



KidFood

Healthy Eating for Today's Kids

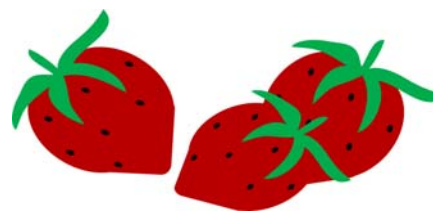
Nutrition Matters

May 2008

Strawberries are a treat!

They are quick and easy to eat—just rinse lightly and eat. Children love to eat strawberries!

Children need to eat at least 1 to 1½ cups of fruit each day for the best health. One cup of strawberries is equal to 8 medium berries. Serve them to your child halved or sliced, fresh or frozen.



Snack on Berries!

- ♥ Eat fresh strawberries—they make fun finger food.
- ♥ Serve fresh or frozen strawberries on yogurt.
- ♥ Blend strawberries with low fat yogurt or ice cream for a shake. Add a banana and blend!
- ♥ Serve sliced strawberries on pudding, cottage cheese or custard.
- ♥ Dip fresh strawberries into peanut butter.
- ♥ Blend strawberries with 100% apple juice or low-fat yogurt. Freeze in small cups. Eat berry slush with a spoon!

Serve strawberries for breakfast and snacks. They are a great source of vitamin C, folic acid and fiber! Four berries have just as much vitamin C as 4 ounces of orange juice or half an orange.

Start your day with berries!

- Toss sliced strawberries on top of breakfast cereal.
- Mix sliced strawberries with a small amount of syrup. Serve on top of pancakes, waffles or French toast.
- Blend frozen or fresh strawberries with juice for your own special drink.
- Serve sliced strawberries on toast sprinkled with cinnamon.
- Spread peanut butter on toast. Top with sliced strawberries.



Kabob Party

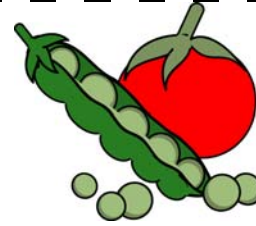
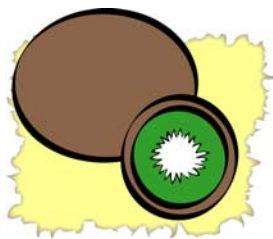
Small children can make their own kabob.
It is a fun way to try new fruits and vegetables!

Try these different foods for a fun kabob:

- ♥ Cherry tomatoes
- ♥ Orange slices
- ♥ Papaya and mango chunks
- ♥ Pineapple chunks
- ♥ Strawberries
- ♥ Cooked carrot slices
- ♥ Banana chunks
- ♥ Melon chunks
- ♥ Jicama pieces

Add soft cheese cubes in between the fruit and vegetable pieces. Try cheddar, Colby and Monterey Jack cheese cubes.

Arrange cheeses, fruits and vegetables on a large serving tray. Ask children to put their choices on pretzel sticks or coffee stirrers and enjoy!



Spaghetti and Peas

A quick lunch with fresh tomatoes and peas!

- 1 tablespoon vegetable oil
- 1 large tomato, chopped into small pieces
- $\frac{1}{2}$ cup of peas
- $\frac{1}{2}$ teaspoon dry basil
- 2 cups cooked spaghetti noodles
- $\frac{1}{4}$ cup grated parmesan cheese

1. Heat oil in medium sized skillet.
2. Add tomato, peas and basil.
3. Cook for 2 minutes on medium-high heat.
4. Add spaghetti and stir together.
5. Remove from heat and sprinkle with cheese.
6. Serve.

More Fruit for Kids

- ♥ Fruit Dips—Dip apple slices, strawberries cut in half, pineapple chunks and kiwi slices in flavored low-fat yogurt.
- ♥ Yogurt Parfait—Serve fruit on top of low-fat yogurt. Top with crushed graham crackers and enjoy!
- ♥ Kiwi Cups—Cut a kiwi in half and eat with a spoon. One kiwi has as much vitamin C as an orange.

Kids Cooking!

Find ways for your children to help in the kitchen. They will learn new skills like washing, stirring, pouring, measuring and cleaning. Learning these new skills will help them feel more confident. Feeling more confident will help small children succeed later in school and life.



Small children can help:

- ♥ Wash fruits and vegetables. Children love to play in water. Bring a chair over to the sink. Ask them to help wash the fruits and vegetables with a brush or washcloth. It may be messy, but it will be fun!
- ♥ Set the table. Give the plates, silverware, napkins and plastic glasses to your child. Ask him to set the table. Encourage your child to put something special in the middle of the table—flowers, a stuffed animal or favorite toy.
- ♥ Prepare the meal. Small children can help measure foods in cups, and pour foods into bowls or pans. They can also help stir, shake or spread foods. Ask your child to join you in the kitchen.

Say Yes to a Mess

Children learn how to enjoy a variety of foods when they play with their food.
Say yes to a mess and enjoy trying new foods!



- ♥ Let your child play with his food. Arrange vegetables in a design on his plate. Ask your child to create a picture on his plate of his favorite pet or toy.
- ♥ Make faces on food. Use small pieces of fruit to create eyes, noses and mouths. All foods can have a 'smile.'
- ♥ Give new names to your vegetables. Broccoli can be 'baby trees.' A baked potato can be 'Mr. Potato Head.'
- ♥ Read stories about foods. Read books about growing and cooking vegetables. Plant seeds in a small pot. Start a garden together. Try new vegetables from story books.
- ♥ Be ready for a mess. Put newspaper under the table and chairs before eating. The newspaper can be easily thrown away later. Make cleanup easy!
- ♥ Children will eat with their hands. Most foods can be fun finger foods. Ask your child to wash his hands before coming to the table.



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