



# Color Me Healthy NEWS

preschoolers moving & eating healthy

FEBRUARY

## Parents Worry Child May Starve

Preschool children sometimes refuse to eat anything at mealtime, causing you as a parent to be concerned. Don't worry about a skipped meal. Children have days when food just doesn't seem important to them. Then there will be days when you can't seem to fill them up.

Offer the next snack or meal at the regular time. Remember, your child determines whether to eat or not. You decide when you offer and what food to offer. Having scheduled times for meals and snacks gives the child a sense of security that food will be there to satisfy their hunger.



### Fruit And Vegetable Selection Guide

Squeezing, pinching, shaking, smelling, thumping...how DO you pick the right fruits and vegetables? You want to make sure you are getting the most for your money, but how can you be sure you are choosing the perfect ones? The most important thing is to trust your senses. Look for fresh-looking fruits and vegetables that are not bruised or shriveled. Ask the produce manager to help you choose an item you are unfamiliar with. Below are some tips for buying 5 very popular fruits and vegetables. Remember these tips and you will be an expert in the produce aisle.

- **APPLE**—Look for firm, brightly colored apples with no bruises. The apple should feel heavy in your hand and have the stem attached; this is a good sign that the apple is not overripe.
- **BANANA**—Choose bananas according to the peel color and ripeness desired. For the best eating, choose firm, unscarred bananas that are greenish to greenish-yellow and ripen them at home. A golden yellow banana is ripe and will bruise easily. Bananas with brown specks are very ripe and soft and should be used quickly.



### Heartbeat Health

You may think it's too early to think about heart health for your child. However, if your child is active now it can lower their risk of cardiovascular disease later in life. Cardiovascular disease is actually a group of diseases that affect the heart and blood vessels. The disease process can start very early in life. Being active can decrease the risk of developing heart disease. Being active early in life can also help our children develop a lifelong habit of physical activity.

A child that is physically active will:

- listen and participate actively in school
  - sleep better at night
  - build healthy bones and muscles
  - have better self esteem
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- **GRAPES**—Grapes should be plump and smooth. Choose bunches of grapes firmly attached to a fresh, green stem. Avoid bunches that have begun to wrinkle.
  - **GREENS**—(kale, collards, spinach, turnip and mustard greens) The smaller and younger the leaves, the milder and better tasting they are. Look for greens with fresh color. Avoid yellowed, limp wilting leaves as this indicates the greens are old.

## Color Me Healthy Parent Bulletin Board



Being a good role model for your child is the easiest way to help them be active and eat right. If you don't eat your vegetables, they probably will not either.



Give veggies a potato chip edge. Keep healthy dips such as low fat cottage cheese or yogurt next to cut up raw vegetables in the refrigerator.



When taking a walk, have a scavenger hunt. Have your child look for a blue door, wooden fence, red car, etc. while walking around the neighborhood. This is a good activity to help children learn new words and colors.



## Kids Kitchen

*This is a recipe for you and your children to prepare together. It is not designed for children to make on their own. Supervision and assistance from an adult are required. Getting your children involved in food preparation will go a long way in encouraging them to try new foods and enjoy eating.*

### Banana Rolls

#### INGREDIENTS

- 1 banana
- 2 tablespoons peanut butter or nut butter alternative
- 1/4 cup cereal

#### INSTRUCTIONS

1. Peel and cut bananas to 2" pieces.
2. Spread one end of each piece with a small amount of peanut butter.
3. Dip the peanut butter end into cereal.
4. Serve immediately or chill until served.



## Food For Families On The Go

### Cheese Spinach Noodles *6 servings*

#### INGREDIENTS

- 8 ounces whole-wheat egg noodles
- 10-ounce package frozen chopped spinach, thawed and drained
- 1/2 teaspoon dried basil
- 1 tablespoon dried parsley flakes
- 1 cup fat-free or low-fat cottage cheese
- 1/4 to 1/2 teaspoon salt (to taste)
- 2 tablespoons Parmesan cheese

#### INSTRUCTIONS

1. Cook noodles according to package directions.
2. While noodles are cooking, cook the spinach in a skillet for 5 minutes.
3. Add basil, parsley, cottage cheese, and salt to spinach. Cook 2 to 3 minutes, or until heated.
4. Drain noodles and toss in large serving bowl with spinach mixture. Top with Parmesan cheese.

Prep Time: 20 minutes

Cook Time: 15 minutes

Calories per serving: 160