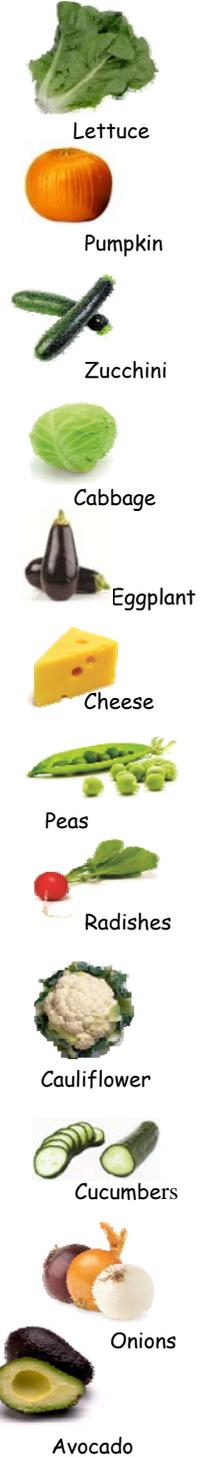
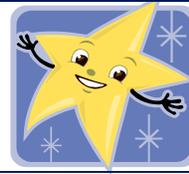
1. **Rinse the lentils in water. Drain in a strainer over a bowl, and pick out any stones.**
2. **In a saucepot add onions and rinsed lentils to water.**
3. Bring to a boil; reduce heat to low and simmer.
4. Cook until tender, about 30-45 minutes (the water will be almost gone). Stir.
5. Add remaining ingredients and simmer for 20-30 minutes.
6. Serve over cooked spaghetti.
7. **Enjoy.**

Have your child help you do the bold steps.

Adapted from Just Say Yes to Fruits and Vegetables Cookbook and reprinted with permission.



I Tried It!



New Food Tried	Stars
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	

Plums



Tomatoes



Artichoke

Peppers



Broccoli



Corn



Carrot



Avocado

Onions



Cucumbers



Cauliflower



Radishes



Peas



Cheese



Eggplant



Cabbage



Zucchini



Pumpkin



Lettuce

Directions: Post this chart on your refrigerator. Write the name of each new food your child tries in the first column of the chart. Help your child put a star sticker (or draw a star) in the second column each time he or she tries that food.

Adapted from Nibbles for Health.

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Chicken Curry

Yield: 4 cups

Serves: 4 adults

Ingredients

2 medium chopped onions (2 cups)
2 cloves garlic
2 pounds boneless, skinless chicken
vegetable cooking spray
1 1/2 cups chicken stock

1 teaspoon red pepper flakes
1 tablespoon curry powder
2 large chopped tomatoes (2 cups)
1/3 cup peanut butter
1/2 cup plain low-fat yogurt (optional).

Steps

1. Cut onions in half. Cut ends and **discard**. **Peel onions**. Chop onion into small pieces and set aside.
2. Peel garlic and chop into very small pieces. Set aside.
3. Cut chicken into 1-inch cubes.
4. Spray large frying pan with vegetable cooking spray.
5. Add chicken to pan and cook over medium heat until it is browned on all sides.
6. Place browned chicken into a large pot.
7. Cook the chopped onion over low heat in the frying pan used to cook the chicken until it is lightly browned.
8. Stir 1/2 cup of chicken stock into the browned onions, and pour this mixture in the pot with the chicken.
9. Add the garlic, red pepper flakes and curry powder to the chicken in the pot.
10. Cover pot, and simmer over low heat until the chicken is completely cooked.
11. Add tomatoes, peanut butter and remaining 1 cup of chicken stock to the pot.
12. Cover pot again and cook over low heat for 15 minutes more.
13. Stir in yogurt and serve over cooked rice.
14. **Enjoy!**

Have your child help you do the bold steps.

Allergy Alert: This recipe is not appropriate for those with a peanut allergy.

Veggie Rice Pilaf

Yield: 4 cups

Serves: 6 adults

Ingredients

1/2 chopped carrot (1/4 cup)
1 stalk chopped celery (1/3 cup)
1/2 chopped green pepper (1/4 cup)
1/2 medium chopped onion (1/2 cup)
2 cups chicken broth
1 tablespoon margarine
1 cup rice
1/4 teaspoon black pepper.

Steps

1. Preheat oven to 350 degrees.
2. **Wash carrots, celery and green peppers. Discard inedible portions,** and chop edible portions.
3. Cut onion in half and remove ends. **Peel one half of the onion,** and chop this half.
4. Bring broth to a boil in saucepan.
5. Combine boiling broth and margarine in 1-quart casserole dish, and stir until melted.
6. Stir in rice, chopped vegetables, and black pepper.
7. Cover and bake at 350 degrees for 35 minutes or until rice is tender and liquid is absorbed.
8. Remove from oven and let stand, covered, for 5 minutes. Fluff with fork, and serve.
9. **Enjoy!**

Have your child help you do the bold steps.

Adapted from [Fast and Flexible Low-Cost Recipes](#), Purdue University Extension publication CFS-657. Reprinted with permission.

Carrot Pineapple Salad

Yield: 3 cups

Serves: 6 adults

Ingredients

3 large shredded carrots (2 cups)
1/3 cup raisins
1 8-ounce can crushed pineapple in pineapple juice
3 tablespoons low-fat mayonnaise.

Steps

1. **Wash the carrots.** Shred the carrots and **place into a medium size bowl.**
2. Drain the crushed pineapple. Save the juice.
3. **Place drained pineapple into the bowl with the shredded carrots and raisins.**
4. Add 3 tablespoons of pineapple juice and the low-fat mayonnaise to the bowl, and **mix well.**
5. **Enjoy!**

Have your child help you do the bold steps.

MEAL DEAL

Eating good food with others brings joy to life. Sharing mealtime with children creates close bonds and lifelong memories. At family meals children learn about healthful eating by watching others.



To help our family enjoy eating together, I will:

- serve meals and snacks at regular times.
- offer my child healthy foods and drinks.
- help my child come to the table for meals and snacks.
- make mealtimes happy times when we talk with each other and laugh together.
- let my child choose what foods and how much to eat.

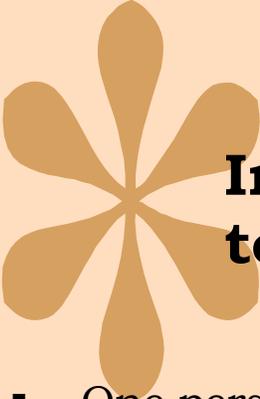
Signature _____ Date _____

Introducing New Foods to Children – Group A

- One person: Pretend to be a parent trying to force a child to eat a new food. Become upset when the child will not eat the new food.
- Other person: Pretend to be a child who refuses to eat a new food. Become upset as the parent continues to try to force you to eat the new food.

Directions

1. You will have five minutes to role play with your partner.
2. Then, partners switch roles and have five minutes to role play again.
3. Think about how you felt in each role, and prepare to discuss this with the group.



Introducing New Foods to Children – Group B

- One person: Pretend to be a parent who offers a new food to a child. Allow the child to decide whether or not to taste the new food.
- Other person: Pretend to be a child being offered a new food. You decide whether or not to taste the new food.

Directions

1. You will have five minutes to role play with our partner.
 2. Then, partners switch roles and have five minutes to role play again.
 3. Think about how you felt in each role, and prepare to discuss this with the group.
- 



Tips for Offering New Foods to Children

- Let your child help plan and prepare family meals.
- Plan meals that contain foods your child likes along with a new food.
- Offer the new food when the child is rested and in a good mood.
- Make mealtime fun and relaxed.
- Set a good example by eating all foods yourself.
- Let your child serve their own plate.
- Let your child decide whether or not to taste a new food.
- Be patient – you may need to offer a new food ten times before your child decides to try it.
- Serve foods in new ways so your child will want to try them.
- Remember that children do best when they feel in control of their eating.



Introducing Staff Pages

Each week you will receive a handout called “Staff Pages.”

Each of the Staff Pages includes the following:

- Ways to reinforce the concepts from this week’s Eat Well Play Hard in Child Care Settings (EWPHCCS) lesson.
- A companion lesson for you to offer the children.
- A parent letter that explains what the children learned in class and provides parents with a fun activity to complete at home.

Important Safety Notes for Lessons

Keep it safe! Take the following steps for each lesson:

1. **Wash all fruits and vegetables** regardless of whether the produce will be served whole, peeled or cooked.
2. **Clean and sanitize all work surfaces** before and after class.
3. **Wash your hands before and after class.**
4. **Ask children to wash their hands** before and after class.
5. **Provide tasting equipment for each lesson** such as napkins, plates, cups etc.
6. **Supervise children carefully at all times.** Use volunteers, such as grandparents and parents, to help supervise cooking activities.



For more EWPHCCS lessons go to: http://www.nyhealth.gov/prevention/nutrition/cacfp/ewphccs_curriculum/index.htm

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General Guidelines for Each Week's Lesson

- **Follow the important safety notes** on the previous page.
- **Plan ahead** to assure that you have all the necessary ingredients and supplies for your class. In some cases perhaps other staff, such as the cook, may be able to help prep for the lesson.
- **Be aware that the activity time may vary** depending on the size of the class, age of the children, etc.
- **Children like to try foods they help make. Involve all children in the lesson.** Divide them into small groups at separate tables with needed ingredients and supplies at each table. Help them learn to follow instructions, count and more!
- **Children feel good about doing something “grown-up.” Give them small jobs to do** such as passing out plates and napkins. Praise them and thank them for helping.
- **Please make copies of parent letters** and send home following each lesson.

Tasting New Foods Guidelines for Each Week's Lesson

- **Many preschoolers are hesitant to try new foods.** It is completely normal for young children to reject foods they have never tried before.
- **Here are some tips on how to get preschoolers to try new foods:**
 - They learn from watching you. Be a good role model by trying new foods yourself.
 - Sometimes new foods take time. Offer new foods many times. It may take many tries for a child to accept a new food.
 - Patience works better than pressure. Offer new foods. Then let them choose if they wish to taste them. Teach them to say “No, thank you” if they prefer not to try a new food.
 - Let children learn by serving themselves. Teach them to take small amounts at first. Tell them they can get more if they are still hungry.
 - What you say to preschoolers affects their eating behavior. Always use positive phrases like:
“This is kiwi fruit; it’s sweet like a strawberry.”
“Which one is your favorite?”
“Everybody likes different foods, don’t they?”
For more “Phrases that Help and Hinder” go to:
<http://www.choosemyplate.gov/preschoolers/HealthyHabits/phrasesthathelp.pdf>

Adapted from “What You Say Really Matters?” in Feeding Young Children in Group Settings, Dr. Janice Fletcher and Dr. Laurel Branen, University of Idaho

- **Resources:**
 - MyPlate: <http://www.choosemyplate.gov/preschoolers/index.html>
 - Grow It! Try It! Like It! Preschool Fun with Fruits and Vegetables from USDA’s Team Nutrition resource library at <http://teammnutrition.usda.gov/library.html>.
 - More Than Mud Pies: <http://nfsmi.org/documentlibraryfiles/PDF/20090120023846.pdf>

Staff Pages

This Week's Topic: Food Mood
This Week's Lesson: Tasting New Foods

Today in your classroom children learned about trying new foods.

It is important that children are offered a variety of healthy food choices in order to create good eating habits that will last.

- On the back of this page is your lesson plan for this week's lesson "Tasting New Foods." Use this lesson to reinforce the concepts from the Eat Well Play Hard in Child Care Settings (EWPHCCS) lesson provided to your class this week.
- Attached is a parent letter that explains what the children learned from this lesson and includes a fun activity to complete at home. Please make copies and send home following your lesson.

5 Ways to Improve the Food Mood in Your Classroom



1. Help children develop motor skills. **Let children serve themselves.**
2. **Eat together.** Children learn from watching you. Eat healthy foods they will too.
3. Gently encourage children to try new foods. Then **let them decide whether, what, and how much to eat.**
4. **Sometimes new foods take time.** Children don't always take to new foods right away. Offer new foods many times and **be patient** with them.
5. Talk about the **taste, shapes, colors, textures** of the food during the meal.



For more EWPHCCS lessons go to: http://www.nyhealth.gov/prevention/nutrition/cacfp/ewphccs_curriculum/index.htm

This Week's Lesson: Tasting New Foods

Goals & Objectives: To provide children with the skills to respond to new foods by understanding that all food was once new to them and how to politely accept and refuse new food.

Prep Time: 10 Minutes

Activity Time: 20 Minutes

Supplies You Will Need

- Food for tasting—choose one or more varieties of fruit or vegetable you think is new to most children in the classroom. Example: red, yellow, and green peppers.
- Cutting board, knife, serving plate or bowl, small plates, small tongs, napkins.

Preparation for Activity

- Read through entire lesson.
- Purchase fruit or vegetables. Wash and cut into bite size pieces. Place on serving plate or in serving bowl. Save one whole sample of the fruit or vegetable for display and discussion.

Activity



- 1. Ask the children to wash their hands.**
- 2. Ask the children what they remember from the nutritionist's visit.** Remind them of the following points:
 - How to be polite when trying new foods (say “please” and “no, thank you”).
 - Eating a variety of foods is an important part of being healthy.
 - As you taste more foods, you will begin to like more foods.
- 3. Ask the children if they have tried any new foods recently.** Ask them if they tried any new foods with at home or at the child care center. Remind them that it is important to try new foods. Not everyone likes the same foods and that is okay.
- 4. Show children the whole fruit or vegetable.** Discuss the color, shape, and feel, and size of the fruit or vegetable.
- 5. Provide each child with a napkin and a small plate.**
- 6. Pass the serving plate or bowl and small tongs.** Allow children to serve themselves.
- 7. Encourage children to look at, touch, smell, and then taste the food** (if they choose to do so). Ask the children: What colors do you see? How does the food feel? Is it soft, hard, bumpy, etc.? What does it smell like? What does it taste like? Did you like it?

Extension Activity

- Have children draw a picture of the new food they tasted.
- Make a chart of the new foods tasted.

Options

For a CACFP creditable snack, prepare enough fruit for each child to have a ½ cup portion and serve an additional component such as ¼ cup of low-fat yogurt to meet the CACFP Healthy Child Meal Pattern. Water must be served with a snack if no beverage is provided.

Dear Parent,

Your child is learning that a strong and fit body needs healthy food and lots of physical activity. Today your child was offered a new food to taste.

Home Activity: Taste a new fruit or vegetable with your child.



Tips



- Your child learns what foods to eat by watching you. If your child sees you tasting and enjoying fruits and vegetables, they will learn to like them too.
 - Offer new foods to your child often. Be encouraging, but don't force your child to eat something they don't want—just try again another day.
 - Children don't always like a new food the first few times they try it. Today your child learned that it is okay to politely say "No, thank you" if they taste something that they don't like.
-
-

Let your child be a “produce picker.”
Help them pick fruit and veggies at the store.



Today we picked _____ at the store.

Directions: Write the name of the fruit or vegetable your child picked.
Your child can then draw a picture of the fruit or vegetable.

Vary Your Veggies

Play with the Colors and Smells of Food

Local Vegetables Placemat

Parent Pages

Baked Kale Frittata

Thai Cabbage Noodles

Scalloped Potatoes

Portuguese Kale Soup

Carrot Spice Muffins

Carrot Confetti Salad

Vegetable Treasure Hunt

Tossed Salad

Staff Pages

Play with the Colors and Smells of Food

Children love to play with the colors and smells of food. Here are some ideas you can use with your child.

Check Out the Colors!

Food comes in a rainbow of colors. Here are some ways to check out the many colors of food:

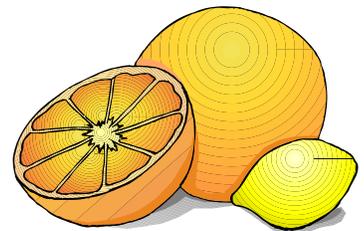
1. Go to the fruit and vegetable section of the store. Talk about the many colors of the food.
2. For fun, have Red Day, Yellow Day, Blue Day, Orange Day, or Green Day. On these days, eat at least one food of that color.

