



Color Me Healthy NEWS

preschoolers moving & eating healthy

JULY

Variety Is The Spice Of Life

All foods can fit into a healthy diet. Even young children understand the idea of “sometimes.” Sometimes you sit in the front seat and sometimes your sister does.

The same applies to foods. There are “sometimes” foods that are not as healthy as others. Sometimes there will be cookies after school, sometimes fresh fruit, sometimes a bowl of cereal, sometimes cheese and crackers, and sometimes ice cream. Learning to expect and enjoy variety is one of the greatest lessons you can teach your children as they develop eating habits they will carry with them for a lifetime.

Encourage your children to try new foods and become interested in food preparation and how food is grown. Try the KIDS KITCHEN with your children to get started!



Check Out The Colors, Check Out The Smells

Children love to play with the colors and smells of food. Here are some ideas you can use with your child.

CHECK OUT THE COLORS

Food comes in a rainbow of colors. Here are some ways to check out the many colors of food:

1. Go to the fruit and vegetable section of the store. Talk about the many colors of the food.
2. For fun, have a red day, yellow day, orange day or green day. On these days, eat at least one food of that color. It may be a good way to get your child to try a new food.

CHECK OUT THE SMELLS

The smells of food are also very different. Here is a game that you and your child can play:

1. Gather foods with strong smells: banana, cinnamon, chocolate, lemon, orange, onion, peanut butter, or others.
2. Put a little bit of each food in a separate dish.
3. Put a blindfold on your child.
4. Let your child smell a food and guess what it is.
5. You take a turn with the blindfold.



What If You Cannot Be Active In Your Neighborhood?

If your neighborhood does not have sidewalks, is not safe, or has no place for you and your family to be active—what can you do? Unfortunately, not all neighborhoods are built to allow for walking or playing outside. You may need to find other places where you and your family can get the activity you need.

- be active inside, dancing is a fun way to get some movement
- make indoor chores fun, play music and turn them into games you do together
- plan a trip each week to a nearby park, make it a family tradition
- take a class, check with your community center or parks and recreation department to see what is available in your area
- check with neighborhood schools or faith communities to see if they allow families to use their facilities after hours

Color Me Healthy Parent Bulletin Board

Allow your children to have some choice in what they eat. You can help guide them in the right direction but help them to make good choices on their own. Having a wide variety of healthy foods to choose from will make this task easier.

When your child plays outside, remember to use sunscreen.

Give your toddler a chance to taste sparkling water. For a fun twist, make 100% fruit juice ice cubes in advance. When selecting unflavored sparkling water, make sure it is sugar-free and calorie-free.



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 Oatmeal Pancakes

2 servings (3 pancakes)

INGREDIENTS

- 2 eggs, beaten
- 2 bananas, mashed
- 1/2 cup of old fashioned rolled oats, uncooked
- 1/2 teaspoon baking powder
- 1/4 teaspoon vanilla extract
- 1/8 teaspoon cinnamon
- 1/2 teaspoon olive oil
- 1/2 cup fresh or frozen fruit of your choice (optional)

INSTRUCTIONS

1. In a medium bowl, combine eggs, bananas, rolled oats, sugar (optional), baking powder, vanilla extract, and cinnamon. Batter should be cohesive and without lumps.
2. Heat olive oil in medium skillet on medium-low heat. Once heated, spoon 1/4 cup portions of the batter onto skillet and cook until golden brown on both sides (about 4 minutes on each side).
3. Heat fruit in small skillet until warm, stirring occasionally. Serve over pancakes. You can also serve pancakes with chopped nuts or peanut butter on top.



Food For Families On The Go

Garden Bow Tie Pasta 6 servings

INGREDIENTS

- 1 can (12 ounces) tuna, drained and flaked
- 1/2 pound whole-wheat bow tie pasta
- 2 tablespoons olive oil
- 1 cup sliced onions
- 1 cup chicken broth
- 3 tablespoons fresh thyme or 1 tablespoon dried thyme
- 4 cups frozen vegetable medley
- Salt and pepper to taste

INSTRUCTIONS

1. Cook pasta according to package directions, drain; rinse.
2. In large skillet, heat olive oil over medium-high heat; sauté onions for 3–5 minutes.
3. Add broth and continue cooking 2 minutes.
4. Add thyme, tuna, vegetables, and mix gently.
5. Add pasta; season with salt and pepper.
6. Heat 3–4 minutes or until broth is reduced.
7. Garnish option: grated Parmesan cheese

Prep Time: 10 minutes
Cook Time: 20-25 minutes

Calories per serving: 350