



# KidFood

Healthy Eating for Today's Kids

Nutrition Matters

November 2012

## Family Times

*Holidays are a great time to get together with your family and friends. It's fun to share memories and family stories. It's also a good time to create new memories.*

**Talk to your child about favorite family dishes:**

- ☺ What are the dishes made of?
- ☺ Who makes the foods?
- ☺ What are your memories of eating family meals?



Some children like to try new foods at family parties.

Some children may become too excited and become fussy when with a large crowd.

### Avoid Mealtime Pressure

- **Let your child choose what he wants to eat.** Don't worry if he doesn't want to eat a fruit salad or casserole. There will be other healthy meals later.
- **Encourage your child to taste new foods.** Talk about what is in the dishes. Let your child see you trying new foods.
- **Serve small amounts of food** on your child's plate. It's easier for a child to eat small amounts. If he asks for more, serve more.
- **Never force or bribe a child to eat food.** This is too much pressure for a small child in front of a large group.
- **Don't talk about your child's eating habits.** Talk about what is happening in your life - your work, family, friends, and your future plans.
- **Let your child decide how much food he will eat.** Never make your child eat everything on his plate.

## Sweet Potato Fries

Makes 6-8 servings

*A delicious and nutritious finger food that children love.*

### Ingredients:

- 4 medium sweet potatoes
- 1 tablespoon canola or olive oil
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon black pepper

### Directions:

1. Peel the sweet potatoes and cut into  $\frac{1}{2}$  inch slices.
2. Place the sweet potatoes, oil, salt and pepper in a large plastic bag. Shake well until potatoes are evenly coated.
3. Spray a baking sheet with a non-stick cooking spray. Arrange potato slices on baking sheet in a single layer.
4. Bake potatoes in a 450° oven for 12 to 15 minutes, or until golden brown.
5. Turn the potatoes 2 times while cooking.



## Try New Foods Together

*You and your child do not have to like every food the first time you try it.*

Talk about the new food after tasting it:

- ☺ Do you like the food a lot?
- ☺ Do you like the food, but don't want to eat it now and will eat it later?
- ☺ Do you not like the food right now, but will try it again later?

**Your child may need to taste a new food  
8 to 10 times before he accepts it.**

## Enjoy Autumn Days

*This summer has been long and hot!  
Enjoy the cool days of autumn with your children.*

- ✓ **Go on a Nature Walk** around your local park. Notice the changes in the season - leaves, acorns and sticks laying on the sidewalk and ground.
- ✓ **Look for squirrels.** They are busy getting ready for the winter - hunting for acorns and carrying them to their hiding spots.
- ✓ **Find colorful leaves.** Talk about the colorful leaves - red, orange, yellow and brown. Collect some leaves to take home and display.
- ✓ **Make a Pile.** If you have a yard with leaves, rake the leaves into a large pile. Jump into the leaves!
- ✓ **Take your child to the local Farmers' Market.** Talk about the many different vegetables in the fall - pumpkins, squash, rutabaga, turnips and sweet potatoes. Choose a vegetable to take home and cook together.
- ✓ **Visit a Pumpkin Patch or Corn Maze.** Run through the maze with your child.
- ✓ **Visit a local Apple Orchard.** Pick apples with your child. Taste different apples. What is your favorite apple?



### What Can You Do?

- Try a new food with your child.
- Play outside in the autumn with children.
- Make Sweet Potato Fries.
- Other: \_\_\_\_\_



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