For example, on Red Day choose strawberries, cherries, a slice of watermelon, tomatoes, radishes, beets, or another red food. On Yellow Day choose a banana, peach, corn, or another yellow food.

Check Out the Smells!

The smells of food are also very different. Here is a game that you and your child can play:

1. Gather foods with strong smells: Banana, cinnamon, chocolate, lemon, orange, onion, peanut butter, and others.
2. Put a little bit of each food in a separate dish.
3. Put a blindfold on your child.
4. Let your child smell a food and guess what it is.
5. You take a turn with the blindfold.

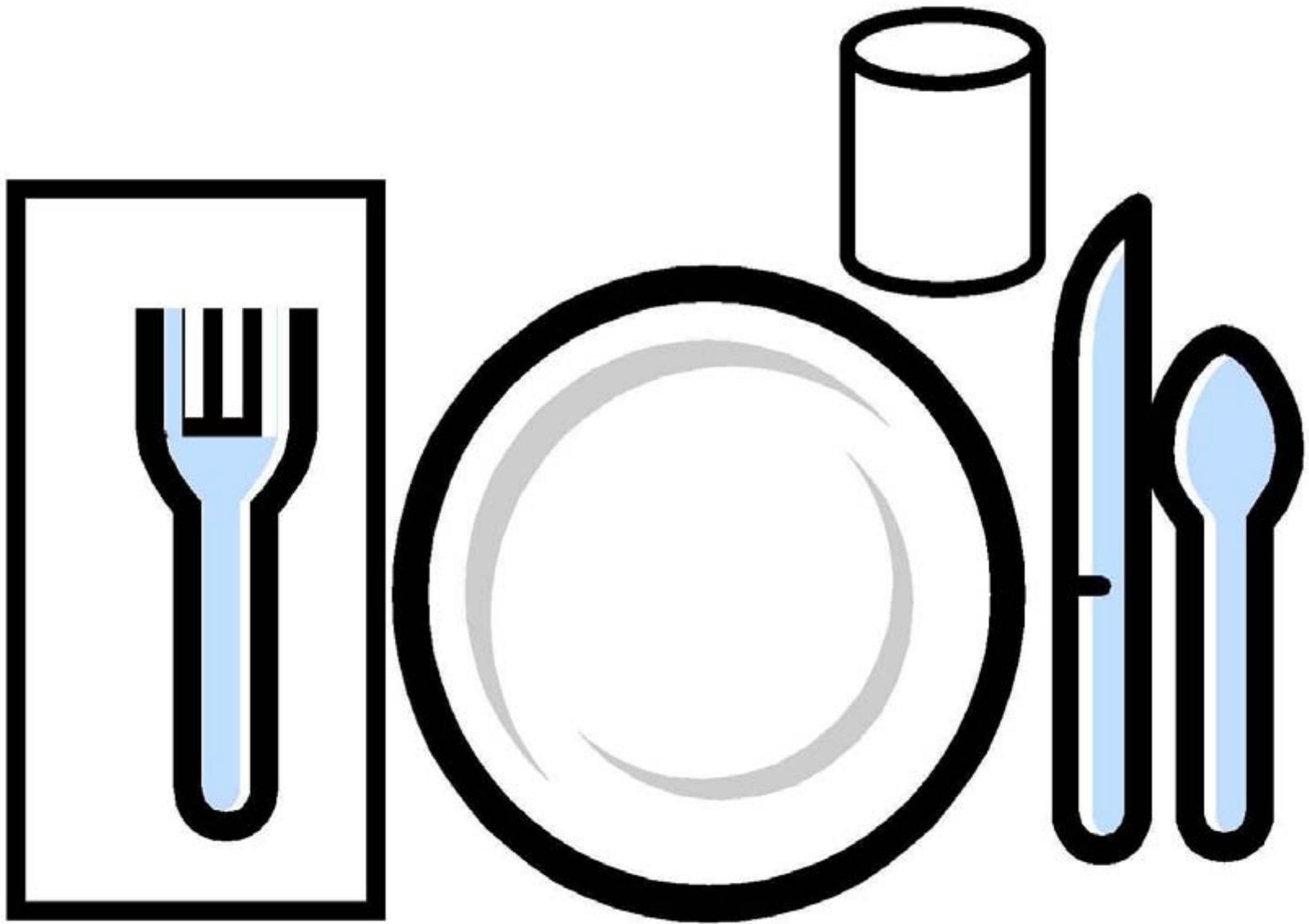


While You're Cooking:

While you cook, give your child some samples to feel and smell.

1. Give your child some dry rice, cornmeal, flour, or rolled oats – to feel.
2. Give your child a piece of fruit or vegetable that your child can eat raw – to taste.
3. Talk about which foods are easy to guess by their smell.
Help your child compare cooked and uncooked foods. Show your child how food changes when it is cooked. Children love the colors and smells of food!

Adapted from [Tickle Your Appetite](#).



PARENT PAGES

Vary Your Veggies



Tips to Vary Your Veggies

1. Let your child be a “produce picker.” Help them pick veggies at the store.
2. Cook together. Teach your child to wash fresh veggies, tear lettuce leaves and snap green beans.
3. Offer colorful veggies at meals and snacks.
4. Cut fresh vegetables into small sticks, and ask your child to pick some sticks to eat.
5. Help your child fill out the *I Varied My Veggies* chart.
6. Buy vegetables that are in season. Check store specials for the best in-season buys.

Today at child care your child learned why it is important to eat colorful vegetables each day. Vegetables provide vitamins and fiber, and they are low in fat and salt. Choose fresh, frozen or canned vegetables to get the best deal for your money. They take their lead from you. Eat veggies and your children will too. Try to make half your plate vegetables and fruit.

Quick and Tasty Veggie Soup

Yield: 8 cups

Serves: 8 adults

Ingredients

7 cups low-sodium chicken broth
1 14-ounce can diced tomatoes
1 teaspoon dried basil
1/2 teaspoon onion powder
3/4 cup dry macaroni
3 cups frozen mixed vegetables
1/2 teaspoon salt
1/8 teaspoon pepper.



Steps

1. **Combine chicken broth, diced tomatoes, basil, onion powder, salt and pepper in a large pan.**
2. Bring to a simmer, and add macaroni and frozen vegetables.
3. Cook for 8 minutes, and then remove from heat.
4. Let soup sit for 5 minutes, and then serve.
5. **Enjoy.**

Have your child help you do the bold steps.

This adapted recipe appears courtesy of Produce for Better Health Foundation and can be found at www.fruitsandveggiesmorematters.org.



I Varied My Veggies!

1-2-3! Veggies Are Good For Me!



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1							
2							
3							

Directions: Each time a vegetable is eaten, help your child color a box the color of the vegetable eaten. Remind your child that it is good to eat different colored vegetables each day.

Baked Kale Frittata

Yield: 9" round

Serves: 4 adults

Ingredients

vegetable cooking spray

1 bunch chopped kale (3 cups)

1 medium chopped onion (1 cup)

1 tablespoon vegetable oil

1/4 cup water

6 eggs

1/2 cup low-fat (1% or less) milk

2 ounces shredded low-fat cheddar cheese (1/2 cup)

1/2 teaspoon salt

1/4 teaspoon pepper.

Steps

1. Preheat oven to 375 degrees.
2. Coat 9" round baking pan with vegetable cooking spray.
3. **Wash and drain kale using colander.** Remove stems. Chop kale. **(A child could help tear leaves in pieces instead of chopping.)**
4. Cut onion in half. Cut ends and **discard. Peel onion.** Chop onion.
5. Heat oil in large frying pan on medium heat. Add onion. Cook for 3 to 5 minutes, until onions are soft.
6. Stir in kale and water. Cover and cook 5 minutes. Remove pan from heat and allow mixture to cool.
7. Shred cheese onto a piece of wax paper.
8. In large bowl combine eggs, **milk, cheese, salt and pepper. Blend in kale mixture.**
9. Pour mixture into prepared 9" round baking pan and bake for 25 minutes.
10. Remove from oven and let set for 2 to 3 minutes.
11. Slice into wedges and **enjoy!**

Have your child help you do the bold steps.

Adapted from *Get Fresh At Your Farmers Market* produced by Cornell Cooperative Extension and Division of Nutritional Sciences, NYS Colleges of Human Ecology and Agriculture and Life Sciences, Cornell University; NYS Department of Agriculture and Markets; and NYS Department of Health. Funded by the Food and Nutrition Service, U.S. Department of Agriculture, Grant Number 59-3798-8-501. Reprinted with permission.

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Thai Cabbage Noodles

Yield: 6 cups

Serves: 6 adults

Ingredients

8 ounces linguini	1/4 cup vinegar
1 large sliced cabbage (4 cups)	3 tablespoons sugar
1/4 cup soy sauce	1/4 cup peanut butter
1/4 cup orange juice	1 teaspoon dried ginger
1/4 cup water	1/4 teaspoon hot pepper flakes (optional).

Steps

1. Cook and drain linguini.
2. **Wash cabbage.** Thinly slice cabbage.
3. In large pot, over medium-high heat, combine all ingredients except linguini and cabbage. Stir until mixture boils.
4. Add cabbage to the pot. Cook and stir about 5 minutes or until cabbage softens.
5. To serve, stir linguini into cabbage mixture
6. **Enjoy!**

Have your child help you do the bold steps.

Allergy Alert: This recipe is not appropriate for those with a peanut allergy.

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Scalloped Potatoes

Yield: 4 cups

Serves: 4 adults

Ingredients

vegetable cooking spray	1/2 teaspoon oregano
1 pound sliced potatoes (3 cups)	1/2 teaspoon salt
1 medium sliced onion (1 cup)	1/4 teaspoon pepper
1 ounce shredded low-fat cheddar cheese (1/4 cup)	1/2 cup low-fat (1% or less) milk.

Steps

1. Preheat oven to 375 degrees. Coat a 2-quart baking dish with vegetable cooking spray.
2. **Wash**, peel and slice potatoes.
3. Cut onion in half. Cut ends and **discard**. **Peel onion**. Chop onion.
4. Shred cheese onto waxed paper.
5. **Combine oregano, salt and pepper in small dish.**
6. **Place half of potatoes in baking dish. Spread onions over potatoes.** Sprinkle with half the seasoning mixture. **Layer remaining potatoes on top.**
7. **Add milk, remaining seasoning and cheese.**
8. Cover and bake 50 minutes.
9. Change oven setting to broil, and broil uncovered until evenly browned.
10. **Enjoy!**

Have your child help you do the bold steps.

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Portuguese Kale Soup

Yield: 9 cups

Serves: 6 adults

Ingredients

1 medium chopped onion (1 cup)
1 clove minced garlic
1 sliced carrot (1/2 cup)
1 tablespoon vegetable oil
8 cups water

2 chicken bouillon cubes
1/4 teaspoon hot pepper flakes (optional)
1 pound cubed potatoes (3 cups)
1 large bunch chopped kale (4 cups)
1/4 pound sliced low-fat turkey kielbasa sausage (1 cup)
1/4 teaspoon pepper.

Steps

1. Cut onion in half. Cut ends and **discard. Peel onion.** Chop onion. Mince garlic. Peel and slice carrot.
2. Heat oil in large pot over medium heat. Add onion, garlic, and carrots. Cook for 10 minutes.
3. Add water, bouillon and hot pepper flakes. Cover and bring to boil.
4. **Wash** and peel potatoes. Cut into 1/2-inch cubes.
5. Add potatoes to boiling water. Cover and cook 10 minutes.
6. **Wash kale**, remove tough stems and chop finely. **(A child could help tear leaves in pieces instead of chopping.)** Slice sausage.
7. Add kale and sausage to soup. Cook uncovered 5 minutes.
8. Add pepper to taste.
9. **Enjoy!**

Have your child help you do the bold steps.

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Carrot Spice Muffins

Yield: 12 muffins

Serves: 12 adults

Ingredients

vegetable cooking spray	2 tablespoons vegetable oil
2 large shredded carrots (1 1/2 cups)	1 cup flour
2 eggs	1 teaspoon baking soda
1/2 cup applesauce	1/2 teaspoon salt
2/3 cup sugar	1 tablespoon cinnamon
1 teaspoon vanilla	1/2 cup raisins.

Steps

1. Preheat oven to 350 degrees. Coat 12 muffin cups with vegetable cooking spray or line with paper baking cups.
2. Peel and shred carrots.
3. In large bowl, combine eggs, **applesauce, sugar, vanilla and oil; mix until well blended.**
4. In small bowl, **combine flour, baking soda, salt and cinnamon.**
5. **Slowly stir the dry ingredients into the applesauce mixture until just blended.**
6. **Stir in carrots and raisins.**
7. Divide batter among muffin cups, filling each about 2/3 full.
8. Bake 25 minutes or until lightly browned.
9. Let cool 5 minutes. Remove muffins from muffin cups.
10. Cool completely and **enjoy!**

Have your child help you do the bold steps.

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Carrot Confetti Salad

Yield: 3 cups

Serves: 6 adults

Ingredients

3 large grated carrots (2 cups)
1/2 small shredded red cabbage (1 cup)
2 tablespoons vinegar
2 tablespoons vegetable oil
1/2 teaspoon sugar
1/2 teaspoon dry mustard
1/4 teaspoon salt
dash of pepper.

Steps

1. Peel and shred carrots.
2. **Wash cabbage and drain in colander.** Shred cabbage.
3. **In large bowl, combine carrots and cabbage.**
4. **In small bowl, combine remaining ingredients to make dressing.**
5. **Mix dressing with carrots and cabbage.**
6. **Enjoy!**

Have your child help you do the bold steps.

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Dear Parents,

You can help your child learn more about the foods your family enjoys. Take this sheet along with you the next time you go to the supermarket and have your child look for vegetables in different aisles of your grocery store. Let your child choose a new vegetable when you shop. Make this a fun treasure hunt and a memorable activity for your child.

Vegetable Treasure Hunt



Canned Vegetables

Canned vegetables are generally as nutritious as fresh vegetables, as they are canned at the peak of freshness. They often cost less than fresh vegetables, especially during the cold winter months. Don't forget about tomato sauces. Canned tomatoes and tomato sauces are an inexpensive way to get your kids to eat their vegetables. They offer lots of great nutrition and are always on the shelves.

Buy some canned vegetables this week. They are not expensive and are easy to store. They taste great too.

Produce Aisle

Look for some dark green or orange vegetables such as broccoli, spinach, romaine lettuce, carrots, sweet potatoes, and squash. Most kids (and adults) don't get enough of these.

Frozen Vegetables

Choose one vegetable you've never tried but would like to try. When buying vegetables, look for those without added fat, salt or sauces. They are more nutritious, and often they cost less too!

Vegetable Juices

Don't forget about vegetable juices. They will be found next to the fruit juices.

Dried Beans and Peas

There are several types of dry beans and peas – these are great in soups and are good sources of protein.

Tossed Salad

Yield: 6 cups

Serves: 6 adults

Ingredients

1/2 pound romaine lettuce
1 small carrot or 5 radishes
1 stalk celery or 2 asparagus spears
1 small tomato
1/2 cucumber
2 ounces fresh broccoli or 2 ounces fresh cauliflower
1/4 cup frozen corn or peas
3/4 cup low-fat salad dressing.

Steps

1. **Wash vegetables thoroughly and drain.**
2. **Tear lettuce into bite-size pieces and place in bowl.**
3. **Add the peas or corn to the lettuce.**
4. Chop remaining vegetables into small pieces; **add to the bowl and mix.**
5. Serve with low-fat salad dressing and **enjoy!**

Have your child help you do the bold steps.

Staff Pages

This Week's Topic: **Vary Your Veggies**
This Week's Lesson: **Vegetable Mystery Bag**

Today in your classroom children learned why it is important to eat colorful vegetables every day.

Vegetables provide vitamins, minerals, and fiber, and they are low in fat and salt.

- On the back of this page is your lesson plan for this week's lesson "Vegetable Mystery Bag." Use this lesson to reinforce the concepts from the Eat Well Play Hard in Child Care Settings (EWPHCCS) lesson provided to your class this week.
- Attached is a parent letter that explains what the children learned from this lesson and includes a fun activity to complete at home. Please make copies and send home following your lesson.

