



# KidFood

Nutrition Matters

Healthy Eating for Today's Kids

July 2007

## Taste of Tomatoes

Nothing tastes quite as good as tomatoes fresh from the garden. You can even smell the flavor!

Enjoy the flavors of summer!  
Enjoy fresh tomatoes!

- Tomatoes are full of nutrition.
- They have a lot of vitamin A and C.
- Serve tomatoes in a variety of dishes.

Your child will learn to enjoy tomatoes. Your child's food likes and dislikes can change. Don't be afraid to try new recipes with vegetables. Ask your child to taste new foods. He may love it!

### Enjoy Tomatoes

- Make a fresh tomato salsa. Serve with low fat corn chips for a summer snack.
- Eat tomato slices with your meals. Just rinse, slice and serve!
- Tomato slices can also be added to your favorite sandwich or salad.

- Add chopped tomatoes to pizza before baking it.
- Snack on cherry tomatoes and grape tomatoes. They're fun finger foods. (Be aware of choking hazards in young children).

### Stuffed Tomatoes

Cut off the top of tomatoes. Remove the seeds and inside of tomatoes, but save as use in soups or sauces.

Stuff tomato shells with:

- Macaroni and cheese - heat and eat!
- Cottage cheese
- Tuna or seafood salad
- Chicken or ham salad



## Tomato Potato Salad

3 medium-size tomatoes, cubed  
 $\frac{1}{2}$  cup red onion, chopped  
1 teaspoon garlic, chopped  
3 potatoes, cooked and cubed  
 $\frac{1}{2}$  cup low-fat plain yogurt  
Salt and pepper to taste

1. Combine tomatoes, onion, garlic, salt and pepper in a bowl.
2. Fold in potatoes and yogurt.
3. Serve.



## A Child's Role Model

You are your child's most important role model for eating habits and physical activity.

Parents can influence their child's behavior more than anyone else.  
Your child learns by copying what he sees.

Remember - your child is watching and learning!



## Angel Hair with Tomatoes

A simple pasta that children will love!

2 cups cooked Angel Hair pasta  
2 tablespoons olive oil or vegetable oil  
 $\frac{1}{2}$  cup sliced zucchini  
2 large tomatoes, chopped into small pieces  
1 teaspoon garlic powder  
4 tablespoons fresh basil or 2 tablespoons dry basil  
 $\frac{1}{4}$  cup shredded Parmesan cheese

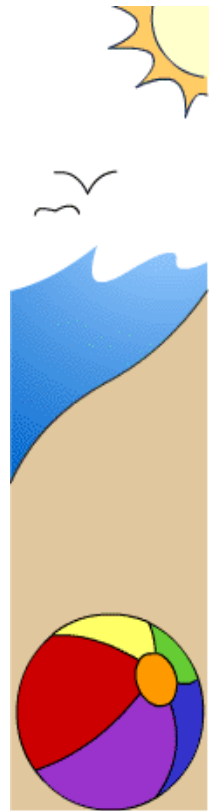
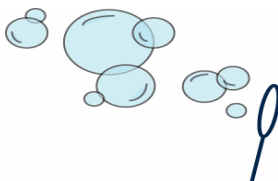
1. Heat oil in a skillet. Add zucchini slices and cook for 2 minutes.
2. Add chopped tomatoes, garlic powder and basil. Cook for 2 minutes.
3. Add cooked pasta to sauce. Toss together and cook for 2 minutes.
4. Sprinkle with cheese. Serve.

You can use canned tomatoes instead of fresh tomatoes when cooking the Angel Hair with tomatoes.

# Summer Fun!

Children that play are healthier!

- **Go to the lake!** Children love to play in the sand. Bring along sand toys - cups, pails, shovels, large spoons. Be sure to bring along the sun screen!
- **Have a treasure hunt at the lake.** Collect pretty rocks. Have a contest to see who can find the most treasures.
- **Play at the local park or playground.** Most schools have playgrounds for children. They are great places to find other children to play with.
- **Blow bubbles in the yard.** Chase the bubbles. Pop them!
- **Find a bike trail.** If your child is too young to ride a bike, go for a walk. Bring along a wagon in case your child gets tired.
- **Turn on the sprinkler in your yard on a hot day.** Children love to run in water and get wet.
- **Wash the car together.** Make buckets of soapy water to rub on the car. Let your child rinse the car with the water hose.
- **Build a fort in the yard.** Let children play with sheets and lawn furniture in the yard. Build pretend houses and play in them.
- **Play 'kick ball' in the yard.** Make a target area in the yard and practice kicking the ball into it.
- **Build a sand box or sand pile in your yard.** Play in the sand.



**Help your child learn healthy habits early in life.**

- Eat with your child.
- Choose healthy foods with your child.
- Be active with your child.



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## Nutrition Matters

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## Nutrition Coalition

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