



KidFood

Healthy Eating for Today's Kids

Nutrition Matters

April 2011

Rice Meat Balls

Great recipe - bakes in the oven with no fuss!

- 1 pound lean ground beef
 - 2 cups cooked brown rice
 - 1/4 cup finely chopped onion
 - 1 egg
 - 1/2 teaspoon salt
 - 1/8 teaspoon pepper
 - 1/2 teaspoon garlic powder
 - 2 cans (15 ounces each) tomato sauce
 - 1 cup water
 - 2 teaspoons Worcestershire sauce
1. Mix ground beef, cooked rice, onion, egg, salt, pepper and garlic powder together. Shape the meat mixture into small meatballs.
 2. Place the meatballs in a baking dish.
 3. Mix tomato sauce, water and Worcestershire sauce together and pour over meatballs.
 4. Cover and bake in a 350° oven for 30 minutes.
 5. Remove cover and bake for 30 minutes longer.

Try Something Different...

- Use beef broth instead of water in sauce while baking.
- Add ½ teaspoon chili powder to make spicy meatballs.
- Add 2 tablespoons of fresh cilantro, basil or Italian parsley to the meatballs.
- Add 1 tablespoon dried oregano or Italian herbs to the meatballs.
- Add some finely shredded carrots or finely chopped spinach to the meatballs.



Serve meatballs over:

- noodles
- mashed potatoes
- baked potato

Serve with a vegetable:

- steamed broccoli
- cooked carrot slices
- green beans or green peas

What's a Parent to Do?

Let your child decide how much he will eat.

- ✓ Don't bribe or beg your child to eat.
- ✓ Don't limit how much your child eats.
- ✓ Your child is more likely to be a fussy eater if you force, bribe or beg him to eat.
- ✓ Your child is more likely to overeat if you try to control or limit how much he eats.



Be a Good Role Model

- ♥ Give your child the same healthy foods that you are eating.
- ♥ Sit together with your child at mealtimes.
- ♥ Don't talk about how much or how little you and others are eating.
- ♥ Stop eating when you are full.



What's Your Parenting Style at Mealtimes?

Are you strict and insist that foods are eaten?

Do you often forget to have meals, and grab food when you or your children are hungry?

*It's best not to be too strict or too indifferent about mealtime.
Have expectations about meals and snacks for your family,
but don't force or bribe your children to eat.*

Which mealtime parenting style is best for children?

Your child will eat best when he knows what to expect:

- There are planned meal and snack times at about the same time each day.
 - There are a variety of healthy foods at meals and snacks.
 - Your child decides how much of each food he will eat.
 - Meals and snacks are fun and happy times for your family.
- Talk with the other adults in your household - agree together to have meal and snack times that your family enjoys and looks forward to.



What Can You Do?

- Make Rice Meat Balls with my family.
- Talk with other adults about the best mealtime parenting style for your family.
- Let children decide how much they will eat of each food.
- Other: _____



University of California
Agriculture and Natural Resources



UC
CE

PLACER-NEVADA COOPERATIVE EXTENSION OFFICE
UNIVERSITY OF CALIFORNIA
11477 E AVENUE (*Building 306, DeWitt Center*)
AUBURN, CA 95603

Follow us on  www.twitter.com/nutritionBEST

Become Our Fan on  <http://www.facebook.com/pages/UC-Nutrition-BEST/310437520040>

To simplify information, trade names of products have been used. No endorsement of named or illustrated products is intended, nor is criticism implied of similar products that are not mentioned or illustrated.



ROGER INGRAM, County Director
Michele Fisch, Nutrition BEST Program Representative

Nutrition Matters

KidFood is published 12 times a year.
Copyright 2011

The content of KidFood is not intended to provide medical advice.
This should be obtained from a qualified health professional.

**University of California
Cooperative Extension
11477 E Avenue
Auburn, CA 95603
Phone: 530-889-7350
Fax: 530-889-7397
Email: ceplacer@ucdavis.edu
Website: <http://ceplacer.ucdavis.edu>**

The University of California prohibits discrimination or harassment of any person on the basis of race, color, national origin, religion, sex, gender identity, pregnancy (including childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition (cancer-related or genetic characteristics), ancestry, marital status, age, sexual orientation, citizenship, or service in the uniformed services (as defined by the Uniformed Services Employment and Reemployment Rights Act of 1994: service in the uniformed services includes membership, application for membership, performance of service, application for service, or obligation for service in the uniformed services) in any of its programs or activities.

University policy also prohibits reprisal or retaliation against any person in any of its programs or activities for making a complaint of discrimination or sexual harassment or for using or participating in the investigation or resolution process of any such complaint.

University policy is intended to be consistent with the provisions of applicable State and Federal laws.

Inquiries regarding the University's nondiscrimination policies may be directed to the Affirmative Action/Equal Opportunity Director, University of California, Agriculture and Natural Resources, 1111 Franklin Street, 6th Floor, Oakland, CA 94607, (510) 987-0096.