5 Ways to Vary Veggies in Your Classroom



1. **You teach children lessons they'll learn for life.** Help them increase the types of vegetables they like by setting a good example.
2. Each time your class tries a new vegetable, have the **children draw a picture of it.**
3. Have each child **plant a bean seed** and grow bean plants in your classroom.
4. **Children like to try foods they help make.** Set up a "salad making station" and teach them to tear lettuce. Have additional prepared colorful vegetables to add to the lettuce.
5. **Highlight a "Vegetable of the Month"** and plan activities that focus on a vegetable that is in season.



For more EWPHCCS lessons go to: http://www.nyhealth.gov/prevention/nutrition/cacfp/ewphccs_curriculum/index.htm

This Week's Lesson: Vegetable Mystery Bag

Goals & Objectives: To provide children with knowledge and awareness of the importance of eating more vegetables, especially colorful ones.

Prep Time: 10 minutes

Activity Time: 20 minutes

Supplies You Will Need

- Choose 2 or 3 fresh colorful vegetables. Example: carrots, broccoli, cucumbers.
- Cutting board, knife, serving plate or bowl, small plates, small tongs, napkins.
- Small paper lunch bag or mystery box (cut a hole in the side of a cardboard box, large enough for a child to slip a hand and arm through without getting stuck).

Preparation for Activity

- Read through entire lesson.
- Purchase vegetables. Wash and cut into bite size pieces. Place on serving plate or in serving bowl. Save one whole sample of the vegetable for mystery bag/box.
- Place one uncut vegetable into each paper lunch bag or mystery bag/box.

Activity

1. Ask the children to wash their hands.



2. Ask the children what they remember from the nutritionist's visit. Remind them of the following points:

- Vegetables come in many colors.
- Eating a variety of colorful vegetables helps your body grow healthy and strong.
- Vegetables grow on farms and come fresh, canned, frozen or dried at the store.
- Vegetables taste great.

3. Show children the mystery bag/box. Ask the children to guess what vegetable is in the bag/box by the way it feels including shape and texture (smooth, rough, hard, soft, etc).

4. Take the mystery vegetable out and show them if they guessed correctly. Discuss the color, shape, feel, and size of the vegetable.

5. Cut the mystery vegetable open. Discuss how the vegetable looks on the inside compared to the outside. Repeat steps 3 to 5 for each vegetable.

6. Provide each child with a napkin and a small plate.

7. Pass serving plate or bowl of veggies and small tongs. Allow children to serve themselves.

8. Encourage children to look, touch, smell and then taste the vegetable (if they choose to do so).

9. Ask the children: What does it smell like? How does it taste? Did you like it?

Adapted from [Grow It Try It Like It! Preschool Fun with Fruits and Vegetables](#)

Extension Activity

Draw a picture of a "soup pot." Ask children to cut out pictures of vegetables and tape them to the pot to make "vegetable soup."

Options

For a CACFP creditable snack prepare enough vegetable for each child to have a ½ cup portion and serve an additional component such as 4 Triscuits® to meet the CACFP Healthy Child Meal Pattern. Water must be served with a snack if no beverage is provided.

Dear Parent,

Today your child learned that vegetables come in many colors and that eating a variety of colorful vegetables helps your body grow healthy and strong.

Home Activity: Have a color contest and see how many green, red, yellow, and orange vegetables you can include in one meal.



Tips



- Prepare vegetables together. Teach your child to tear lettuce, or add vegetable toppings to pizza.
 - Children learn from watching you. Eat colorful vegetables and your children will too.
 - Fresh, frozen, and canned vegetables are all smart choices. Buy some of each to last until your next shopping trip.
 - Try to make half your plate vegetables and fruits.
-

Make half your plate vegetables and fruits



Put your child in charge. Ask your child to name a vegetable they help prepare. Make a big deal of serving "Maria's Salad" or "Juan's Sweet Potatoes."



Today we made _____.

Directions: Write the name of the vegetable your child helped prepare.
Your child can draw a picture of the vegetable.

Flavorful Fruit

I tried 3 kinds of apples today!

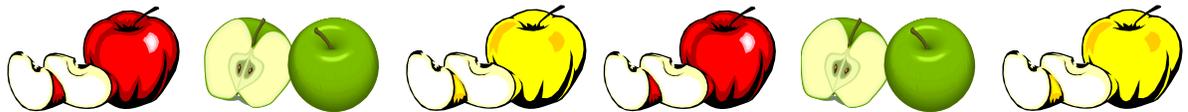
Parent Pages

Fruit Salad

Apple Cinnamon Wrap and Roll

Staff Pages

_____ tried 3 kinds of apples today!



PARENT PAGES

Flavorful Fruit



Tips to Enjoy More Fruit

1. Offer colorful fruit at meals and snacks.
2. Take it with you. Put apples, oranges or bananas in a bag for quick snacks.
3. Cook together. Teach your child to peel, mash and slice bananas.
4. Peel an orange, pull it apart, and dip slices in low-fat vanilla yogurt.
5. Visit an apple farm and pick some apples to bring home and enjoy.
6. Buy fruit that is in season. Check store specials for best in-season buys.

Today at child care your child learned why it is important to eat colorful fruits each day. Fruit provides vitamins and fiber and is low in fat and salt. Fresh fruits are tasty fast foods. Choose fresh, frozen or canned fruit to get the best deal for your money. They learn from watching you. Eat fruit and your children will too. Try to make half your plate fruits and vegetables.

Homemade Applesauce

Yield: 4 cups

Serves: 8 adults

Ingredients

5 medium apples (one and a half pounds)
1/2 teaspoon cinnamon
1/2 cup water
brown sugar (optional).



Steps

1. **Wash the apples.**
2. *Peel, core and quarter the apples.
3. **Cut the apples into small sections (children may do this using a butter knife).**
4. **In a medium pot, combine the apples, cinnamon and water.**
5. Cover pot, and cook apples over medium heat until they come to a boil. Then simmer over low heat until the apples test tender when you stick them with a fork, about 20-30 minutes. Stir the apples a few times; adding more water if they cook dry.
6. Beat the tender cooked apples smooth with a spoon.
7. Serve applesauce warm or cold with a sprinkle of brown sugar if desired.
8. **Enjoy!**

Have your child help you do the bold steps.

*If you have a food mill, cook the apples without peeling them until tender and put them through the food mill.

I Enjoyed Fruit This Week!

Colorful Fruits are Good for Me!



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1							
2							
3							
4							
5							

Directions: Help your child put a sticker (or draw a smiley face 😊) in a box each time a fruit is eaten. Remind your child that it is good to eat different colored fruits each day.

Fruit Salad

Yield: 4 cups

Serves: 8 adults

Ingredients

- 1 apple
- 1 orange
- 1 banana
- 1/4 pound seedless grapes
- 1/2 20-ounce can pineapple chunks
- 1/2 cup low-fat yogurt.

Steps

1. **Wash fresh fruits.**
2. **Peel and slice bananas and place in serving bowl. A child can do this with a butter knife.**
3. **Peel and chop oranges and place in serving bowl.**
4. Core and chop apples and **place in serving bowl.**
5. Cut grapes in half and **place in serving bowl.**
6. **Drain pineapple in strainer (reserve juice), and place in serving bowl. Enjoy the extra pineapple chunks later!**
7. **Pour reserved pineapple juice on apples and bananas to prevent browning.**
8. **Place yogurt in a serving bowl.**
9. **Each person should then create a salad by selecting and spooning the fruits they desired to eat into a salad bowl.**
10. **Top the fruit salad with yogurt as a salad dressing if desired.**
11. **Enjoy!**

Have your child help you do the bold steps.

Apple Cinnamon Wrap and Roll

Yield: 4 6-inch wraps

Serves: 8 adults

Ingredients

3 tablespoons sugar
1 teaspoon cinnamon
3 teaspoons vegetable oil

2 medium chopped apples (2 cups)
1/3 cup low-fat vanilla yogurt
4 6-inch flour tortillas.

Steps

1. **Mix sugar and cinnamon in small bowl.**
2. Pour 1 teaspoon vegetable oil in small saucer.
3. **Wash** and chop apples. Place in medium bowl.
4. Add yogurt to apples. **Stir to combine.**
5. **Lay tortilla flat on plate.** Use fingers to lightly coat top side with oil. Sprinkle with a spoonful of cinnamon sugar.
6. Flip tortilla so un-oiled side is up. Fill half of tortilla with 1/4 of apple mixture.
7. **Fold other half of tortilla over mixture.**
8. Heat 2 teaspoons of vegetable oil in skillet on medium.
9. Place folded tortilla in pan and cook about 1 minute or until lightly browned.
10. Flip and cook second side in the same manner.
11. Remove from pan and cut in half.
12. Repeat with remaining tortillas.
13. **Enjoy.**

Have your child help you do the bold steps.

Adapted from [Get Fresh At Your Farmers Market](#) produced by Cornell Cooperative Extension and Division of Nutritional Sciences, NYS Colleges of Human Ecology and Agriculture and Life Sciences, Cornell University; NYS Department of Agriculture and Markets; and NYS Department of Health. Funded by the Food and Nutrition Service, U.S. Department of Agriculture, Grant Number 59-3798-8-501. Reprinted with permission.

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Staff Pages

This Week's Topic: Flavorful Fruit
This Week's Lesson: Fun Fruit Salad

Today in your classroom children learned why it is important to eat colorful fruits every day. Fruit provides vitamins, minerals, and fiber, and they are low in fat and salt.

- On the back of this page is your lesson plan for this week's lesson "Fun Fruit Salad." Use this lesson to reinforce the concepts from the Eat Well Play Hard in Child Care Settings (EWPHCCS) lesson provided to your class this week.
- Attached is a parent letter that explains what the children learned from this lesson and includes a fun activity to complete at home. Please make copies and send home following your lesson.

5 Ways to Bring Flavorful Fruits to Your Classroom



1. Children learn by watching you. **Enjoy fruit every day with meals or as snacks.**
2. **Play a fruit salad game.** Map out a "salad bowl" on the floor using masking tape. Give each child a picture of colorful fruit. Have them "jump" in the bowl when you name their fruit. Have them "mix" the salad by jumping up and down. (Try this with vegetables to make a "tossed salad.")
3. **Make a fruit kabob.** Place colorful, bite-size pieces of soft fruit on a popsicle stick.
4. **Plan a field trip** to an apple orchard and pick some local, fresh apples to eat!
5. **Highlight a "Fruit of the Month"** and plan activities that focus on fruit that is in season. (Try this with vegetables too.)



For more EWPHCCS lessons go to: http://www.nyhealth.gov/prevention/nutrition/cacfp/ewphccs_curriculum/index.htm

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This Week's Lesson: Fun Fruit Salad

Goals & Objectives: To provide children with knowledge and awareness of the importance of eating more fruits, especially colorful ones.

Prep Time: 15 Minutes

Activity Time: 15 Minutes

Supplies You Will Need

- Choose at least 3 different colorful fruits. Example: Kiwi, watermelon, cantaloupe.
- Cutting board, knife, serving bowls, serving spoons, small cups or bowls for individual fruit salads, spoons, and napkins.

Preparation for Activity

- Read through entire lesson.
- Purchase fruit. Wash and cut fruit into bite size pieces. Place each fruit into separate serving bowl. Save one whole sample of each fruit for discussion and demonstration.

Activity

1. **Ask the children to wash their hands.** 
2. **Ask the children what they remember from the nutritionist's visit.** Remind them of the following points:
 - Fruits come in many colors, shapes and sizes.
 - Eating a variety of colorful fruits gives us energy for work and play and helps our body grow healthy and strong.
 - Fruit taste great.
3. **Using the whole fruit, name each of the fruits.** Discuss the color, shape, feel, and size of the fruit.
4. **Pass around whole fruits** for children to feel and smell.
5. **Display the serving bowls** with the cut up fruit (one for each colorful fruit).
6. **Provide each child with a napkin and a small cup or bowl and a spoon.**
7. **Pass around serving bowls of fruit, and serving spoons. Allow children to serve themselves** fruit they want in their fruit salad using the serving spoons.
8. **Ask children how the fruit tastes,** if they like it and will eat this type of salad at home.

Extension Activity

- Sensory Experience: offer children different textures of fruits. For example, apples are crunchy, bananas are smooth and creamy, and oranges are juicy.
- Ask children to draw pictures of colorful fruit. Display pictures on a rainbow, color wheel or color chart.

Options

For a CACFP creditable snack, prepare enough fruit for each child to have a ½ cup portion and serve an additional component such as ½ ounce of low-fat cheddar cheese to meet CACFP Healthy Child Meal Pattern. Water must be served with a snack if no beverage is provided.

Dear Parent,

Today your child learned that fruit comes in many colors. Offering your child many colorful fruits and vegetables are ways to make eating healthy food delicious and fun.

Home Activity: Make a colorful fruit salad with your child.



Tips



-  Let your child help choose at least 3 colorful fruits to make your salad.
 -  Keep it safe: rinse fruits under clean, running water before preparing or eating them. Children can help wash the fruit.
 -  Let your child help by measuring, adding ingredients to the bowl, and stirring. With supervision, preschool children can cut soft fruits using a plastic knife.
 -  Try to make half your plate fruits and vegetables. They take their lead from you. Eat fruits and your children will too.
-
-

Make half your plate **fruits** and **vegetables**



Try this fun activity for a child friendly fruit or vegetable:

-  Make a colorful kabob: Cut fruit such as melon, apple, orange and pear into small pieces. Children can put fruit on a popsicle stick, chop stick or coffee stirrer to make a fun fruit kabob. For a veggie version try vegetables like zucchini, cucumber, sweet peppers and tomatoes.



Today we made a colorful kabob.

Directions: Make a colorful kabob with your child. Your child can draw a picture of the fruits or vegetables.

Dairylicious

I tried a new dairy product today!

Smoothies

Parent Pages

Cottage Cheese Dip

Easy No-Bake Mac and Cheese

Staff Pages



_____ tried a new dairy product today!



Smoothies

Yield: 24 ounces

Serves: 4 adults

Ingredients

- 1 small ripe banana
- 1 cup frozen fruit (blueberries, strawberries, etc.)
- 1 8-ounce carton low-fat yogurt (vanilla or fruited)
- 3/4 cup low-fat (1% or less) milk.

Steps

1. **Peel banana. Using cutting boards and butter knife, cut banana into 1-inch chunks. Place the banana chunks into the blender.**
2. Measure the frozen fruit and milk needed.
3. **Put the measured fruit, yogurt and milk into the blender with the bananas.**
4. Cover the blender, and blend on high speed for about 1 minute or until the mixture is smooth.
5. Pour smoothie into cups, and **enjoy!**

Have your child help you do the bold steps.

PARENT PAGES

Dairylicious

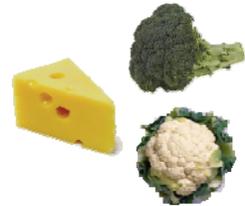


Tips to Enjoy Low-Fat Dairy

1. Top wheat crackers with low-fat mozzarella cheese.
2. Make **cheesy veggies** for your family.
3. Try low-fat cottage cheese with canned fruit.
4. Pour low-fat milk over frozen berries for a cool snack.
5. Choose cheese with less fat. Look for “low-fat” or “reduced-fat” on the label.
6. When recipes call for sour cream, use plain yogurt instead.
7. Use fat-free evaporated milk instead of cream.

Today at child care your child learned about dairy products and why they are important. Milk, cheese, and yogurt contain calcium and vitamin D, which children need for strong bones and teeth. Help your child grow strong. Switch to fat-free or low-fat (1%) milk for children 2 years or older. They learn from watching you. Drink milk and your children will too. You need 3 cups and your child needs 2 cups of dairy products each day.

Cheesy Veggies



Yield: 4 cups
Serves: 8 adults

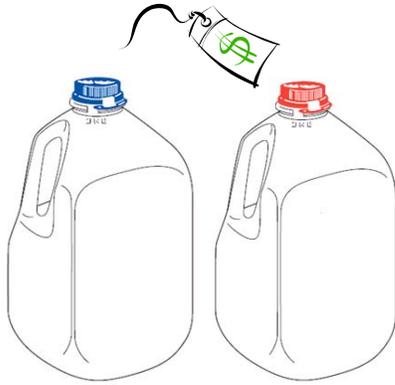
Ingredients

4 cups chopped vegetables (such as broccoli or cauliflower)
1 tablespoon flour
1 cup low-fat milk
dash of pepper
4 ounces shredded low-fat sharp cheddar cheese (1 cup).

