



Color Me Healthy NEWS

preschoolers moving & eating healthy

APRIL

Please Try Just One Bite

If your children are not interested in certain foods, start with smaller serving sizes. A half-cup of broccoli may look so overwhelming that a child won't even try to eat any. Start with two or three small pieces and then offer more when these are eaten.

When introducing a new food, put a small amount on your child's plate. Talk to your child about the color, smell and texture of the new food.



Spice Up Your Fruits And Vegetables

One of the best ways to jazz up fruits and vegetables is by adding herbs and spices. They can be expensive so choose a few to have on hand that your family enjoys. Add herbs and spices towards the end of the cooking time to preserve their full flavor. When using dried herbs remember that they are stronger than fresh herbs so you don't need as much. Below are examples of how herbs and spices match up with fruits and vegetables. Give these a try and experiment on your own!

- **CINNAMON**—apples, sweet potatoes, acorn squash
- **DILL**—tomatoes, cabbage, carrots, cauliflower, green beans, cucumbers
- **ONION POWDER**—most vegetables especially mashed potatoes
- **OREGANO**—tomato sauce, bean salad, zucchini, spinach
- **PARSLEY**—potatoes, green beans, carrots
- **ROSEMARY**—mashed potatoes, peas, lima beans, green beans, roasted potatoes



Active After School

The amount of time a child is outside is directly related to how active they are. Encourage your children to play outside often. If they have no playmates in the area, encourage them to be creative on their own or take the time to play with them.

Here are some ideas for outdoor activities.

- Bike
- Skate
- Jump Rope
- Run
- Fly A Kite
- Play Hopscotch
- Dance
- Toss a Frisbee
- Play Kickball
- Play Tag
- Play Catch
- Play Soccer
- Play Hide-N-Go Seek



Color Me Healthy Parent Bulletin Board



Encourage your children to eat a wide variety of foods by letting them pick out a new fruit, vegetable, or grain at the grocery store. Tell them it's a new game called "Adventure Eating" and make it a weekly event.



Plan outdoor family activities such as going to a park or a zoo that involves walking or provides the opportunity to be active.



Almost 50% of your bone mass is formed during childhood. Make sure your children get the calcium they need to form strong bones and teeth. Low fat dairy products are a great source of calcium.



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 Kabobs

INGREDIENTS

- strawberries
- cantaloupe
- bananas
- kiwis
- OR any kind of fruit that is in season
- skewers, toothpicks, or plastic drinking straws

INSTRUCTIONS

1. Cut up fruits into chunks.
2. Place on skewers, toothpicks, or plastic drinking straws.
3. Have children experiment with different combinations.
4. Fruit Kabobs on a straw are a fun way to encourage kids to drink water. Have them stir the straw, with fruit attached, in the water to "flavor" it. The child can then drink the water through the straw.



Food For Families On The Go

Chicken And Vegetable Fried Rice *2 servings*

Prep Time: 15 minutes
Cook Time: 10 minutes

INGREDIENTS

- 2 tablespoons olive oil, divided
- 1 cup boneless, skinless chicken breast, diced
- 2 teaspoons freshly chopped garlic
- 2 teaspoons freshly chopped ginger
- 2 cups of chopped vegetables (for example: 1/2 cup chopped or shredded cabbage, 1/4 cup chopped carrots, and 1/4 cup peas)
- 3-5 chopped green onions
- 2 cups cooked brown rice
- 2 teaspoons low sodium soy sauce

Calories per serving: 512

INSTRUCTIONS

1. In a wok add half tablespoon of olive oil over medium-high heat. Once the oil is hot, add the chicken pieces and let it cook, approximately 5-6 minutes. Once cooked, remove the chicken and set aside. (If using leftover cooked chicken, just heat slightly)
2. In the same wok add the remaining olive oil and heat over medium-high heat. Add the garlic and ginger and cook for 2-3 minutes. Add the chopped green onions and other vegetables.
3. Cook on high heat for approximately 5 minutes.
4. Once the vegetables are tender, add the cooked rice and chicken and toss again on medium heat for 2 minutes.
5. Add the soy sauce and toss to combine.