



KidFood

Healthy Eating for Today's Kids

Nutrition Matters

October 2015

Harvest Time



Today's farms offer pumpkin patches, apple orchards, and much more.
Take a fun family trip!

Toasted Pumpkin Seeds

*Carve and decorate your pumpkin.
Save the seeds for a fun autumn snack!*

- Step 1** Remove all the fibers and spread the seeds on a baking pan.
- Step 2** Spray lightly with vegetable oil spray and toss the seeds to coat.
- Step 3** Bake the pumpkin seeds in a 350° oven for 15 to 20 minutes, stirring occasionally.
- Step 4** Season the seeds with salt, parmesan cheese, taco seasoning, garlic powder, or your favorite seasonings.



Kitchen Helpers

The best way to teach your child about healthy eating is to cook and eat together!

Bring your small child into the kitchen with you.
Remember - safety first!

Keep young children away from hot stoves, sharp knives, and electric appliances.

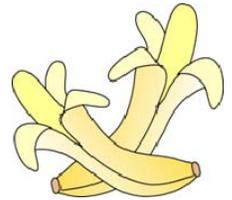
Let your child help you in the kitchen as soon as he is able. It's a great way to introduce new foods.

Children who help choose, wash, and cook new foods are more likely to try them. Trying new foods will increase the variety of foods that your child likes.



Small children can help:

- ♥ Wash fruits and vegetables in water - potatoes, carrots, green beans, pea pods, and squash.
- ♥ Tear lettuce into small pieces for a salad.
- ♥ Stir foods together in a bowl. Give your child a large spoon. Let him stir together muffins, pancakes, and other batters.
- ♥ Spread peanut butter on bread, crackers, and apple slices.
- ♥ Peel fruit - bananas, oranges, and grapefruits.
- ♥ Mash soft vegetables - potatoes, sweet potatoes, and squash.
- ♥ Peel hard boiled eggs.
- ♥ Press cookie cutters into bread slices, tortilla shells, and cheese slices.
- ♥ Wipe up the mess after cooking.
- ♥ Clean up the table after eating.



Turn on some music and dance like the animals!

Wave your arms like a monkey 🎵
Hop like a bunny 🎵
Wiggle like a snake 🎵
Gallop like a horse 🎵
Stretch like a cat 🎵
Fly like a bird 🎵

Turn on music to dance to.

Have one person turn off the music.

When the music stops, freeze in that position until it starts again.

See what funny positions you and your children freeze in!

Praise Your Child

When your child helps in the kitchen, tell him that he did a great job and you are proud of him. Tell family and friends that your child is a great help in the kitchen.

And let your child hear you tell them!

Let's have a pizza party! Children love pizza.

Arrange the ingredients on a plate.
Let your child make his own special pizza.
Mini pizzas are fun for lunch or snack!

- ♥ Toast English muffins.
- ♥ Top English muffins with pizza sauce.
- ♥ Sprinkle with shredded mozzarella cheese.
- ♥ Decorate your pizza!



Make a happy face on your pizza:

1. Ham or turkey strips - eyes, nose, or mouth.
2. Green or black olive slices - eyes.
3. Tomato, green or red pepper slices - smiles.
4. Shredded carrots, shredded cheddar cheese, or chopped spinach - hair.
5. Mushrooms - eyes, nose or mouth.

Bake mini pizzas in a 375° oven for about 5 to 10 minutes.

Refrigerator biscuit dough can also be used for mini pizzas. Roll or press out a biscuit for each pizza, layer on the toppings, and bake!

Is pizza a healthy choice for my child?

Pizza can be part of a healthy diet.

It is a good source of protein, calcium, and vitamins.

Pizza is great for a quick and easy meal on those busy days.

Serve a fruit or vegetable with pizza:

Banana chunks, orange slices
Mandarin oranges - canned
Peach or pear slices - fresh or canned in juice
Apple slices

Kiwi fruit - cut in half and eat with a spoon
Raw baby carrots
Raw broccoli or cauliflower
Tomato slices
Cherry or grape tomatoes
Cucumber sticks

High fat toppings such as pepperoni and sausage can more than double the fat in each slice of pizza.

Choose lean meats for your pizza:

Canadian bacon
Chicken Ham
Tuna Shrimp



What Can You Do?

- Let my child help in the kitchen on most days.
- Turn on the music and dance with my child.
- Serve a fruit or vegetable with pizza.
- Other: _____

University of California
Agriculture and Natural Resources



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

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ROGER INGRAM, *County Director*
KELLEY BRIAN, *Youth, Families & Communities Advisor*
MEGAN THOMPSON, *Nutrition BEST Community Education Specialist*

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

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