Steps

1. Cook vegetables until tender and set aside.
2. **Using a fork, blend flour into low-fat milk until flour can no longer be seen and there are no lumps.**
3. Heat milk and flour mixture in a pan over medium heat, stirring constantly, until it begins to bubble.
4. Continue cooking and stirring until sauce thickens, about 1-2 minutes.
5. Reduce heat to low and add pepper and shredded cheese.
6. Stir until cheese melts.
7. Remove from heat and pour over the cooked vegetables.
8. **Enjoy!**

Have your child help you do the bold steps.



Milk Cost Comparison

The next time you go shopping, take this chart along with you and write down the milk prices.

Type of Milk	Cost of One Gallon
Whole	
Reduced-Fat (2%)	
Low-Fat (1%)	
Fat-Free (Skim)	

Lose the Fat—Keep the Nutrients at No Extra Cost!

Low-fat (1%) or fat-free milk gives you all of the protein, calcium and vitamin D that 2% and whole milk provide, with less fat and calories. And low-fat (1%) or fat-free milk usually costs the same or less than 2% or whole milk.

Cottage Cheese Dip

Yield: 1 cup

Serves: 5 adults

Ingredients

- 1 cup low-fat cottage cheese
- 1/4 teaspoon dried dill or parsley
- 1/4 teaspoon onion powder
- 1/8 teaspoon garlic powder
- 1 pinch black pepper
- fresh vegetables of choice:
 - broccoli
 - carrots
 - celery
 - green pepper
 - green beans.

Steps

1. **Place first 5 ingredients in a blender** and mix only until smooth, about 1-2 minutes. Note: over-mixing will result in a dip that is too thin.
2. Pour the mixture into a small bowl. Cover with plastic wrap and **place into the refrigerator.**
3. While the dip is chilling, **wash the fresh vegetables.**
4. Cut the carrots, celery, green pepper and green beans into small sticks.
5. Break broccoli into florets.
6. **Dip vegetables in chilled dip and enjoy!**

Have your child help you do the bold steps.

Adaptation of Cottage Cheese Dip recipe from [Healthy Cooking for Kids](#) by Michael Jacobsen, Ph.D., and Laura Hill, R.D.
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Easy No-Bake Mac and Cheese

Yield: 4 cups

Serves: 4 adults

Ingredients

1/2 pound uncooked macaroni (2 cups)

1 1/2 cups low-fat (1% or less) milk

2 tablespoons flour

dash of pepper

8 ounces shredded low-fat sharp cheddar cheese (2 cups).

Steps

1. Follow package directions to cook macaroni.
2. **Using a fork, blend flour and low-fat milk in a small mixing bowl until flour can no longer be seen and there are no lumps.**
3. Heat milk and flour mixture in a saucepan over medium heat, stirring constantly, until it begins to bubble.
4. Continue cooking and stirring until sauce thickens, about 1-2 minutes.
5. Reduce heat to low and add pepper and shredded cheese.
6. Stir until cheese melts. Remove from heat.
7. Stir cheese sauce and cooked macaroni together until blended.
8. **Enjoy!**

Have your child help you do the bold steps.

Staff Pages

This Week's Topic: Dairylicious
This Week's Lesson: Dairy Dip-a-licious

Today in your classroom children learned about dairy products and why they are important. Milk, cheese, and yogurt contain calcium and vitamin D, which helps make strong bones and teeth. Fat-free or low-fat (1%) has all the goodness of whole milk, with less fat.

- On the back of this page is your lesson plan for this week's lesson "Dairy Dip-a-licious." Use this lesson to reinforce the concepts from the Eat Well Play Hard in Child Care Settings (EWPHCCS) lesson provided to your class this week.
- Attached is a parent letter that explains what the children learned from this lesson and includes a fun activity to complete at home. Please make copies and send home following your lesson.

5 Dairylicious Ideas for Your Classroom



1. **Switch to fat-free or low-fat (1%) milk.**
2. **Be a good role model.** Enjoy fat-free or low-fat milk, yogurt, and cheese.
3. **Visit a local dairy farm** for a field trip.
4. **Make a smoothie** with low-fat yogurt, milk and frozen fruit with the class.
5. **For birthday parties try a fruit sundae** made with low-fat vanilla yogurt, fruit, and cereal. Children can make their own!



For more EWPHCCS lessons go to: http://www.nyhealth.gov/prevention/nutrition/cacfp/ewphccs_curriculum/index.htm

This Week's Lesson: Dairy Dip-a-licious

Goals & Objectives: To provide children with knowledge and awareness of the importance of dairy foods.

Prep Time: 15 minutes

Activity Time: 15 minutes

Supplies You Will Need

- Low-fat (1%) cottage cheese, dried dill or parsley, onion powder, garlic powder, and black pepper if dipping with vegetables (see recipe below). Use flavored yogurt if dipping with fruit slices.
- Vegetables (ex. broccoli, sweet bell peppers) or fruit (ex. apple slices, melon cubes) for dipping.
- Cutting board and knife, serving plate or bowl, small cups and plates, napkins, small tongs.

Preparation for Activity

- Read through entire lesson.
- Purchase ingredients for Cottage Cheese Dip or flavored yogurt and vegetables or fruit.
- Wash and prepare vegetables or fruit to dip. Place on serving plate or in serving bowl.
- Prepare Cottage Cheese Dip using recipe below or put flavored yogurt in serving bowl.

COTTAGE CHEESE DIP RECIPE Yield: 2 cups Serving size: ¼ cup Serves: 16 children

2 cups low-fat cottage cheese, ½ teaspoon dried dill or parsley, ½ teaspoon onion powder, ¼ teaspoon garlic powder, 1 pinch black pepper

Steps: Place ingredients in a mixing bowl or blender. Mix with a fork or in a blender, until cottage cheese is smooth. Pour mixture in serving bowl, cover and store in the refrigerator.

Children can help with the bold steps.

Adaptation of Cottage Cheese Dip recipe from [Healthy Cooking for Kids](#) by Michael Jacobsen, Ph.D., and Laura Hill, R.D. Copyright 1991 by Center for Science in the Public Interest. Reprinted with permission of Henry Holt and Company, LLC.

Activity



1. Ask the children to wash their hands.
2. Ask the children what they remember from the nutritionist's visit. Remind them of the following points:
 - Dairy foods are foods made from milk and milk comes from a cow.
 - Dairy foods include milk, cottage cheese, cheese, and yogurt.
 - Dairy contains calcium that builds strong bones and teeth.
 - Dairy foods are great with meals and snacks.
3. Tell them they are going to taste a delicious dip made from cottage cheese (or yogurt).
4. Provide each child with a napkin, small cup for the dip and a small plate for the veggies or fruit.
5. Pass the serving bowl of dip, serving spoon, separate bowl or plate of veggies or fruit and small tongs. Allow children to serve themselves dip and veggies or fruit.
6. While enjoying the snack, talk with the children about milk and the foods made from milk.

Extension Activity

Taste three types of fat-free or low-fat (1%) dairy foods such as yogurt, mozzarella cheese, and cottage cheese. Describe and compare the taste, appearance, and texture of each food.

Options

For a CACFP creditable snack, prepare enough dip for each child to have a ¼ cup portion and serve an additional component such as ½ cup of sweet bell pepper strips to meet CACFP Healthy Child Meal Pattern. Water must be served with a snack if no beverage is provided.

Dear Parent,

Your child is learning that a strong and fit body needs healthy food and lots of physical activity. Children learned that milk, yogurt, and cheese are foods that help to keep bones strong and healthy.

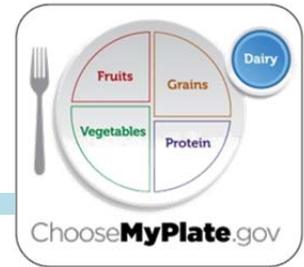
Home Activity: Make a delicious fruit and dairy smoothie with your child. Put 1 cup of yogurt, 1 cup of frozen fruit, $\frac{3}{4}$ cup of milk, and one small banana in a blender and blend until smooth.



Tips

-  **Let your child help by measuring and pouring ingredients into the blender.** With supervision, preschool children can cut the banana using a plastic knife.
 -  **Children love to count and cooking gives them lots of opportunities to practice counting.** While you are making the Smoothie, ask your child to count the pieces of banana after they cut them. They can also count how many pieces of frozen fruit fit into the measuring cup.
 -  **Try the Smoothie together.** It's best to offer a small portion at first and let them ask for more if they want it. Remember to allow your child to say "No, thank you."
-

Switch to fat-free or low-fat (1%) milk.
Drink water instead of sugary drinks.



**Choose your drink! Drink milk at meals
and your children will too.**



- We switched to fat-free or low-fat (1%) milk at home for everyone 2 years and older. (Children 1 to 2 years old need whole milk.)
- We choose water instead of sugary drinks.

Directions: Place a ✓ in the boxes above as you make these changes.

Choose Your Fun

Choose Your Fun!

I talked about watching less TV today

Parent Pages

Child's Play

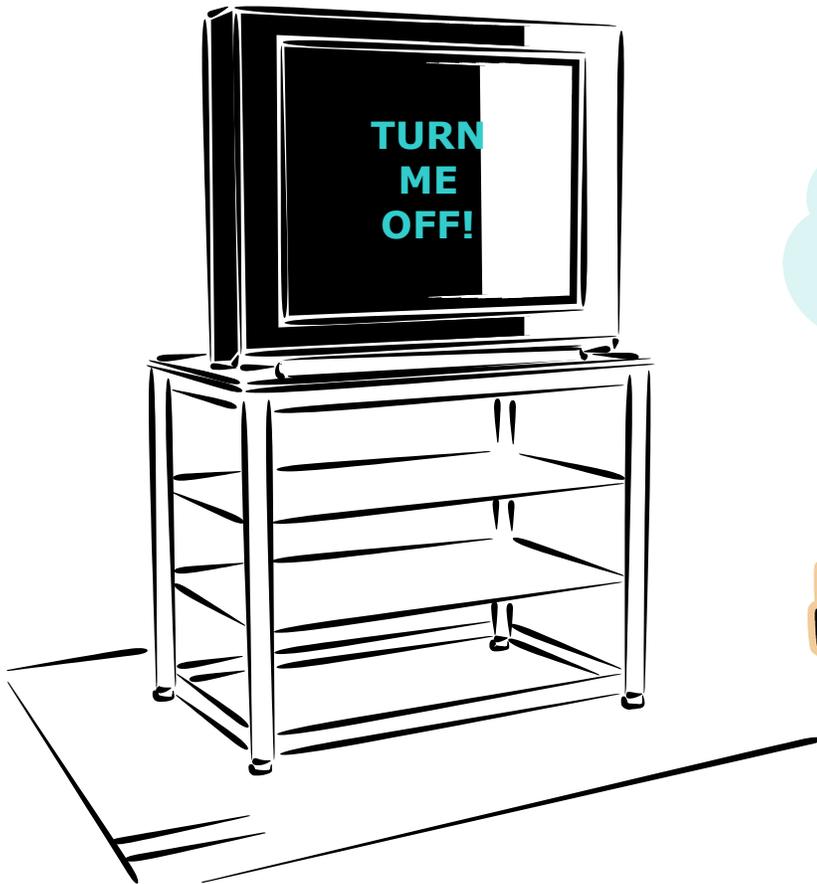
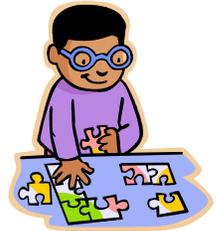
Tuna Salad in Pita Pockets

Crustless Spinach Pie

Staff Pages

Choose Your Fun!

Let's:



_____ talked about watching less TV today.
This is an activity that your child would like to do instead of watching TV.



PARENT PAGES

Choose Your Fun



Ways to Reduce Screen Time!

1. Make mealtime a family time. Turn off the TV during meals.
2. Cook together and make memories with your child.
3. Use the chart on the second page to keep track of fun activities.
4. After 30 minutes of sitting, have your child play actively.
5. Quiet time is best before naps or bed. Read your child a bedtime story.
6. Help your child get enough sleep. Make your child's bedroom quiet, dark and not too warm.

Today at child care your child learned why it is important to turn off the TV and be active instead. Doctors recommend children watch no more than one to two hours of quality TV and videos each day. Active playtime helps children grow and develop! Make this chicken noodle soup for supper, and play with your child while it cooks.

Chicken Noodle Soup

Yield: 10 cups

Serves: 8 adults

Ingredients

- 1 cup chopped onions
- 1 cup chopped carrots
- 1 cup chopped celery
- 1 clove minced garlic
- 2 teaspoons vegetable oil
- 1/2 teaspoon flour
- 1/2 teaspoon poultry seasoning
- 6 cups fat-free chicken broth
- 4 cups diced potatoes
- 2 cups diced, skinless cooked chicken
- 3 cups uncooked wide noodles
- 1 cup fat-free evaporated milk.

Steps

1. Brown onions, carrots, celery and garlic in oil in skillet.
2. **Stir flour and poultry seasoning together in small bowl.**
3. Blend flour/seasoning mixture into the browned vegetables. Pour into the slow cooker.
4. **Pour broth, potatoes, and chicken into the slow cooker.** Stir and cook on low for 5-6 hours or until the potatoes are soft.
5. Add noodles and evaporated milk. Cook until noodles are tender, approximately 20 minutes. Do not bring to a boil after milk is added.
6. **Enjoy!**

Have your child help you do the bold steps.

Adapted from Fix-It and Forget-It Lightly and reprinted with permission.

Parents,

Instead of watching TV, plan fun activities to do with your child. Spending time with your child creates closer bonds and lifelong memories.



What We Did instead of TV

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Directions: Help your child put a sticker (or draw a smiley face 😊) in the top box when they choose a fun activity instead of TV. Have your child draw a picture in the lower box of the activity chosen.

Adapted from [Fit5Kids](#).

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Child's Play



Your child is designed to move! Most children like to climb, crawl, run, jump, swing, tumble, twist and stretch. By moving more and sitting less, your child will also learn to live in a healthful way.

Active Play Helps Your Children Learn to:

- get along with others.
- share toys.
- explore.
- create.
- make choices.
- control their actions.
- feel good about themselves.



Moving and Playing:

- help children's bones and muscles develop.
- help children use up extra energy and sleep better.
- help children and adults feel fit.
- help you have fun with your child!

5 Ways to Provide Your Child with Active Fun Inside Your Home:

- 1. Set aside a play area.** Use quilts to create a safe and soft play area where your child can tumble, roll and jump safely.
- 2. Create an obstacle course for your child.** Position pillows to roll over, open boxes to climb through, and place hula hoops to jump into.
- 3. Put on some music and dance.**
- 4. Basketball.** Provide your child with rolled up socks and a laundry basket. Show your child how to toss the socks into the basket.
- 5. Mimic me.** Do an action, and have your child copy it.

5 Ways to Provide Your Child with Active Fun Outdoors:

- 1. Chase Me, Chase Me.** Playfully chase your child safely throughout the yard or playground. Go uphill and downhill, zig and zag, fast and slow, forward and backward.
- 2. Bubble Chase.** Let your child blow bubbles. Have fun chasing, popping or stomping them.
- 3. Hula Hoop Fun.** Roll the hoop and chase after it. Lay the hoop on the ground, and hop in and out.
- 4. Square Hop.** With chalk or masking tape make several squares. Have your child hop to and from each square.
- 5. Tight Rope.** Draw a line with chalk or masking tape, and have your child walk on the line. To make it more challenging, you can add twists and turns or have your child hop.

Safety Alert: Always Stay with Your Child.

Children don't have life experiences to foresee danger. They may not have the body skills or strength to move away from trouble. When children play, they may not notice that they're cold, wet, overheated or in possible danger. When you supervise, you stay active and have the fun of playing with your child.



