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Making a Difference for California

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PRESCHOOL NUTRITION NEWS

UC CalFresh Nutrition Education Program

TRY NEW FAMILIAR FOODS

UNIVERSITY OF CALIFORNIA
cal  fresh Nutrition Education




Trying new foods can be hard for young children. They can even be fearful of trying familiar foods prepared in new ways. Introducing children to new foods prepared in different ways regularly helps encourage them to taste and become familiar with food and its many forms.

Fall is a great time to encourage children to taste foods that they already love and to try something new. Apples are a fall food that most children are already familiar with. But did you know there are 2,500 different apples varieties grown in the United States? With so many options to choose from, why not pick a few new varieties and do an apple tasting with your children. This is a no pressure, somewhat familiar way for kids to try something new.



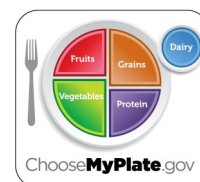
Apple Tasting Activity:

1. Purchase a variety of apples from your local grocery store or farmers market.
 -  Choose one common apple, such as Red Delicious, and choose a few apple varieties that children may not be familiar with.
2. Let children observe the apples whole. Tell them the names of each apple and let them draw and color a picture of each apple.
3. Cut the apples into slices and allow children to taste each variety starting with the most familiar.
4. Ask children to draw a happy face or a sad face next to the picture of the apple they just tasted. Happy if they liked it; sad if they did not.
5. Talk with children after about which apples were their favorite and encourage them to describe why they liked it. Was it crunchy, sweet, or tart?

Fall 2018

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More Resources

Visit our website:
<http://ceplacer.ucanr.edu>

You can email a UC CalFresh representative with any questions or information needs. Also, please feel free to share any tips or suggestions you might have with other teachers!

NUTRITION ACTIVITY

APPLE OATMEAL COOKIES

Who knew cookies could be a healthy snack. Try offering these wholesome cookies to your preschoolers. This recipe makes about 1 dozen cookies.

Ingredients:

- 3/4 cup white flour
- 3/4 cup whole wheat flour
- 1/2 cup oats
- 1 tablespoon baking powder
- 2 teaspoons cinnamon
- 1 cup thawed frozen apple juice concentrate
- 1/2 cup Canola oil
- 1 egg
- 1/2 cup chopped apples
- 1/2 cup raisins (optional)

Apples are full of **healthy antioxidants, fiber, vitamins and minerals**. One medium sized apple contains 95 calories and **4.4 g of dietary fiber**.

Directions:

1. Preheat oven to 350°F. Spray cookie sheet with non-stick spray.
2. In a large mixing bowl, combine flours, oats, baking powder, and cinnamon.
3. In a separate bowl, combine apple juice, oil, and egg.
4. Combine the wet and dry ingredients. Fold in 1/2 cup chopped apple pieces and 1/2 cup raisins (optional).
5. Drop by heaping teaspoon onto a cookie sheet.
6. Bake 8-10 minutes.



PHYSICAL ACTIVITY

PUMPKIN SEED BALANCE

This activity is fun indoors or outside and can be done in a big or small space. Preschoolers will get a spoonful of pumpkin seeds to balance while walking through a pumpkin path!

What You Will Need:

