



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

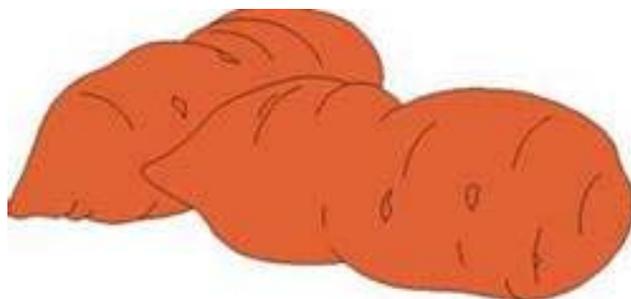
A delicious and nutritious finger food that children love.

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: _____

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 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
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.