Adapted from [Nibbles for Health](#) and [Fit WIC Activity Book](#).

Tuna Salad in Pita Pockets

Yield: 1 cup tuna salad

Serves: 2 adults

Ingredients

4 lettuce leaves
1/2 stalk chopped celery (2 tablespoons)
1 tomato
1/8 medium chopped onion (2 tablespoons)
1 6½-ounce can water-packed tuna
2 tablespoons low-fat mayonnaise
dash of black pepper
2 whole-wheat pita bread rounds.

Steps

1. **Wash and drain lettuce. Wash celery and tomato.**
2. Cut onion in half. Cut ends and **discard. Peel onion.** Chop onion.
3. Chop celery, and slice the tomato.
4. **Mix tuna, mayo, chopped celery and onion.**
5. **Add a dash of black pepper to taste and mix well.**
6. Cut pita bread in half crosswise.
7. **Line pita pockets with lettuce and sliced tomato.**
8. **Spoon tuna mixture into lined pita bread pocket.**
9. **Enjoy!**

Have your child help you do the bold steps.

Crustless Spinach Pie

Yield: 9"x13" pan

Serves: 6 adults

Ingredients

vegetable cooking spray

4 cups chopped fresh spinach or 1 10-ounce box frozen spinach, thawed

3 eggs

1 cup flour

1 cup low-fat (1% or less) milk

1/8 teaspoon garlic powder

1 teaspoon baking powder

12 ounces low-fat shredded cheddar cheese (3 cups).

Steps

1. Preheat oven to 350 degrees.

2. Spray 9"x13" baking pan with cooking spray.

3. **Wash and drain the spinach.** Chop the spinach. If frozen spinach is used, thaw and drain.

4. **Beat eggs well with fork. Mix in the flour, milk, garlic powder and baking powder.**

5. **Stir in cheese and spinach.** Pour mixture into the pan.

6. Bake for 35 minutes or until lightly browned.

7. **Enjoy!**

Have your child help you do the bold steps.

Adapted from [Tickle Your Appetite](#).

Staff Pages

This Week's Topic: **Choose Your Fun**
This Week's Lesson: **A Trip to the Aquarium**

Today in your classroom children learned why it is important to **turn off the TV and be active instead.** The American Academy of Pediatrics recommends that children watch no more than one to two hours of quality TV and videos each day. They also recommend that TV and other visual recording should not be used with children under two years of age.

- On the back of this page is your lesson plan for this week's lesson, a story in motion called "A Trip to the Aquarium." Use this lesson to reinforce the concepts from the Eat Well Play Hard in Child Care Settings (EWPHCCS) lesson provided to your class this week.
- Attached is a parent letter that explains what the children learned from this lesson and includes a fun activity to complete at home. Please make copies and send home following your lesson.

5 Ways to Choose Fun in Your Classroom



1. Explain to children that it's important to **sit less and move more** in order to stay healthy.
2. **Turn on some lively music** and dance, dance, dance!
3. **Go outside for a walk**, have the children describe what they see. Note the difference in the flowers, plants and trees that they see as the seasons change.
4. **Create an indoor parade.** Have the children march around the center. Give them streamers or strips of crepe paper to wave during their parade.
5. Put on some peppy music and **form a conga line.** Lead the children around the classroom and into the hallway.



For more EWPHCCS lessons go to: http://www.nyhealth.gov/prevention/nutrition/cacfp/ewphccs_curriculum/index.htm

This Week's Lesson: A Trip to the Aquarium

Goals & Objectives: To increase the knowledge and awareness of the importance of helping children choose healthy activities and reducing screen time.

Prep Time: 5 minutes

Activity Time: 20 minutes

Preparation for Activity

- Clear a play area for the children, moving hard furniture and objects out of the way. Read the story out loud.
- When an underlined “action” word or phrase is read, have the children demonstrate the action for 15-30 seconds.
- Refrigerate a pitcher of water. Set out a cup for each child.

Activity

1. **Ask the children what they remember from your nutritionist’s visit.** Remind them of the following points:
 - Screen time means time watching TV and videotapes and playing video and computer games.
 - Screen time reduces the time they could be playing and doing other fun activities.
 - Being active every day is healthy.
2. Hi! Today we are going to the aquarium. Put your shoes on and start **walking!** I’m so excited, I can’t wait! Let’s **jog** so we get there faster! Keep your arms close to your body and your feet in place. Come on, faster.
3. We’re here! Oh my, look at all the sea creatures!! Look, there are penguins! See them waddle. We can **waddle** too!
4. Look at all the different creatures in that tank! The crabs are doing the crab walk. We can do the **crab walk** too! Let’s do it now.
5. OOH, there’s an eel slithering around. Put your hands together and we will **slither** like the eel.
6. I see so many different kinds of fish swimming. We can swim too! Let’s do the **front crawl**. Now we can do the **back stroke**.
7. Look! There’s a ray. It looks like a giant underwater bird flying. We can fly too. **Flap your arms** like a bird.
8. Oh my gosh! There’s a whale jumping out of that big tank! Let’s try **jumping** too! That whale got us wet! Let’s take our towel and dry off. We need to **twist our bodies** so the towel will dry our backs.
9. Well, it’s time to walk back from the aquarium. I had fun, did you?
10. Encourage the children to have a cup of water. “Water is great to drink when thirsty.”

Options

- Have pictures of the different creatures as props.
- Have the children go to the zoo instead of the aquarium. Have them wave their elephant trunks, reach to pet the giraffe, jump like a kangaroo, thump their chests like a gorilla, slither like a snake.

Extension Activity

Have the children draw a picture of their favorite sea creature or animal.

Dear Parent,

Your child is learning the importance of choosing healthy activities and reducing screen time. Screen time means time watching TV and other visual recording and playing video and computer games. Screen time reduces the time that they could be playing and doing other fun activities.

Home Activity: Read a book to your children or tell your children a story, and have them act it out.



Tips

-  They learn from watching you. Watch less TV and your children will too.
 -  Make meals and memories together. It's a lesson your children will use for life.
 -  Make play time a family time. Walk, run, and play with your child.
-
-

Have Fun with Your Child!

-  Play outside with your child every day.
-  Cook together. Eat together. Talk together. Make mealtime a family time.
-  Enjoy music. Sing and dance together.
-  Read or tell your child a story that they can act out.



Today instead of screen time, my child and I _____.

Cooking with Children

Cinnamon French Toast

Mini Pizza

Parent Pages

Cinnamon French Toast

Yield: 8 slices

Serves: 4 adults

Ingredients

seasonal fresh fruit

4 eggs

1/3 cup low-fat (1% or less) milk

1/2 teaspoon cinnamon

1 teaspoon vanilla extract (optional)

8 slices whole-grain bread

vegetable cooking spray.

Steps

1. **Wash fresh fruit** and slice as a topping for the French toast.
2. Preheat griddle on medium-low heat.
3. Break eggs into mixing bowl.
4. **Add milk, cinnamon (and vanilla, if desired) to mixing bowl with eggs; mix well with fork.**
5. **Dunk bread into egg/milk mixture;** make sure all of the bread is covered.
6. Spray the griddle with cooking spray.
7. Place bread on the griddle and cook for 3 to 4 minutes or until lightly browned. Then flip the French toast over and cook on the other side for 3 to 4 minutes or until lightly browned.
8. Place French toast on plate and **top with prepared fresh fruit if desired.**
9. **Enjoy!**

Have your child help you do the bold steps.

Adapted from [Tickle Your Appetite](#).

Mini Pizza

Yield: 6 mini pizzas

Serves: 3 adults

Ingredients

- 1/4 chopped green pepper (2 tablespoons)
- 1/8 chopped medium onion (2 tablespoons)
- 4 ounces low-fat mozzarella cheese
- 3 whole-wheat English muffins
- 3/4 cup tomato sauce.

Steps

1. Preheat oven to 400 degrees.
2. **Wash the green pepper.** Remove stem and seeds, and chop into small pieces.
3. Place onion on the cutting board, and carefully cut off the ends. Cut the onion in half. **Remove the skin and discard with the ends.** Chop the onion into small pieces.
4. Shred cheese onto wax paper, and set aside.
5. **Place muffin halves on baking sheet.**
6. **Spoon 2 tablespoons tomato sauce on each muffin half.**
7. **Top with chopped peppers and onions as desired.**
8. **Sprinkle each pizza with approximately 3 tablespoons shredded cheese.**
9. Place baking sheet in the oven, and bake for 15 minutes.
10. Remove from the oven and **enjoy!**

Have your child help you do the bold steps.

PARENT PAGES

Cooking with Children



Tips for Safe Cooking with Children

1. Keep your child safe by watching them carefully.
2. Make sure your child washes their hands before helping.
3. Food safety:
 - o Keep raw and cooked foods apart.
 - o Keep cold food cold in the refrigerator.
 - o Cook food until done, and keep hot food hot.
4. Let your child help you clean up.
5. Praise and thank your child for helping.

Today at child care parents and children did a cooking project together. Cook together. Make meals and memories together. It's a lesson they'll use for life. Your child will have fun helping you in the kitchen and will want to taste the foods that you cook together! Let your child help you prepare the recipe below.

Chicken Tenders

Yield: 5 cups

Serves: 8 adults

Ingredients

- 1/2 medium chopped onion (1/2 cup)
- 1 small chopped red pepper (1/2 cup) (optional)
- 1 1/2 pounds boneless, skinless chicken
- 1/2 cup seasoned bread crumbs
- 2 teaspoons vegetable oil
- 10 3/4-ounce can low-fat cream of chicken soup
- 1 cup low-fat (1% or less) milk
- 1 cup frozen or canned peas.

Steps

1. Cut ends off onion half. Peel onion and **throw away ends and skin**. Chop onions into small pieces.
2. **Wash red pepper**. Cut pepper open, and remove stem and seeds. **Throw away stem and seeds**. Chop pepper into small pieces.
3. Rinse chicken under running water. Then slice chicken into 1/2-inch strips.
4. **Add bread crumbs to a plastic bag**. Add chicken strips to the bag, and **shake to coat chicken with the crumbs**.
5. Heat oil in a large frying pan on medium heat. Add chopped onion and pepper and cook for 2 minutes.
6. Add chicken to the frying pan. Cook for 3 to 5 minutes to brown chicken.
7. Add cream of chicken soup and low-fat milk to the frying pan, and stir well.
8. Add peas to the frying pan. Cover and cook on low heat for 10 minutes to finish cooking the chicken.
9. Serve over cooked rice or noodles. **Enjoy!**

Have your child help you do the bold steps.

Let's Cook Together!



2 Years		3 Years All that a 2-year-old can do plus:		4-5 Years All that a 3-year-old can do plus:	
Rinse and scrub vegetables or fruits	<input type="checkbox"/>	Add ingredients	<input type="checkbox"/>	Crack eggs	<input type="checkbox"/>
Tear lettuce or greens	<input type="checkbox"/>	Name and count foods	<input type="checkbox"/>	Peel hard cooked eggs	<input type="checkbox"/>
Snap green beans	<input type="checkbox"/>	Stir	<input type="checkbox"/>	Peel and mash bananas	<input type="checkbox"/>
Break cauliflower	<input type="checkbox"/>	Spread peanut butter and other soft spreads	<input type="checkbox"/>	Cut soft fruit with a plastic knife (Only adults should use sharp knives)	<input type="checkbox"/>
Make "faces" out of pieces of fruits and vegetables	<input type="checkbox"/>	Pour liquids (not hot)	<input type="checkbox"/>	Measure liquids with help	<input type="checkbox"/>
		Knead and shape dough	<input type="checkbox"/>	Help measure dry ingredients	<input type="checkbox"/>
		Add toppings to a pizza	<input type="checkbox"/>	Set the table	<input type="checkbox"/>

As preschoolers grow, they are able to help out with different tasks in the kitchen. While the following suggestions are typical, children may develop these skills at different ages.

Directions: Put a check (✓) in the box beside each task that your child already does. And use the additional ideas to encourage your child to try a new task.

Smart Snacking

This is a Healthy Snack That I Want to Eat!

Parent Pages

Chick Pea Dip

Banana Oatmeal Muffins

Staff Pages



This is a Healthy Snack that
_____ Wants to Eat!



PARENT PAGES

Smart Snacking



Hearty Snack Ideas

1. 1/4 cup vanilla low-fat yogurt with 1/4 cup apple slices
2. 10 thin wheat crackers with peanut butter
3. 1/2 cup toasted oat cereal with 1/2 cup low-fat (1% or less) milk
4. 1/2 tuna or egg salad sandwich and 1/2 cup water
5. 1/2 toasted English muffin with peanut butter
6. 1/4 cup crunchy snack mix (recipe on this page) with 1/2 cup low-fat (1% or less) milk
7. 1/4 cup low-fat cottage cheese with 1/4 cup fruit cocktail
8. 1/2 whole-wheat tortilla with 1/4 cup bean spread

Today at child care your child learned why it is important to eat healthy snacks. Small children need snacks because they get hungry between meals. Healthy snacks will help them grow strong. They learn from watching you. Eat healthy snacks and your child will too. Save money by making your own snack mix using the easy recipe below.

Snack Mix

Yield: 4 cups

Serves: 8 adults

Ingredients

1 cup toasted oat cereal
1 cup wheat square cereal
1 cup reduced-fat cheese crackers
1 cup fun-shaped mini pretzels.

Steps

1. **Pour cereals, crackers and pretzels into a medium bowl.**
2. **Stir.**
3. **Enjoy!**

Note: You may put this snack into small plastic bags to carry when traveling.

Have your child help you do the bold steps.

Tips and Shopping List

Ways to Save Money When Shopping:

- Look at grocery ads to see what is on sale.
- Plan your meals and snacks around weekly specials.
- Make a shopping list and stick to it!
- Don't shop when you are hungry.
- Buy whole fruit and vegetables, and cut or shred them yourself.
- When fresh cost too much, buy frozen or canned fruit and vegetables.
- Buy frozen juice and mix with water instead of bottled juice.
- Buy store brand rather than name brand items.



-----Use this handy list to jot down what you need to buy-----

Shopping List

Breads, Cereals, and Crackers <hr/> <hr/> <hr/> <hr/> <hr/>	Fruits/Juice <hr/> <hr/> <hr/> <hr/> <hr/>	Vegetables <hr/> <hr/> <hr/> <hr/> <hr/>	Milk, Cheese, Yogurt, and Eggs <hr/> <hr/> <hr/> <hr/> <hr/>
Pasta, Rice, and Noodles <hr/> <hr/> <hr/> <hr/> <hr/>	Canned Beans, Fish, and Peanut Butter <hr/> <hr/> <hr/> <hr/> <hr/>	Chicken, Turkey, and Fish <hr/> <hr/> <hr/> <hr/> <hr/>	Beef and Pork <hr/> <hr/> <hr/> <hr/> <hr/>
Baking Supplies <hr/> <hr/> <hr/> <hr/> <hr/>	Paper Products <hr/> <hr/> <hr/> <hr/> <hr/>	Other <hr/> <hr/> <hr/> <hr/> <hr/>	Other <hr/> <hr/> <hr/> <hr/> <hr/>

Chick Pea Dip

Yield: 1½ cups

Serves: 6 adults

Ingredients

fresh vegetables of choice:

- broccoli
- carrots
- celery
- green beans
- green pepper
- zucchini

1 16-ounce can chick peas
1 tablespoon lemon juice
2 tablespoons low-fat mayonnaise
1/4 teaspoon garlic powder.

Steps

1. **Wash the fresh vegetables.**
2. Cut carrots and celery into 3" sticks.
3. Break broccoli into florets.
4. Arrange vegetables on serving plate.
5. **Drain chick peas in colander over bowl** and save liquid.
6. **Put chick peas, 1/3 cup liquid, lemon juice, mayonnaise and garlic powder into a blender.**
7. Blend until desired consistency is reached, slowly adding more liquid if needed.
8. Put dip into a serving bowl.
9. **Dip vegetables into dip and enjoy!**

Have your child help you do the bold steps.