- 3 pumpkins
- Pumpkin seeds
- Spoons

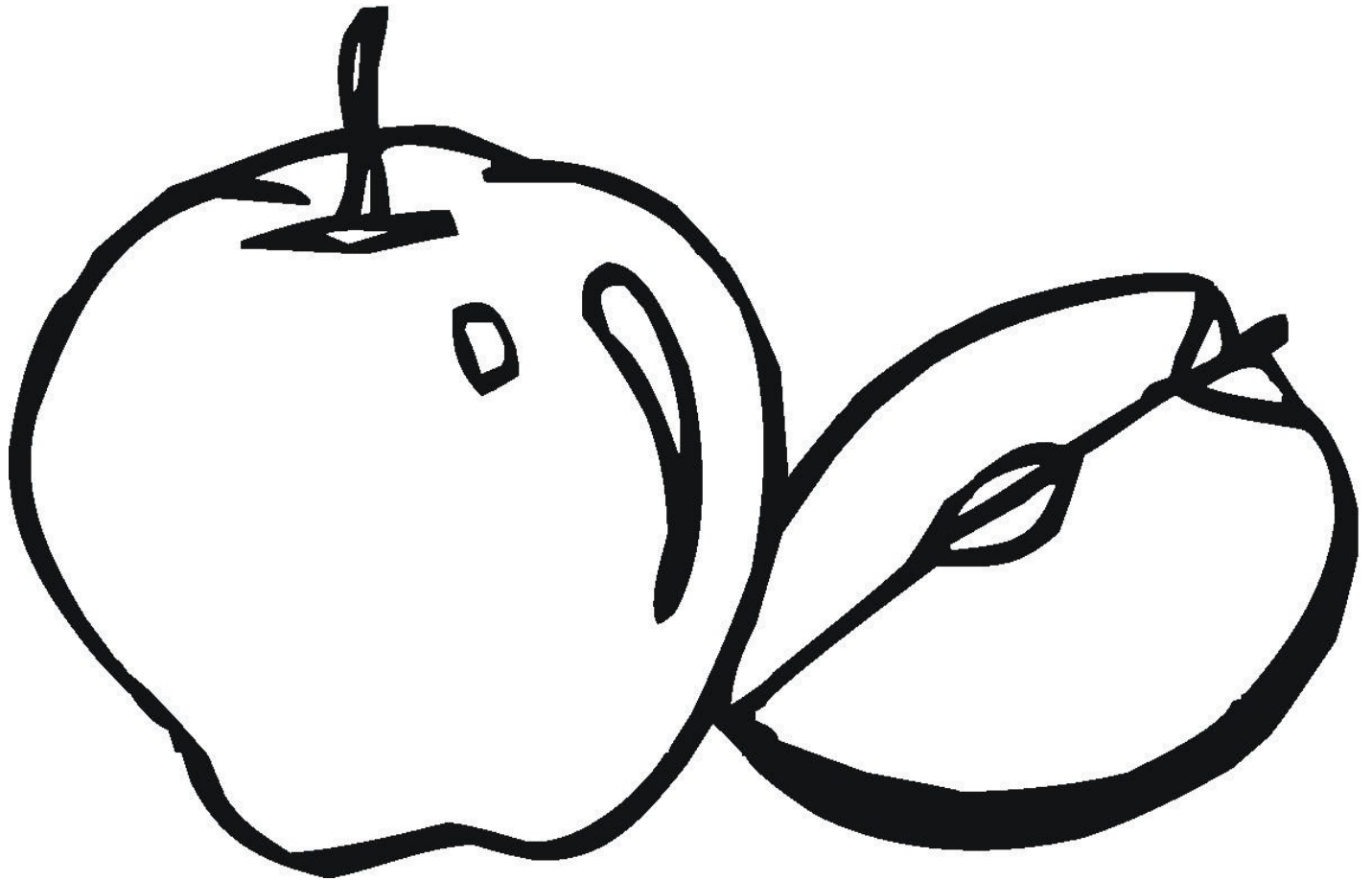


What to Do:

1. Make a pumpkin path by setting up a starting line and a finish line. Within the pumpkin path, place the 3 pumpkins in a row a few feet apart.
2. Let children fill their spoon with pumpkin seeds.
3. Children must balance the pumpkin seeds on their spoon while they take turns walking from the starting line around all of the pumpkins to the finish line.
4. They can zigzag through the pumpkin maze or circle each of the pumpkins while balancing the seeds on their spoon.

Will they be able to make it through the path without losing any seeds?

A IS FOR APPLE



A is for Apple

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Happy Healthy Me...Moving, Munching & Reading Around MyPlate for 4 to 6-Year-Olds

Combines stories and literacy with nutrition education for Preschool and Pre-Kindergarten.

Go Glow Grow

A preschool curriculum that teaches about healthy foods and what they do for the body.

Parent Workshops

Fun, interactive parent workshops are available. Please call for more information.

CINDY FAKE
County Director

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Youth, Families and Communities Advisor

MICHELE FISCH
UC CalFresh Nutrition Educator

The UC CalFresh Nutrition Education Program targets schools and community programs with large numbers of children from food stamp households. Teachers, youth program leaders, and other extenders at the sites are trained to deliver a nutrition education program targeted to youth audiences. This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP.

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