



# KidFood

Healthy Eating for Today's Kids

Nutrition Matters

September 2011

## Take a Nature Walk

You don't need to be an expert on the outdoors.  
Just take your children outside.  
Go to a park, find a nature trail, take a walk together.

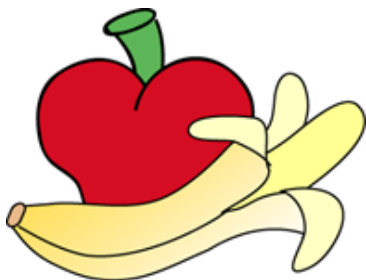
### Make it an adventure:

- ☺ Identify trees - oak, pine, maple.
- ☺ Identify birds - robin, woodpecker.
- ☺ Try to identify birds by their sound.
- ☺ Look for treasures - rocks, pinecones, sticks, leaves and whatever nature has put on the ground.
- ☺ Skip rocks in the water.
- ☺ Look for butterflies, insects, bugs, frogs, other animals - what can you find?



### Have fun!

When you have fun, your child will have fun too.  
Children love to discover nature.



### Children who play outside...

- ✓ may be calmer and more focused.
- ✓ may be less stressed.
- ✓ learn to use their imagination.

## Visit an Apple Orchard

Take time to walk through the orchard with your children.  
Pick a few apples. Talk about the apples:

### Do apples grow on a plant or a tree?

Apples grow on a tree.

### How many apples can grow on a tree?

An apple tree needs to grow 5 to 7 years before it will produce apples. It may produce 30 to 50 apples at first, and gradually produce more each year.

### What color is an apple?

Apples come in many colors - red, orange, yellow and green.

### Does an apple have seeds?

### Can the seeds grow another tree?

Yes and Yes.

### When are apples harvested?

Most apples are harvested in September and October.

### How do we make applesauce?

Apples are peeled and seeds are removed.  
Then the apples are cooked until soft.



### Apple Tips:

- ★ Choose smooth and shiny apples, with no soft spots or cuts.
- ★ Keep apples in the refrigerator until you are ready to eat them.
- ★ Most apples can be stored for 2 to 3 months in the refrigerator.

## Apple Salad

### Ingredients:

2 apples

1 can (20 ounces) crushed pineapple in juice, don't drain

1 package (3.4 ounces) coconut cream instant pudding mix



### Directions:

1. Remove seeds from apples.
2. Cut apples into small chunks.
3. Combine apples, pineapple and pudding mix together in a bowl.
4. Place in the refrigerator for one hour.

### Variations....

- Add sunflower seeds or crushed cashews.
- Try a different flavor of pudding mix - banana cream, lemon or pistachio.
- Add a few blueberries or raspberries.

### What Can You Do?

- Visit an Apple Orchard with my children.
- Snack on apples.
- Take a Nature Walk with my children.
- Other: \_\_\_\_\_





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## Nutrition Matters

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