Banana Oatmeal Muffins

Yield: 10 muffins

Serves: 10 adults

Ingredients

2-3 mashed ripe bananas (1 cup)
2 tablespoons vegetable oil
1 large egg
1/4 cup low-fat milk
1 teaspoon vanilla extract
3/4 cup flour
3/4 cup quick-cooking oats
1/4 cup sugar
1 tablespoon baking powder
1 teaspoon cinnamon
1/4 teaspoon salt
vegetable cooking spray.

Steps

1. Preheat oven to 350 degrees.
2. Spray 10 muffin cups with cooking spray.
3. **Peel bananas and place them in a medium-size bowl.**
4. **Mash bananas with a fork.**
5. Add vegetable oil, egg, low-fat milk and vanilla to the mashed banana and mix well.
6. **Add flour, oats, sugar, baking powder, cinnamon and salt to the banana mixture.**
7. Mix quickly and lightly. Do not beat. The batter will be lumpy.
8. Spoon about 1/4 cup of batter into each muffin cup.
9. Bake for 12 to 15 minutes. Insert a wooden pick in the center of a muffin. If it comes out dry, the muffin is done.
10. Run a butter knife around the outside edge of each muffin to loosen, and lift out.
11. **Enjoy.**

Have your child help you do the bold steps.

Staff Pages

This Week's Topic: **Smart Snacking**
This Week's Lesson: **Butterfly Bagels**

Today in your classroom children learned why it is good to eat healthy snacks. Preschool children need snacks because they get hungry between meals.

- On the back of this page is your lesson plan for this week's lesson "Butterfly Bagels." Use this lesson to reinforce the concepts from the Eat Well Play Hard in Child Care Settings (EWPHCCS) lesson provided to your class this week.
- Attached is a parent letter that explains what the children learned from this lesson and includes a fun activity to complete at home. Please make copies and send home following your lesson.

5 Smart Snacking Ideas for Your Classroom



1. **Healthy snacks** help children's bodies grow strong and give them energy to play.
2. Snacks are important for children because they have **small stomachs** and cannot eat enough at 3 meals/day to meet their nutritional needs.
3. Snacks should **complement meals**, not replace them.
4. Snacks should be offered to **satisfy hunger**. Do not offer a snack to calm a child or reward behavior.
5. **Model healthy snacking** by eating with the children. You can read about new foods, have a discussion, and help children learn new skills—all while enjoying a snack together.



For more EWPHCCS lessons go to: http://www.nyhealth.gov/prevention/nutrition/cacfp/ewphccs_curriculum/index.htm

This Week's Lesson: Butterfly Bagels

Goals & Objectives: To increase the knowledge and awareness of the importance of eating nutritious snacks.

Prep Time: 10 minutes

Activity Time: 20 minutes

Supplies You Will Need

- Whole-wheat mini bagels, one half per child
- Low-fat whipped cream cheese, 1 small container
- 2 carrots, scrubbed and grated
- 1 can black beans, drained, and rinsed
- 10-12 grape or cherry tomatoes cut in half
- 1 green pepper, cut into thin slices
- Serving bowls, small tongs, small plates, napkins, and small cups
- Pitcher of chilled water

Preparation for Activity

1. Read through the entire lesson.
2. Cut the bagels in half. Placing the bagels on an individual small plate, put the halves curved end to curved end to form the body of the butterfly.
3. Spread a thin layer of the low-fat cream cheese on the top of flat side of the bagel halves.
4. Put the grated carrots drained black beans, tomato halves and green pepper slices in small bowls with appropriate serving spoons or tongs.

Activity

1. **Ask the children to wash their hands.** 
2. **Ask the children what they remember from the nutritionist's visit.** Remind them of the following points:
 - Healthy snacks help your body grow strong.
 - Healthy snacks give you energy to play.
 - Healthy snacks taste great.
3. **Tell them they are going to make a healthy snack, a bagel butterfly.**
4. **Show the children how to create their butterfly** using 2 pieces of green pepper slices for antennae, black beans for eyes, and cherry tomato halves and shredded carrots for decorations.
5. **Provide each child with a napkin and small plate** containing a butterfly bagel to decorate. Have the children enjoy their bagel butterfly with a glass of chilled water.
6. **Pass the serving bowls of beans and vegetables and serving spoons or tongs.** Allow children to serve themselves and then decorate their butterfly.

Options

For a CACFP creditable snack, prepare enough beans and vegetables for each child to have ½ cup portion. This in combination with the bagel will meet the CACFP Healthy Child Meal Pattern. Water must be served with snacks if no beverage is provided.

Extension Activity

Have the children build their own healthy snack by making a fruit and cheese kabob on a coffee stirrer. Use melon cubes, or banana slices with cheese cubes.

Dear Parent,

Your child is learning that healthy snacks can help their bodies grow strong and will give them energy to play.

Home Activity: Prepare a healthy snack with your children. Offer fresh fruits with a yogurt dip. Let your children help choose the fruits you will serve.



Tips

-  Snack time is a good time to introduce new foods.
 -  Let your child help make the snack.
 -  Offer a new food along with a familiar food.
 -  Sometimes new foods take time. Give your child a taste at first and be patient with them.
 -  Offer your child water with their snack.
-

They learn from watching you—eat healthy snacks and your child will too.

- 😊 Offer healthy snacks to help your child grow strong.
- 😊 Offer snacks between meals at regular times each day when your child is hungry.
- 😊 Do not offer snacks to calm a child or reward behavior.



Directions: Make the fruits and vegetables you serve your child kid-friendly by giving them neat names like orange smiles, cucumber or banana wheels, carrot coins, or broccoli trees.

Today I served my child _____.

Fitness is Fun

Parent Pages

Steps Add Up!

Staff Pages

PARENT PAGES

Fitness Is Fun



Play Actively Every Day!

1. Lead by example. Be active yourself.
2. Make play time a family time. Walk, run, and play with your child.
3. Indoor activities you can do with your preschooler:
 - Have a parade and march through the house.
 - Go on a treasure hunt.
 - Play “Hide-and-Seek.”
 - Turn on some lively music and dance.
4. Outdoor activities you can do with your preschooler:
 - Go on family walks.
 - Play games in the yard or park.
 - Walk to a playground and play.
5. Help your child get enough sleep. Children need sleep to learn, grow and play.
6. For more ideas go to:
<http://www.choosemyplate.gov>

Today at child care your child learned why being active is important to good health. Moving and being active helps your child stay healthy and grow strong. Children love to move! Children also sleep better when they have been active. Drink water instead of sugary drinks when you are thirsty after being active.

Strawberry Yogurt Popsicles

Yield: 12 popsicles

Serves: 12 adults

Ingredients

2 cups low-fat vanilla yogurt
2 cups chopped fresh or frozen strawberries.

Steps

1. **Get out the following supplies: 12 3-ounce paper cups, 12 wooden sticks, and a roll of tin foil.**
2. **Combine yogurt and strawberries. Mix well.**
3. **Fill cups with mixture.** Cover cups with plastic wrap or tin foil.
4. **Insert a wooden stick through the plastic wrap or tin foil.**
5. Freeze popsicles.
6. Gently tear away paper cup from frozen yogurt popsicle before eating.
7. Supervise children while eating the popsicles, and throw away the sticks after eating.
8. **Enjoy!**

Have your child help you do the bold steps.

Adapted from [Tickle Your Appetite](#).



Fitness is Fun



Children love to climb, crawl, run, jump, swing, tumble, twist, stretch, and peddle. Try these tips to help your child enjoy active play time:

- ➔ **Take it outside.** Bring your child outside every day to play. Children are more active when they play outside.
- ➔ **Play lively music.** Children and grown-ups find it hard to resist dancing when lively music is playing.
- ➔ **Have things on hand for your child to play with.** Toys that encourage your child don't have to cost any money. How many of these "toys" do you have around your house?
 - Plastic coffee can lids (Frisbee™)
 - Crunched newspaper balls (to toss and kick)
 - Rolled up socks and a laundry basket (for tossing games)
 - Bandanas or dish towel (dance streamers)
 - Toilet paper or paper towel tubes (bowling pins)

Activity Scoreboard

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Outdoors Play							
Indoors Play							

Directions: Draw a smiley face 😊 in each box for every day your child enjoyed active free time outdoors and indoors.

Adapted from Eat Well Play Hard with Day Care Homes Curriculum.

Steps Add Up!



Month: _____

Directions: Look at your pedometer at the end of each day. Record how many steps you took in the box for that day. Did you increase your daily steps this month?

SUN	MON	TUE	WED	THU	FRI	SAT
			<p><u>Remember:</u> 10,000 steps per day is an excellent long-term goal, but even small increases are good for you.</p>			

Staff Pages

This Week's Topic: **Fitness is Fun**
This Week's Lesson: **What's the Weather**

Today in your classroom children learned why being active is important to good health. Moving helps children's bones and muscles grow and be strong, helps children feel fit, and helps them sleep better. Children should receive at least two hours of physical activity daily.

- On the back of this page is your lesson plan for this week's lesson "What's the Weather." Use this lesson to reinforce the concepts from the Eat Well Play Hard in Child Care Settings (EWPHCCS) lesson provided to your class this week
- Attached is a letter to families about what the children learned from this lesson and includes a fun activity to complete at home. Please make copies and send home following your lesson.

5 Fitness Ideas for Your Classroom



1. **Follow a daily schedule** that allows children to spend plenty of time each day in both structured and unstructured physical activity.
2. **Involve all the children.** Play games in which everyone is actively involved.
3. **Participate in physical activities with the children.** Not only can adults model movement skills, the exercise has many benefits for adults too!
4. **Use rhymes, chants, songs, and marches** to help children learn rhythm during movement.
5. **Encourage children to drink water** after any physical activity, explaining that water is great to drink when thirsty.



Image Courtesy of USDA &
Maryland State Dept. of Education

For more EWPHCCS lessons go to: http://www.nyhealth.gov/prevention/nutrition/cacfp/ewphccs_curriculum/index.htm

This Week's Lesson: What's the Weather

Goals & Objectives: Children will improve their balance and move creatively.

Prep Time: 10 minutes

Activity Time: 15 minutes

Supplies You Will Need

Masking tape

Preparation for Activity

- Clear a play area for the children, moving hard furniture and objects out of the way.
- Set up a 2 feet by 2 feet space for each child using tape
- Refrigerate a pitcher of water. Set out a cup for each child.

Activity

- 1. Ask the children what they remember from the nutritionist's visit.** Remind them of the following points:
 - Daily physical activity can make children feel good, give them more energy and keep them healthy.
 - There are many different ways to get physical activity such as dancing, running, jumping.
 - Physical activity is NOT watching TV, sitting, playing video or computer games.
 - Exercise can be measured by whether you are breathing hard and are you sweating.
- 2. Tell the children that each one of them is in a weather station.** Their job is to stay inside their station and pretend to be the weather. "You can pretend to be the weather any way you want, but stay inside your station!"
- 3. Show children different movements** to get them started.
- 4. Call out different kinds of weather** that the children are to become, such as:
 - Rain falling down
 - Thunder pounding
 - Tornado spinning
 - Snow quietly falling on the ground
 - Wind blowing gently in the trees
 - Lightening flashing
 - Rain pounding on a roof
 - Sun coming out and shining
 - Ice-covered trees bending from the weight
 - Leaves rustling in the breeze
- 5. Always end with the sun coming out!**
- 6. Encourage the children to have a cup of water.** "Water is great to drink when thirsty!"



Activity adopted from the [Eat Well Play Hard with Day Care Homes Curriculum](#)

Options

- Ask children to make sounds for the different types of weather.
- Show the children the movements of different animals such as a hopping frog, walking dog, jumping kangaroo, flying bird. Call out the different types of animals for them to imitate.

Extension Activity

Give the children streamers, colorful scarves, or long strips of crepe paper to wave as they pretend to be the weather.

Dear Parent,

Your child is learning why being active is important to good health. Moving helps children's bones and muscles grow and be strong. Moving more and sitting less helps children and adults feel fit. Children also sleep better when they have been active.

Home Activity: Dance to some peppy music with your child. Give your child colorful streamers, scarves or strips of crepe paper to wave while they dance



Tips



- Children need 2 hours of active play every day.
 - After being active, children may be hot, sweating, breathing hard, and tired.
 - Offer your child water to drink after active play.
 - Lead by example. Be active yourself.
 - Take a walk with your child every day. Have them tell you about what they see.
-

Play Actively Every Day

-  Your children learn from watching you.
-  Being active is good for everyone.
-  Make play time a family time.
-  Have fun playing and making memories together.



Directions: Write the name of the fun physical activity you and your child did together.

Today my child and I _____.

Awesome Appetites

Parent Pages

Helping Your “Choosy” Eater

*Insisting Children Eat Creates Bad
Memories that Last a Lifetime!*

Enjoying the Family Meal

Staff Pages

PARENT PAGES

Awesome Appetites



Ways to Encourage Good Eating Habits

1. Cook together. Children love helping in the kitchen.
2. Offer your child healthy foods for meals and snacks.
3. They take their lead from you. Eat healthy foods and your child will too.
4. Let your child decide what to eat and how much.
5. Patience works better than pressure.
6. Children are more likely to enjoy a food when eating it is their own choice.
7. Make meal times happy times.

Today at child care your child learned that it is important to listen to their body and eat when hungry and stop eating when full. Let them learn by serving themselves. Teach them to take small amounts at first. Tell them they can get more if they're still hungry. Eat together. Talk together. Make mealtimes a family time.

Cheese Stuffed Potatoes

Yield: 8 potato halves

Serves: 8 adults

Ingredients

4 baking potatoes
1 cup low-fat cottage cheese
2 tablespoons low-fat (1% or less) milk
2 tablespoons minced onion (optional)
4 ounces shredded low-fat cheddar cheese
1/4 teaspoon paprika.

Steps

1. **Scrub potatoes** and remove any blemishes.
2. *Bake potatoes in oven preheated to 400 degrees until tender (about 30 to 40 minutes).
3. Slice each potato in half, lengthwise. Scoop out the pulp with a spoon, leaving 1/4-inch thick shells.
4. **Blend cheese, milk, and onion with spoon.** Add potato pulp and mix until light and fluffy.
5. **Fill potato halves with mixture. Sprinkle with shredded cheese and paprika.**
6. Return to oven to reheat for 10 minutes.
7. **Enjoy!**

*Microwave Method: Pierce potatoes with a fork and place in microwave. Cover potatoes with waxed paper and heat on high until tender, about 5 to 10 minutes.

Have your child help you do the bold steps.

Adapted from [Recipes and Tips for Healthy, Thrifty Meals](#).

How Many Times Has Your Child Asked

“Can I Help?”

Children love helping in the kitchen. Helping makes your child feel needed. Your child can help in many ways, and they will learn skills that they’ll use for life. Make meals and memories together.

Ways Your Child Can Help in the Kitchen

1. **Help** set the table.
2. **Wash** fruit and vegetables.
3. **Tear** lettuce and mix salad.
4. **Snap** green beans.
5. **Shake** a bottle of salad dressing.
6. **Spread** soft margarine on bread.
7. **Stir** batter with a spoon.
8. **Cut** soft fruit with a butter knife.
9. **Peel** hard cooked eggs.
10. **Wrap** potatoes in foil for baking.
11. **Put** bread or rolls in a basket.
12. **Bring** items to the table.
13. **Pour** water from a small pitcher.
14. **Bring** their dishes to the sink after eating.
15. **Place** items in the trash.



Make mealtime a family time.

You may not be able to eat together every day. Try to have family meals at least four times a week.

See what works, and plan from there.

Adapted from [Nibbles for Health](#).

Helping Your “Choosy” Eater

What would you do?

1. Sara-Mei won’t eat anything green. She refuses a whole meal if one green pea appears on her plate.
2. Santiago is interested in everything at the table **except** eating.
3. Dillion gets upset when one food on his plate touches another.
4. Mariffa won’t eat anything but an orange or a banana. Two days ago she would only eat peanut butter sandwiches. These are called “food jags.”



Three Key Points



- 1. “Choosy” eating is a child-size step toward growing up and showing independence.**

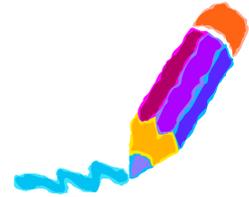
This behavior which probably seems quite challenging at times is an early step toward making food choices. A child’s “no” doesn’t always mean no. What may seem “choosy” may just be your child’s awkward first steps in learning to make decisions.

