



KidFood

Healthy Eating for Today's Kids

Nutrition Matters

December 2007

Holiday Traditions

Holidays bring candy, cookies and other sweets.

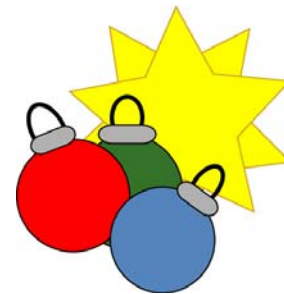
What's a parent to do?

You want your children to eat healthy and you want them to enjoy your family's holiday traditions.

All foods can be part of a healthy diet.

Help your family eat healthy during the holidays:

- Don't skip meals. Your children may eat large amounts of sweets if he skips a meal.
- Try to open presents before eating. Small children often find it hard to eat when waiting for presents.
- Don't expect perfect behavior when eating holiday meals. There is too much excitement! Relax and have fun.



- Limit the variety of sweets. If there is large variety of sweets, you and your children will be tempted to eat more—you will want to try them all!
- Bake sweets with added nutrition. Use peanut butter, oatmeal, cereals and raisins when baking.
- Enjoy sweets in moderation. Your children learn by watching how you and other adults eat and enjoy sweets.

Enjoy the Holiday Season!
Enjoy your family!

Snowman Sandwich

Use 3 different sizes of water glasses to cut out round shapes for your snowman.



Bread slices
American cheese slices
Ham slices
Light mayonnaise or mustard

1. Cut out round shapes from bread and cheese slices.
2. Put sandwich together with bread, cheese and ham.
3. Decorate with soft pieces of olives, cooked carrots, or green peas. Serve.

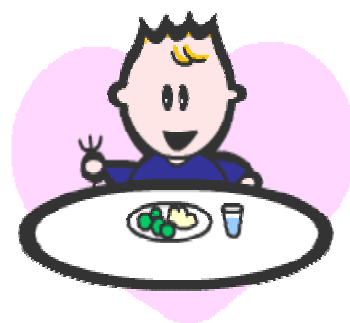
Holiday Pasta Salad

8 ounce small shell pasta
8 ounce bag frozen mixed vegetables
16 ounce can black beans, drained
1 cup grapes, sliced in half
4 ounce low-fat Italian style dressing

1. Boil pasta according to package directions.
2. Add vegetables during last three minutes of cooking.
3. Drain pasta and vegetable mixture, add beans and grapes; mix well.
4. Add dressing.
5. Refrigerate one hour. Serve.

Meals with a Smile Happy children eat better!

- Let your children set the table. Children love to help. Your child can make special placemats—cut pages out of a coloring book and color them.
- Buy special plates and cups. Choose plates and cups that have your child's favorite character or animal.
- Use small forks and spoons. Eating will be easier for small children.



Winter Fun

- **Enjoy snow if you have it.** Grab a sled and go sliding together.
- **Have a snowman building contest.** See who can build the funniest snowman. Try building snow animals.
- **Play in the snow.** Put on coats, mittens and hats. Go outside. Build snow forts. Make paths through the snow.
- **Make a play room.** Clear out an area in the basement, garage or extra room. Children can jump rope, roller skate, ride tricycles, pull a wagon and play with soft balls.
- **Check out your town.** Look for indoor pools, ice rinks, roller skating rinks, soccer fields and play areas.
- **Take a winter walk.** Walk together by the beach, in the park, or in the zoo. Talk about how animals live in the winter.
- **Build an inside fort.** Get some large boxes, blankets and pillows. Let children build a "play house". Children love to crawl and tumble around.
- **Dance.** Turn on the music and dance with your children!



Eat together!

Children eat better when eating with others.

- Include your toddler in his highchair at meals as soon as possible.
- Children love to eat with their parents and siblings.
- Children who eat alone are more likely to run away from the table and refuse to eat.

Expect your child to stay at the table and eat with you.



PLACER-NEVADA COOPERATIVE EXTENSION OFFICE

UNIVERSITY OF CALIFORNIA

11477 E AVENUE (*Building 306, DeWitt Center*)

AUBURN, CA 95603

Nutrition Coalition

Supported by First 5 Placer County
Children and Families Commission

SHARON K. JUNGE, NFCS Advisor

VICKY PANTELS, Program Representative

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**University of California
Cooperative Extension
11477 E Avenue
Auburn, CA 95603
Ph: 530-889-7350
Fax: 530-889-7397
Email: ceplacer@ucdavis.edu
Website: <http://ceplacer.ucdavis.edu>**