



KidFood

Nutrition Matters

Healthy Eating for Today's Kids

January 2007

A Child's Appetite

Your child's appetite can change from day to day.

There will be days when your child will eat a lot - when he is growing fast.

There will also be days when your child will only eat a small amount. He is not growing as fast and doesn't need to eat as much.

You may worry that your child is not eating enough at some meals. Don't worry!

As a parent, you can decide which healthy foods are offered. You can also decide when meals and snacks will happen.

But let your child decide "how much" he will eat.

The best way to help your child develop healthy eating habits is to allow him to eat when he is hungry and to stop eating when he is full.

Eat healthy for life!

- **Don't offer large servings of food to your child.** Studies have shown that most adults and children will overeat when they are served a large amount of food. Some children will eat as much as 60 to 80 percent more when servings are super sized.
- **Serve child size portions to your child.** Let your child ask for more if he is hungry.
- **Serve more food to your child if he wants to eat more.** Remember - there will be days when his body is growing fast and he will eat more.
- **Enjoy food with your child.** Take small bites and talk to your child.
- **Eat with your child.** Your child learns by watching how you enjoy food.



Time to Eat!

Your children will eat better and be happier when he knows what to expect at mealtimes:

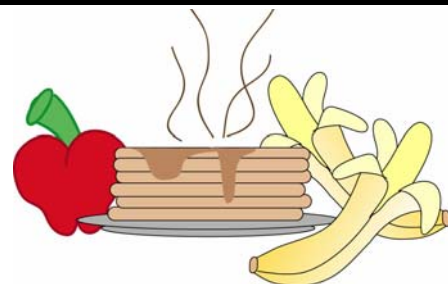


- Give a warning for meals such as, "we will be eating in 3 minutes."
- Have a routine activity before meals such as washing hands.
- Ask your children to taste foods. Never force your children to eat foods.
- Expect your children to stay at the table with the family during meals.
- Turn off the TV. Talk with your family during mealtime.
- Have an ending routine to meals. Clean leftover food off plates. Wash your hands and face.

Small children thrive on routines.

Banana Pancakes

2 cups pancake mix
1½ cups water
2 bananas



1. Stir together pancake mix and water according to directions on box.
2. Peel and mash bananas.
3. Add mashed bananas to pancake batter.
4. Heat a skillet over medium heat. Spread 1 tablespoon oil in the skillet.
5. Spoon about $\frac{1}{4}$ cup of batter for each pancake on hot skillet.
6. Cook pancakes on each side for 1 to 1½ minutes or until golden brown.
7. Remove from heat. Let cool and serve.

Have Fun with Bananas!

- **Peel a banana and eat!**
- **Make a Banana Parfait.** Layer flavored yogurt, banana slices and granola in a clear glass. Top with a cherry and eat!
- **Try Banana Slush!** Blend 4 bananas, 1 cup orange juice and 1 cup non-fat yogurt together. Freeze and eat with a spoon.
- **Make a Banana Star.** Cut a banana into strips and arrange on a plate. Sprinkle lightly with powdered sugar. Place a strawberry or blueberry in the middle of the star.
- **Blend a Banana Smoothie.** Blend 3 bananas, 1 cup skim milk, 1 cup non-fat vanilla yogurt, and $\frac{1}{2}$ cup orange juice together.
- **Make "Ants on a Banana".** Slice a banana lengthwise. Spread lightly with peanut butter. Top with raisins and eat!
- **Snack on frozen Banana Pops.** Peel bananas. Roll bananas in non-fat yogurt and then in crushed coconut or cereal. Wrap in plastic wrap and freeze.
- **Make a Banana Split.** Peel banana and slice lengthwise. Place banana slices in a bowl. Add a scoop of non-fat strawberry yogurt.

Snacking with Kids

Small children learn healthy eating habits by watching how their parents and others eat. Be a good example!

You can't expect your children to make healthy choices if you are making unhealthy choices.

Eat healthy snacks together!



Banana Applesauce

- 4 apples
- 4 bananas
- $\frac{1}{2}$ cup water
- $\frac{1}{2}$ teaspoon ground cinnamon

1. Peel apples and cut into small pieces.
2. Peel bananas and cut into small pieces.
3. Combine apples, bananas, water and cinnamon in a saucepan. Cook and stir over medium heat until soft.
4. Remove from heat. Chill in the refrigerator.



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KidFood is published 12 times a year.
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Nutrition Coalition

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Children and Families Commission

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