- 2. What may appear to be “choosy” eating may actually be a reflection of your child’s smaller appetite.**

Preschool-age children grow and develop at a slower rate than they did as infants and toddlers. Your child is probably eating enough if he or she is full of energy and is growing and seems healthy. If left alone, most children become hearty eaters again when their body’s growth pattern requires more food for energy.

- 3. The best advice for you is to relax and be patient!**

Learn how to handle eating challenges and avoid conflict. Then, your child won’t learn to use food as a way to exert control.



Twelve Ways to Help Your “Choosy” Eater

- 1. Help your child feel ready to eat.**
Tell your child ahead of time that it will soon be time to eat. Then, provide some quiet activities (drawing, playing with blocks, looking at a book, talking about the meal or listening to quiet music) that will help him or her slow down and get ready to eat.
- 2. Get your child interested and involved.**
Invite your child to help with simple food preparation tasks, setting the table, and bringing food to the table.
- 3. Make eating a pleasure.**
Select and arrange food on plates in ways that make meals interesting and attractive. Include a variety of colors, flavors, textures and shapes.
- 4. Serve food plain, and respect the “no foods touching” rule if that’s important to your child.**
- 5. Avoid being a short-order cook.**
Offer the same food to the whole family. Plan at least one food everyone will eat at each meal.
- 6. Provide just two or three choices, not several.**
Then, let your child decide what and how much to eat.
- 7. Treat food jags casually. These do not usually last long.**
- 8. Be sensitive to your child’s needs.**
Let your child choose his or her portions.
- 9. Foster positive feelings.**
Do not force a child to eat everything on the plate because this encourages overeating. Never use food to reward or punish.
- 10. Allow enough time for your child to eat without feeling rushed.**
Set reasonable time limits for the start and end of a meal. What’s reasonable depends on each child.
- 11. Stay positive, and set a good example.**
Avoid criticizing or calling any child a “picky eater.” Children believe what you say and will model their behavior after what they see you do.
- 12. Consider what your child eats over several days not just at one meal.**
Most children eat more food variety than a parent thinks.

Adapted from [Nibbles for Health](#) and [Building Blocks for Fun and Healthy Meals](#).

Insisting Children Eat Creates Bad Memories that Last a Lifetime!



Adapted from [Happy Mealtimes for Healthy Kids](#).

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Enjoying the Family Meal

Enjoying the Family Meal



Family meals are important. You create close bonds and lifelong memories around the family table. Family meals can teach your child about healthful eating. You just need to be a good role model. When you try new foods your child may want to try them.

How to Make Family Meals Pleasant

- **Set a regular family mealtime.**

Regular mealtimes give your child a better chance to eat a variety of foods to get the right amount to grow, stay healthy, and keep a healthy weight.

- **Make it simple, make it quick!**

Spend less time in the kitchen and more time at the family table. Simple meals, even cold sandwiches, taste as good as meals that take more work. You can make any meal special if you all feel relaxed and if mealtime is filled with caring and laughter. Simplify to take care of you too!

- **Show that family meals are important.**

During mealtime, turn off the TV. Mealtime is a time to share companionship, good food and conversations. Let the answering machine take your phone calls, too. Have family make calls before or after the meal hour. Show the same respect for other families when you make phone calls.

- **Eat around a table.**

It's easier to talk and listen to your family when you face each other. Eating side by side at a kitchen counter takes away eye contact.

- **Enjoy meal talk.**

Make easy conversations – no nagging or complaining. Talk so everyone can be a “star” at mealtime. Adults should not take over. Your child will listen and learn by feeling included.

- **Be realistic about mealtime.**

Try to sit down together. Keep meals from lasting too long. If children get fussy, your family meal won't be fun. Wait until everyone is done to be excused.

NOTE: Does it seem impossible to fit family meals into your hectic schedule? Go step by step. Try to enjoy at least one family meal together each week. See what works, and plan from there.

Adapted from [Nibbles for Health](#).

Staff Pages

This Week's Topic: **Awesome Appetites**
This Week's Lesson: **Listen to Your Body**

Today in your classroom children learned that it is important to listen to their body and eat when hungry and stop eating when full. Preschool children's appetites may be smaller because they are growing at a slower rate than infants and toddlers. Most children do best with 4 to 6 small meals a day.

- On the back of this page is your lesson plan for this week's lesson "Listen to Your Body." Use this lesson to reinforce the concepts from the Eat Well Play Hard in Child Care Settings (EWPHCCS) lesson provided to your class this week.
- Attached is a parent letter that explains what the children learned from this lesson and includes a fun activity to complete at home. Please make copies and send home following your lesson.

5 Ways to Have Awesome Appetites in Your Classroom



1. **Provide meals and snacks as part of a daily routine.**
2. **Eat together.** Sit with and enjoy the same foods as the children.
3. **Let children learn by serving themselves** whenever possible.
4. When serving foods that are served in units (such as sandwiches) **provide age appropriate portions** and let children decide how much to eat.
5. **Encourage children to try new foods** but let them know it's okay if they don't want to.



For more EWPHCCS lessons go to: http://www.nyhealth.gov/prevention/nutrition/cacfp/ewphccs_curriculum/index.htm

This Week's Lesson: Listen to Your Body

Goals & Objectives: To teach children that it is important to listen to their bodies and eat when they feel hungry and stop eating when they feel full. To assist children in identifying the appropriate portion sizes.

Prep Time: 0 Minutes

Activity Time: 30 Minutes

Supplies You Will Need

Food for a CACFP credible snack or meal. No additional supplies are needed for this activity.

Preparation for Activity

- Read through entire lesson.
- Plan this activity just before a meal or snack. Clean and sanitize the tables where children will eat.

Activity

- 1. Ask the children what they remember from the nutritionist's visit.** Remind them of the following points:
 - How much you want to eat changes depending on how fast your body is growing and how active you are.
 - Listen to your body. Feeling hungry is your body's way of saying it is time to eat. Stop eating when you feel full.
 - Fruits, vegetables and dairy foods are good for your body. These foods help you give you energy and help you grow strong and healthy.
- 2. Tell children they are going to practice listening to their bodies.** Ask children to stand in a circle and call out random fitness activities such as jumping jacks, jumping or running in place. After 1 minute, ask children how they feel. Discuss with the children that they may notice they are breathing harder, feeling warmer, and that their heart may be beating faster. Explain that this is how exercise makes us feel. Sometimes they may feel tired and that's when it's good to get some rest. Sometimes they may feel like they need to move and that's when they can go play a game.
- 3. Explain that they may also feel hungry or thirsty.** That means it's time to eat and have a drink.
- 4. Ask the children to wash their hands.** 
- 5. Enjoy the meal or snack together.**
- 6. Let children serve themselves.** Teach them to take small amounts at first. Tell them they can get more if they are still hungry.
- 7. Talk to the children** during the meal or snack about the colors, tastes, shapes, textures of the foods served.
- 8. Help the children know when they've had enough** by using phrases such as "Is your stomach telling you that you're full?" "Is your stomach still making its hungry growling noise?" "Has your tummy had enough?" Avoid praising a clean plate. Children should stop when they are full, rather than when the plate is clean.

Adapted from "What You Say Really Matters" in Feeding Young Children in Group Settings, Dr. Janice Fletcher and Dr. Laurel Branen, University of Idaho

Extension Activity

Go to <http://www.choosemyplate.gov/preschoolers/HealthyHabits/phrasesthathelp.pdf> and print the handout "Phrases the HELP not HINDER." Practice using phrases that help during mealtimes and snack times.

Dear Parent,

Today your child learned that it is important to listen to their body and eat when hungry and stop eating when full.

Home Activity: Let your child serve themselves at dinner.



Tips



- Children learn by serving themselves. Teach them to take small amounts at first. Tell them they can get more if they are still hungry
 - Preschoolers can practice serving from small bowls that you hold for them.
 - Patience works better than pressure. Offer your child a variety of foods. Then let them choose how much to eat.
 - Reward your child with attention and kind words, not food. Show your love with hugs and kisses. Console with hugs and talks.
-

Cook together. Eat together. Talk together. Make meal time a family time!



- 😊 Children love helping in the kitchen. Help your child learn to follow instructions, count and more!
- 😊 Have your child help you get ready to eat; for example, your child can help set the table.
- 😊 Talk to your child during meals. Ask questions like:
 - What made you really happy today?
 - What did you eat at lunch today?
 - What's your favorite vegetable?
 - Tell me one thing you learned today.

Family Meal Days

Sun	Mon	Tue	Wed	Thu	Fri	Sat

Directions: You may not be able to eat together every day. Try to have family meals at least four times a week. Write it on your calendar.

Growing Goodness

Quick and Tasty Veggie Soup

Fruits and Veggies Color Wheel

Parent Pages

Roasted Herb Potatoes

Hot Pot Cabbage and Meatballs

Broccoli Stir-Fry

Broccoli and Black Bean Quesadilla

Mediterranean Squash Stew

Baked Squash

Staff Pages

Quick and Tasty Veggie Soup

Yield: 8 cups

Serves: 8 adults

Ingredients

7 cups low-sodium chicken broth
1 14-ounce can diced tomatoes
1 teaspoon dried basil
1/2 teaspoon onion powder
3/4 cup dry macaroni
3 cups frozen mixed vegetables
1/2 teaspoon salt
1/8 teaspoon pepper.

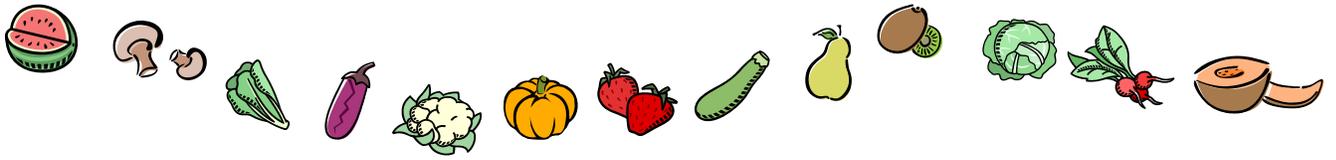
Steps

1. **Combine chicken broth, diced tomatoes, basil, onion powder, salt and pepper in a large pan.**
2. Bring to a simmer and add macaroni and frozen vegetables.
3. Cook for 8 minutes and then remove from heat.
4. Let soup sit for 5 minutes and then serve.
5. **Enjoy!**

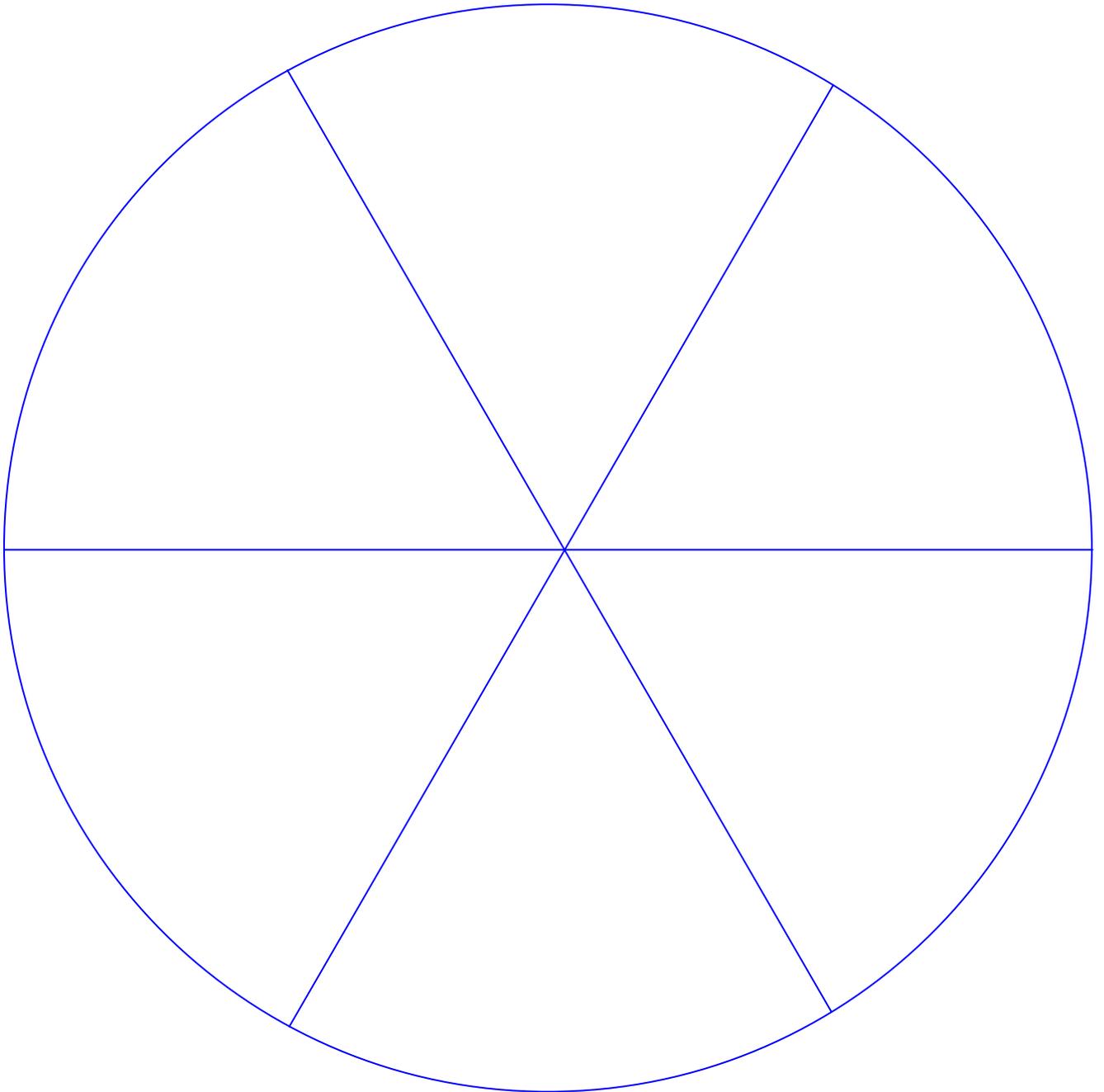
Have your child help you do the bold steps.

This adapted recipe appears courtesy of Produce for Better Health Foundation and can be found at www.fruitsandveggiesmorematters.org.

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Fruits and Veggies Color Wheel



PARENT PAGES

Growing Goodness



Ways to Learn about Fruits & Vegetables

1. Children learn about fruit and vegetables they help grow and harvest.
2. Grow your own vegetables in a garden or in pots.
3. Work together. Join a neighborhood garden.
4. Visit an apple orchard or a pumpkin patch. Let them pick their own.
5. Offer colorful fruit and vegetables to your child. Talk about the colors, shapes, taste and feel.
6. Make half your plate fruits and vegetables.

Today at child care your child learned about how fruits and vegetables grow. Your child also learned that eating fruits and vegetables helps their bodies grow. Help your child learn about fruits and vegetables. Visit a Farmer's Market or produce section of the store. Let your child be a "produce picker." Help them pick fruits and vegetables at the store.

Baked Zucchini Squash

Yield: 4 cups

Serves: 4 adults

Ingredients

2 medium zucchini squash
1/2 cup low-fat sour cream
1/4 teaspoon salt
1/8 teaspoon pepper
1/8 teaspoon garlic powder
3 tablespoons grated Parmesan cheese
1/4 cup dried bread crumbs.



Steps

1. Preheat oven to 375 degrees.
2. **Wash the squash and drain in a colander.**
3. **Place each squash on the cutting board.** Cut off the ends and **discard.**
4. Slice each squash into 1/2-inch circles. **Place cut squash in a 1-quart mixing bowl.**
5. **Add sour cream, salt, pepper, and garlic powder to the squash. Mix well.**
6. Pour the squash mixture into a 1-quart casserole dish. **Smooth out to fill the bottom of the dish.**
7. **Sprinkle the Parmesan cheese over the squash evenly. Then top with bread crumbs.**
8. Bake for 30 minutes.
9. **Enjoy!**

Have your child help you do the bold steps.

