



# Color Me Healthy NEWS

preschoolers moving & eating healthy

SEPTEMBER

## Media's Effect On Children



Television, video games, tablets, phones and computers are all a part of most children's lives. The effects of too much media consumption are unhealthy weights and lack of physical activity; not to mention the unhealthy snacking that too often occurs while watching. In addition, children are exposed to thousands of ads for unhealthy foods.

With all of the time spent inactive in front of a screen, what can you do to help your child watch less:

- Allow your children to watch no more than 1 hour per day—this includes video games, computer, tablet or phone.

- Instead of turning on a device, go outside and be active. Take a walk or bike around your neighborhood.
- Encourage drawing, reading out loud or alone, singing, and outdoor activities instead of using media.
- Make a family rule of no technology during meal time.
- Begin to educate your child about advertising and help them understand they are selling a product.



## Eating Out And Eating Healthy

We are all so busy with work and family that eating out has become a way of life.

Eating out, however, sometimes makes it hard to eat healthy. Try to limit the number of times you eat out per week. Sharing a simple meal at home is usually healthier. When you do eat out, try some of the tips below to keep you and your family healthy.

- If you are eating at a fast food restaurant, bring fresh whole fruit for dessert and order low-fat milk or water instead of soft drinks.
- Many restaurants now have nutrient information on their foods. Check out the calories on menu items; try to choose foods that fit into your child's calorie needs.
- Choose a restaurant that serves healthy options.
- Share a meal with a family member. Portions in restaurants are usually much larger than what you should eat for one meal. Consider sharing an entrée with your child; the kid's menu items are sometimes not as healthy as some of the adult selections.
- Select roasted, baked, broiled, or grilled meats without sauces, gravies or breading.
- Ask to substitute a baked potato or other vegetable for French fries.
- Go easy on salad dressing and sauces. Request them on the side so you can control the amount you eat.



## Stress Busters

Had a stressful day? Try some of these simple tips to help you get a handle on your stress:

- Take several deep breaths.
- Put yourself in time out. A few minutes of alone time can help manage stress.
- Turn on some music. Sing along or dance with your child.
- If someone can watch the child, let them play and you take a walk.
- Vacuum, dust, or sweep the kitchen floor. It will get the chores done and take your mind off your stressful day.



## Color Me Healthy Parent Bulletin Board



Boost the benefits of breakfast.  
Add an apple or banana chunks  
to cold cereal, oatmeal or yogurt.  
Send the kids to school with an  
apple to eat on the way.



Physical  
activity for  
young children  
means active  
play—outside  
or inside.  
Teach children  
early that  
activity is fun.



Make changes  
gradually. Do not  
expect to change your  
eating habits overnight.  
Changing too much  
too fast can get in the  
way of success.  
Small changes over  
time make positive  
impacts on lifelong  
eating habits.



## 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.*

### Fruit Chaat *6 servings*

#### INGREDIENTS

- 2 medium bananas, peeled and sliced
- 1 medium apple, chopped into small pieces
- 1 mango, peeled and cut into small cubes
- 1 cup halved red grapes
- 1 medium sweet potato
- 1–2 limes
- 1/2 teaspoon salt (adjust to taste)
- 1/2 teaspoon red chili powder (adjust to taste)
- 1/4 teaspoon black pepper (adjust to taste)

#### INSTRUCTIONS

1. Poke holes in the sweet potato and microwave for 5–8 minutes, rotating half way through. Allow to cool, peel and cut into small cubes.
2. Combine banana, apple, mango, grapes, and sweet potato in a big mixing bowl.
3. Squeeze juice from limes into mixture and toss.
4. Mix in the salt, chili powder, and black pepper.



## Food For Families On The Go

### Honey Citrus Chicken Drumsticks *6 servings*

#### INGREDIENTS

- Zest from one orange
- Juice from one orange (approximately 1/3 cup)
- Zest from one lemon
- 1/4 cup honey
- Pinch salt
- Pinch pepper
- 1/4 cup olive oil
- 1 teaspoon fresh thyme
- 6 skinless chicken drumsticks with bone-in

#### INSTRUCTIONS

1. Preheat oven to 375°.
2. Combine all ingredients (except chicken) to make marinade. Separate into two bowls.
3. Marinate the chicken in one of the bowls of marinade for 15–20 minutes.
4. Spread marinated chicken onto foil-lined baking pan and dispose of bowl of marinade used to marinate chicken.
5. Bake for 20–25 minutes at 375°.
6. Once cooked, brush chicken with remaining marinade.

Prep Time: 20 minutes  
Cook Time: 20 minutes  
Calories per serving: 210