



KidFood

Nutrition Matters

Healthy Eating for Today's Kids

August 2006

Summer Melons

Watermelon, cantaloupe and honeydew melons are treats on hot summer days.

They are full of water and help satisfy our thirst. In fact, they are more than 92% water!

The cantaloupe is the most nutritious melon. It is a rich source of vitamins A and C, fiber and potassium.

One cup of cantaloupe has 50% of the vitamin A and 100% of the vitamin C that you need each day.

Use your nose when choosing a cantaloupe. A ripe cantaloupe will smell sweet and delicious. Avoid strong smelling melons that are too ripe. Cantaloupes should be firm without soft spots.

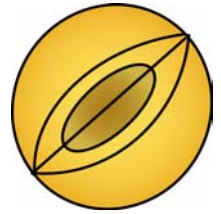
How many fruits should you offer your children each day?

2 to 3 year old children - 1 cup of fruit each day
4 to 8 year old children - 1 to 1 ½ cups of fruit each day.

Limit fruit juices to 4 to 6 ounces or less each day. Serve fresh fruits to your child. Melon is a great fruit for small children.

Cantaloupes

1. Wash the outside of melons and rinse well before cutting.
2. Cut melons in half and remove seeds.
3. Cut melon halves into wedges.
4. Remove the outer rind from each wedge.
5. Cut fruit into chunks.



Cantaloupe and other melons make fun finger foods for small children.

- Try the Summer Chicken Salad or Cantaloupe Salad this summer!
- Enjoy a Cantaloupe-Banana Slush on a hot summer day!

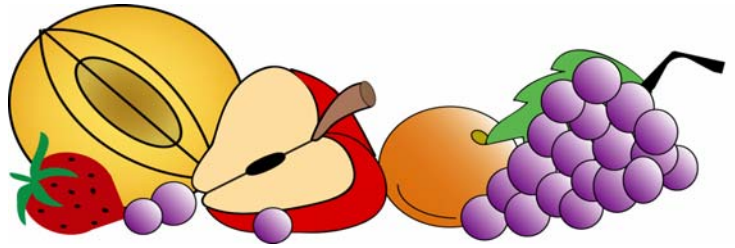
Summer Chicken Salad

- 2 cups cooked cubed, skinless chicken
- 2 cups cubed cantaloupe
- ½ cup diced celery
- 8 ounce container nonfat lemon yogurt
- dash of salt
- ¼ cup nuts (optional)
- 2 cups chopped lettuce

1. Combine chicken, cantaloupe, celery, salt and yogurt in a bowl.
 2. Serve on chopped lettuce.
 3. Top with nuts. (optional)
- *Remember to wash all produce.

Melon Treats

- Serve cantaloupe chunks with yogurt. Try different flavors such as raspberry , blueberry or strawberry yogurt.
- Serve frozen yogurt or ice cream with cantaloupe chunks on a hot summer day.
- Combine cantaloupe chunks with banana or pineapple chunks, or peach or pear slices.
- Freeze melon chunks. Enjoy as a snack.
- Combine cantaloupe and watermelon chunks in a bowl. Cover with apple juice and refrigerate.
- **Make melon ice.**
 1. Blend watermelon or cantaloupe chunks without seeds.
 2. Pour melon juice into a cake pan and freeze.
 3. Scrape frozen melon juice with a large spoon out of pan.
 4. Serve in small cups.



Cantaloupe Salad

Serve this salad with a sandwich for a quick meal.

1 cantaloupe, peeled and cut into chunks
2 cups low fat cottage cheese
1 cup fresh berries - use berries in season such as blueberries, strawberries and raspberries

1. Place cantaloupe chunks and berries in 6 bowls.
2. Top with cottage cheese.
3. Serve chilled.

Cantaloupe-Banana Slush

2 cups cantaloupe chunks
2 cups ripe banana chunks
2 cups pineapple-orange juice

1. Combine cantaloupe, banana and juice together in a blender.
2. Blend until smooth and serve.

Short Order Cooking

Lunch is served. And you are hungry. But your child starts to whine. He doesn't like what you have cooked and refuses to eat.

What are you going to do?

You demand that he eat his lunch, but he refuses to even try it. You probably feel like saying, "All right, what will you eat?" Don't do it!

This is short order cooking. By cooking a different meal, your child will quickly learn how to get his way, which is to just whine!

He may even start asking for a different meal when you serve his favorite foods.

How can you prevent this?

- **Cook the same foods for your family.** Don't prepare special foods for individual children or adults. Your child will learn that everyone eats the same foods.
- **Set a good example.** Let your child see you and others enjoying the same foods he is eating.
- **Make a table rule.** No bad comments about food while eating. Small children like to copy what others say and do.
- **Ask your child to taste foods.** Encourage a taste. But never force a child to eat.
- **Remain calm.** Your child may refuse to eat at times. Don't let your child see that you are upset. If your child eats very little at a meal, there will be another meal or snack later.
- **Offer healthy snacks to make up for those fussy times.** If your child refuses to eat vegetables at a meal, offer raw vegetables and dip for a snack.
- **Don't bribe with dessert.** Offering a sweet food as a reward will only make the main food seem like a punishment.





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Nutrition Coalition

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