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Growing a Container Garden

What You Need:

- Empty milk carton
- Cup to water with
- Old spoon to dig with
- Seeds
- Dirt
- Fertilizer

Easy Foods for Children to Grow from Seeds:

- Collard greens
- Green beans
- Lettuce
- Radishes
- Spinach



Steps to Grow a Container Garden:

1. Cut one side off the milk carton.
2. Make a small hole in the bottom of each carton to allow water to drain.
3. Cover this hole with a flat stone to keep the dirt in.
4. Fill the carton with dirt almost to the top.
5. Dig holes for the seeds.
6. Place a seed in each hole, and gently pat the soil over each seed.
7. Water lightly to keep the dirt damp.
8. Place the container in a sunny location.
9. Once they sprout, pull out plants that are too close together. This will give the remaining plants more room to grow.
10. Remove any weeds that grow.
11. Follow the directions on the package to fertilize the dirt.

Adapted from [Nibbles for Health](#).

Roasted Herb Potatoes

Yield: 3 cups

Serves: 4 adults

Ingredients

vegetable cooking spray
1 pound cubed potatoes (3 cups)
2 teaspoons vegetable oil
1/2 teaspoon rosemary
1/2 teaspoon salt.

Steps

1. Preheat oven to 450 degrees. Coat baking sheet with vegetable cooking spray.
2. **Wash potatoes.** Cut into 1/2-inch cubes and **place in large bowl.**
3. **Combine oil, rosemary and salt in a small bowl. Pour this mixture over potatoes, stirring to coat evenly.**
4. **Spread potatoes onto baking sheet.**
5. Bake 25 to 30 minutes or until lightly browned.
6. **Enjoy!**

Have your child help you do the bold steps.

Adapted from [Get Fresh At Your Farmers Market](#) produced by Cornell Cooperative Extension and Division of Nutritional Sciences, NYS Colleges of Human Ecology and Agriculture and Life Sciences, Cornell University; NYS Department of Agriculture and Markets; and NYS Department of Health. Funded by the Food and Nutrition Service, U.S. Department of Agriculture, Grant Number 59-3798-8-501. Reprinted with permission.

Hot Pot Cabbage and Meatballs

Yield: 6 cups

Serves: 6 adults

Ingredients

Meatballs

1/4 medium chopped onion (1/4 cup)
1/2 pound lean ground beef or turkey
1/2 cup dry breadcrumbs
1 egg
1/4 cup low-fat (1% or less) milk
1/2 teaspoon salt
dash of pepper.

Hot Pot Cabbage

1 large chopped cabbage (4 cups) 1 teaspoon dry mustard
2 cloves minced garlic 1/2 teaspoon salt
1/2 medium chopped onion (1/2 cup) 1/2 teaspoon pepper
2 teaspoons vegetable oil 1/4 teaspoon hot sauce (optional).
1/2 cup water
1/2 cup vinegar
1/4 cup sugar
1 15-ounce can diced tomatoes (1 3/4 cups)

Steps for Making Meatballs

1. Preheat oven to 400 degrees.
2. Cut onion in half. Cut ends and **discard. Peel onion.** Chop onion.
3. Place all ingredients in a large bowl (**children may add onion, breadcrumbs, low-fat milk, salt and pepper**).
4. Mix thoroughly.
5. Form 8 to 10 meatballs and place on baking sheet.
6. Bake 20 minutes, until well done.

Steps for Making Hot Pot Cabbage

1. **Wash** and chop cabbage. Mince garlic.
2. Cut onion in half. Cut ends and **discard. Peel onion.** Chop onion.
3. Heat oil in large pot over medium heat. Add garlic and onion, and cook 3 to 5 minutes.
4. Add remaining ingredients, except cabbage. Increase heat and bring mixture to boil.
5. Stir in cabbage and cook 5 minutes.
6. To serve, add cooked meatballs to cabbage mixture.
7. **Enjoy!**

Have your child help you do the bold steps.

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Broccoli Stir-Fry

Yield: 3/4 cup stir-fry over 1/2 cup rice

Serves: 4 adults

Ingredients

1 cup water	2 teaspoons duck sauce
1 bouillon cube	2 teaspoons soy sauce
3 cups chopped broccoli	1/2 teaspoon garlic powder
1 large chopped onion (1 cup)	1 tablespoon vegetable oil
2 teaspoons cornstarch	2 cups cooked rice.
2 teaspoons hot mustard	

Steps

1. Boil water and add bouillon cube. Stir to dissolve and set aside to cool.
2. **Wash** and chop broccoli.
3. Cut onion in half. Cut ends and **discard. Peel onion.** Chop onion.
4. To make sauce: combine 1 tablespoon bouillon water with cornstarch in small cup. Pour cornstarch water back into bouillon water. Stir in hot mustard, duck sauce, soy sauce and garlic powder.
5. Heat oil in frying pan on medium. Add broccoli and onion. Stir-fry 3 to 5 minutes or until broccoli is tender.
6. Add sauce. Stir until mixture boils and thickens.
7. Serve broccoli over rice.
8. **Enjoy!**

Have your child help you do the bold steps.

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Broccoli and Black Bean Quesadilla

Yield: 4 8-inch tortillas

Serves: 8 adults

Ingredients

- 1 cup cooked black beans
- 1/4 cup salsa
- 4 ounces shredded low-fat cheddar cheese (1 cup)
- 1 cup cooked broccoli
- 1 tablespoon vegetable oil
- 4 8-inch tortillas.

Steps

1. In a large mixing bowl, mash beans.
2. Drain salsa and **add to beans.**
3. Shred cheese onto waxed paper and **add to beans.**
4. **Wash** and chop broccoli. **Add chopped broccoli to beans.**
5. Heat oil in frying pan on medium.
6. **Lay tortilla flat on plate.** Fill half of tortilla with 1/4 of bean mixture.
7. **Fold other half of tortilla over mixture.**
8. Placed folded tortilla in pan and cook 3-4 minutes or until lightly browned.
9. Flip and cook second side in the same manner.
10. Remove from pan and cut in half.
11. Repeat with remaining tortillas.
12. **Enjoy!**

Have your child help you do the bold steps.

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Mediterranean Squash Stew

Yield: 8 cups

Serves: 5 adults

Ingredients

1/2 cubed butternut squash (3 cups)	1 teaspoon mustard
2 cups chopped spinach	1 teaspoon oregano
1/2 medium chopped onion (1/2 cup)	1 teaspoon salt
2 cloves garlic	2 teaspoons vegetable oil
1-3/4 cups diced tomatoes	2 cups cooked rice.
1 tablespoon lemon juice	
1 tablespoon brown sugar	

Steps

1. **Wash the squash.**
2. Cut the squash in half lengthwise on the cutting board.
3. **Scoop out the seeds and strings.**
4. Peel squash and cut into 1/2-inch cubes.
5. Wash and shop spinach.
6. Cut onion in half. Cut ends and **discard. Peel onion.** Chop half of the onion and mince garlic.
7. To make sauce: **combine** tomatoes, lemon juice, brown sugar, mustard, oregano and salt in medium bowl.
8. Heat oil in frying pan on medium. Add onion and garlic. Saute 3 minutes or until garlic is soft.
9. Stir in squash and sauce. Cover pan, increase heat to medium-high and cook 15 minutes or until squash is tender.
10. Add rice and spinach. Cover and cook another 5 minutes.
11. **Enjoy!**

Have your child help you do the bold steps.

Adapted from *Get Fresh At Your Farmers Market* produced by Cornell Cooperative Extension and Division of Nutritional Sciences, NYS Colleges of Human Ecology and Agriculture and Life Sciences, Cornell University; NYS Department of Agriculture and Markets; and NYS Department of Health. Funded by the Food and Nutrition Service, U.S. Department of Agriculture, Grant Number 59-3798-8-501. Reprinted with permission.

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Baked Squash

Yield: 4 servings

Serves: 4 adults

Ingredients

vegetable cooking spray
1 butternut or acorn squash
pinch of salt
2 tablespoons margarine
2 tablespoons brown sugar
1 teaspoon cinnamon
1/4 teaspoon ginger.

Steps

1. Preheat the oven to 400 degrees.
2. Cover baking sheet with foil and coat foil with vegetable cooking spray.
3. **Wash the squash.**
4. Cut the squash in half lengthwise on the cutting board.
5. **Scoop out the seeds and strings.** Cut in 1/2-inch slices.
6. **Place the squash on the baking sheet.**
7. Sprinkle with salt.
8. Melt margarine. Add brown sugar, cinnamon and ginger.
9. Spread margarine mixture on squash.
10. Bake 20 to 25 minutes or until tender.
11. **Enjoy!**

Have your child help you do the bold steps.

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Staff Pages

This Week's Topic: *Growing Goodness*
This Week's Lesson: *Growing
a Seedling in a Bag*

Today in your classroom children learned how fruits and vegetables grow and that eating fruits and vegetables helps their bodies grow.

- On the back of this page is your lesson plan for this week's lesson "Growing a Seedling in a Bag." Use this lesson to reinforce the concepts from the Eat Well Play Hard in Child Care Settings (EWPHCSS) lesson provided to your class this week.
- Find more garden themed education resources in [Grow It! Try It! Like It! Preschool Fun with Fruits and Vegetables](#) from USDA's Team Nutrition resource library at <http://teamnnutrition.usda.gov/library.html>.
- Attached is a parent letter that explains what the children learned from this lesson and includes a fun activity to complete at home. Please make copies and send home following your lesson.

5 Ways to Grow Goodness in Your Classroom



1. **Take your class on a field trip** to a local community garden or farmer's market. Purchase items for them to try at snack (i.e. sugar snap peas, cherry tomatoes).
2. **Take your class to a "pick your own" farm stand** to pick apples or pumpkins.
3. **Invite a farmer to visit your class** and talk about how fresh fruits and vegetables get from farm to table.
4. Children like to try a vegetable they have helped grow and harvest. **Plan an outdoor garden.** Have the children check the progress of the garden during daily walks. Include produce from the garden in meals and snacks.
5. **Start indoor container gardens.** Children can start the plants for the outdoor garden indoors during the early spring.



For more EWPHCSS lessons go to: http://www.nyhealth.gov/prevention/nutrition/cacfp/ewphccs_curriculum/index.htm

This Week's Lesson: Growing a Seedling in a Bag

Goals & Objectives: To provide children with an opportunity to see a seed grow.

Prep Time: **Day 1 & 2:** 5 minutes for the seed activity **Day 3:** 15 minutes for the food tasting

Activity Time: **Day 1:** 20 minutes **Day 2:** 5 minutes **Day 3:** 30 minutes

Supplies You Will Need

- **Day 1 for Growing a Seedling:** Plastic bag with a zipper style closure, 1-2 sheets of an absorbent paper towel, stapler, masking or strapping tape, dry lima bean or kidney bean seeds (soaked in water overnight)
- **Day 3 for Food Tasting:** Corn tortillas, canned vegetarian refried beans, napkins, serving plate, child-sized tongs, small plates.

Preparation for Activity

- Read through the entire lesson.

Day 1—How to Grow a Seedling in a Bag:

- Soak the lima beans overnight in water to hydrate the beans and speed up the sprouting process.
- Wet the paper towel and place in the plastic bag. Place a row of staples through the bag across the center of the paper towel. (The staples hold the seeds in place, allowing the roots to grow down and sprouts to grow up.)
- Place the soaked beans on top of the row of staples and seal the bag.

Day 3—Prepare Snack: Spread 1 corn tortilla with $\frac{1}{4}$ cup bean spread. Cut tortillas in quarters.

Activity

Day 1

1. **Ask the children what they remember from the nutritionist's visit.** Remind them of the following points:
 - Plants grow from seeds.
 - Farmers plant seeds and grow many of the fruits and vegetables we eat.
 - Eating a variety of colorful fruits and vegetables helps children's bodies grow and be healthy.
2. **Show children the bean seeds you prepared in the plastic bag.** Explain that the water and sunlight are needed for the seeds to begin to grow.
3. **Tape the bag with the seed side facing the room to a sunny southern or western exposure window.**
4. **Have the children check the bean seeds daily.** A sprout should break the seed coat within 3 days.

Day 3: Start with a joke: Ask them what kind of bean won't grow in a garden? The answer is jelly beans!

1. **Remove a few of the bean seeds from the plastic bag.** Use a toothpick to gently break the bean apart into 2 halves. Examine each seed half carefully for a little baby plant. Pass around the seed halves with the baby plants for the children to see.
2. **Ask the children to wash their hands.** 
3. **Explain that the bean spread in their snack is made from beans.**
4. **Provide each child with a napkin, small plate, and spoon.**
5. **Pass around the serving plate with the quartered bean tortillas.** Allow children to serve themselves, using small tongs.
6. **Encourage children to look at, touch, smell, and then taste the food** (if they choose to do so). Ask the children: What does it taste like? Did you like it?

Adapted from Grow It Try It Like It! Preschool Fun with Fruits and Vegetables

Extension Activity

- Allow children to spread bean spread on the tortillas.
- Plant the unsoaked beans in a pot. Have children continue to observe as the seeds grow into plants.

Options

For a CACFP creditable snack, spread 3 tablespoons of refried beans on $\frac{1}{2}$ corn tortilla. Water must be served with snack if no beverage is provided.

Dear Parent,

Your child is learning how vegetables and fruits grow. Make half your plate fruits and vegetables. Vegetables and fruits are full of nutrients and may help to promote good health.

Home Activity: Purchase fresh green beans or peas. Help your child open one and count the seeds. Let your child taste the washed vegetable raw and cooked. Which do they like best?



Tips

- Try to make half your plate fruits and vegetables.
 - Your children learn from watching you. Eat fruits and vegetables and your children will too.
 - Offer only one new food at a time. Children don't always take to new foods right away. Keep trying!
-
-

Try these tips to teach your child about fruits and vegetables:

-  Explore fruits and vegetables with your child. Talk about the many colors, shapes, and feels of the fruit and vegetables.
-  Cook together. Let your child help prepare fruits and vegetables. Give them small jobs to do such as tear lettuce leaves, snap green beans, break cauliflower or broccoli, and mash bananas.
-  Children enjoy eating foods they help grow and harvest. Plant and tend a garden with your child.



Directions: Take your child to a local farmer's market or the produce section of a nearby store. Help them choose a fruit or vegetable they would like to try.

The fruit or vegetable my child chose to try is _____.

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www.americaonthemove.org

Fruits and Veggies More Matters
www.fruitsandveggiesmorematters.org

New York State Dept. of Agriculture and Markets
www.agmkt.state.ny.us/ap/communityfarmersmarkets.asp

TV Turnoff Network
www.tvturnoff.org

U.S. Dept. of Agriculture Food Safety and Inspection Service
www.fsis.usda.gov

U.S. Dept. of Agriculture—MyPyramid
www.mypyramid.gov

U.S. Food and Drug Administration Center for Food Safety and Applied Nutrition
www.cfsan.fda.gov



Additional Resources

Additional
Resources

ADDITIONAL RESOURCES

Informational Web Sites

American Academy of Pediatrics

www.aap.org

American Dietetic Association

www.eatright.org

Child and Adult Care Food Program

www.nyhealth.gov/nutrition

Centers for Disease Control and Prevention

www.cdc.gov

Feeding Young Children in Group Settings

www.ag.uidaho.edu/feeding

Food Allergy and Anaphylaxis Network

www.foodallergy.org

Food Stamp Nutrition Connection

www.nal.usda.gov/foodstamp

Meals Matters

www.mealmatters.org

National Association for the Education of the Young Child

www.naeyc.org

National Food Service Management Institute, The University of Mississippi

www.nfsmi.org

National Gardening Association

www.garden.org

National Institutes of Health

www.nih.gov

Touching Hearts Touching Minds

www.touchingheartstouchingminds.com

United States Department of Agriculture

www.usda.gov/wps/portal/usdahome

United States Department of Health and Human Services

www.hhs.gov

United States Food and Drug Administration

www.fda.gov

WIC Works Resource System

www.nal.usda.gov/wicworks/

