



# KidFood

Healthy Eating for Today's Kids

Nutrition Matters

August 2012

## Summer Melons

Watermelon, cantaloupe and honeydew melons are treats on hot summer days.

They are full of water and help satisfy our thirst.

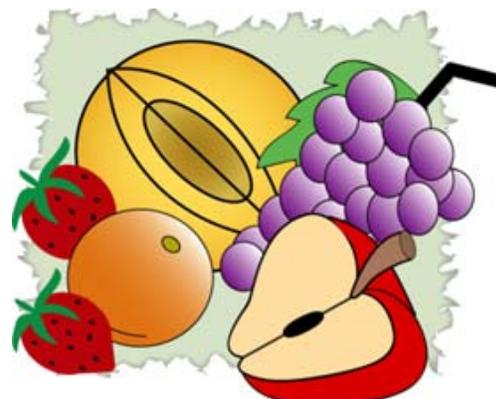
In fact, they are more than 92% water!

Cantaloupe is a rich source of vitamins A and C, fiber and potassium.

- ✓ Use your nose when choosing a cantaloupe.
- ✓ A ripe cantaloupe will smell sweet and delicious.
- ✓ Avoid strong smelling melons that are too ripe.
- ✓ Cantaloupes should be firm with no soft spots.

Cut a Cantaloupe:

1. Scrub the outside of the melon with a clean produce brush and rinse well before cutting.
2. Cut melons in half and remove seeds.
3. Cut melon halves into wedges and remove the outer rind from each wedge.
4. Cut fruit into chunks
5. Refrigerate chunks up to 3 days for a quick snack.



**Cantaloupe and other melons make fun finger foods. They are soft and easy to pick up and eat.**

### Cantaloupe Banana Slush

- 2 cups cantaloupe chunks
- 1 banana, peeled and cut into chunks
- 1 cup pineapple or orange juice

1. Freeze cantaloupe chunks for a couple hours or overnight.
2. Combine cantaloupe, banana and juice together in a blender. Blend until smooth and serve!

## Grilled Veggies

### Clean and Cut Vegetables

Green, Red and Yellow Bell Peppers - cut in half and remove seeds  
Eggplant - cut into thick strips  
Zucchini - cut into long slices  
Asparagus - leave whole

### Season Vegetables

Place vegetables in a large bowl. Sprinkle with a small amount of olive oil or canola oil, and seasonings of your choice - garlic powder, Cajun seasoning, dry Italian herbs, salt or black pepper. Toss together.

### Grill and Serve

Place vegetables on a hot grill. Cook vegetables on each side, turning with a spatula or tongs. Grill until they are slightly tender, about 1 to 3 minutes. Remove from grill.

**Serve with a low-fat dill dip or Ranch dressing.**



## Three Ways to Drink Less Soda

**1**

**Don't serve soda or other sugary drinks at meals.**

Serve a glass of milk at mealtimes. If your child is thirsty and wants more to drink, offer water.

**2**

**Keep soda out of your house.**

You can control what types of foods and drinks are in your refrigerator. Keep a pitcher of water in the refrigerator.

**3**

**Limit when you and your child drink soda and other sugary drinks.**

There will be times and places where sugary drinks are offered. Let your child see you drinking a small amount on rare occasions.

# Sprinkler Party

*Turn on the sprinkler. Invite other children over to play.*

- ☺ **Turn on the music**  
Dance to the music while the water sprinkles through the air.
- ☺ **Wash the toys**  
Make a pail of soapy water. Wash off outside toys, wagons and bikes. Let the water from the sprinkler rinse off the toys.
- ☺ **Play with sponges**  
Get some wet sponges and toss them to each other. Who can catch the most? How far can you throw them?
- ☺ **Toss in the basket**  
Place a plastic basket in the yard and practice tossing the wet sponges into the basket.



## What Can You Do?

- Eat cantaloupe or grilled veggies with my family this summer.
- Have a Sprinkler Party on a hot summer day.
- Drink milk or water at mealtimes.
- 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](http://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 2012

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](mailto:ceplacer@ucdavis.edu)**  
**Website: <http://ceplacer.ucdavis.edu>**

The University of California ) Division of Agriculture & Natural Resources (ANR) prohibits discrimination against or harassment of any person in any of its programs or activities on the basis of race, color, national origin, religion, sex, gender identity, pregnancy (which includes pregnancy, childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition (cancer-related or genetic characteristics), genetic information (including family medical history), 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).

University policy also prohibits retaliation against any employee or person in any of its programs or activities for bringing a complaint of discrimination or harassment pursuant to this policy. This policy also prohibits retaliation against a person who assists someone with a complaint of discrimination or harassment, or participates in any manner in an investigation or resolution of a complaint of discrimination or harassment. Retaliation includes threats, intimidation, reprisals, and/or adverse actions related to employment or to any of its programs or activities.

The University is an affirmative action/equal opportunity employer. The University undertakes affirmative action to assure equal employment opportunity for minorities and women, for persons with disabilities, and for covered veterans (including veterans with disabilities, recently separated veterans, Vietnam era veterans, veterans who served on active duty in the U.S. Military, Ground, Naval or Air Service during a war or in a campaign or expedition for which a campaign badge has been authorized, or Armed Forces service medal veterans). University policy is intended to be consistent with the provisions of applicable State and Federal laws.

Inquiries regarding the University's equal employment opportunity policies may be directed to Linda Marie Manton, Affirmative Action Contact, University of California, Davis, Agriculture and Natural Resources, One Shields Avenue, Davis, CA 95616, (530) 752-0495.