



# KidFood

Nutrition Matters

September 2006

*Healthy Eating for Today's Kids*

## Try It!

As a baby, your child probably ate any food that you gave him.

However, now your young child refuses to even try new foods. What is happening?

Your child is probably going through "food neophobia" which is the fear of new foods. It is very normal for young children to refuse some foods.

Your child may not like every food he tastes. However, if your child is willing to taste new foods, he is more likely to eat a variety of healthy foods.

## Try Something New!

Cook your vegetables in a different way!  
Try roasted vegetables.

### Roasted Vegetables

**Squash** - remove peel and seeds

**Potatoes** - wash and don't peel - try a variety of colored potatoes

**Sweet Potatoes** - wash and don't peel

**Carrots** - remove peel

**Rutabagas** - remove peel

Wash vegetables. Cut vegetables into small chunks. Place vegetable chunks in a large

bowl. Sprinkle with a few tablespoons of olive or canola oil. Season vegetables with salt and black pepper.

Place vegetables in a baking dish. Bake in 350° oven until vegetables are soft, about 40 to 50 minutes. Stir vegetables a couple times while baking.



## Offer Brown Rice to Your Family!

It has a great flavor and lots of nutrition.

1 cup of brown rice has 4 grams of fiber.

1 cup of white rice has 1 gram of fiber.

If your family is not used to brown rice, start slowly!

Add  $\frac{1}{2}$  brown rice and  $\frac{1}{2}$  white rice to your meals.

Follow the directions on each package for cooking. Brown rice usually takes twice as long to cook as white rice.

Cook each rice, and then combine them!

## Roasted Dinners

Make a complete meal with roasted vegetables by adding meat.

### *Roasted Chicken and Vegetables*

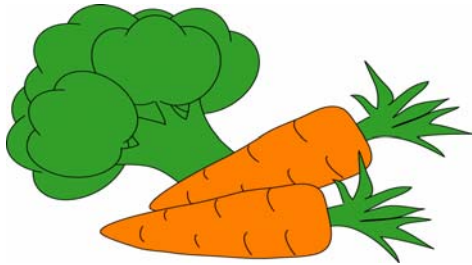
Combine raw chicken breast chunks with vegetables in large bowl. Sprinkle with oil, salt, black pepper and seasoning of your choice.

Roast in oven until meat is no longer pink and vegetables are soft. Stir a couple times while baking.

### *Roasted Meatballs and Vegetables*

Combine meatballs with vegetables in large bowl. Sprinkle with oil, salt, black pepper and seasoning of your choice.

Roast in oven until vegetables are soft. Stir a couple times while baking.



## Chicken Fried Rice

2 tablespoons vegetable oil  
2 cups cooked, skinless chicken breast, chopped  
2 tablespoons chopped onion  
 $\frac{1}{2}$  cup shredded carrots  
2 cups cooked rice  
4 eggs, beaten  
 $\frac{1}{2}$  cup green peas  
2 tablespoons soy sauce

Heat oil in a large skillet. Add chicken to hot oil. Warm the chicken, stirring often. Add onions and carrots. Cook for 2 more minutes.

Add rice, peas and soy sauce to skillet. Pour beaten eggs over rice mixture. Cook over medium heat, stirring until the eggs are cooked and firm. Serve.

## Rice with Roasted Carrots and Apricots

2 cups rice, cooked  
1 cup carrots, sliced  
 $\frac{1}{4}$  cup low-sodium chicken or vegetable broth  
 $\frac{1}{4}$  cup dried apricots, diced  
1 tbsp. nuts (optional)

Roast carrots at 400°F for 20-30 minutes, or until soft when pierced with a fork. Combine broth, apricots, nuts and cooked rice. Heat on low heat until warmed throughout. Transfer to serving dish, top with carrots. Serve.

## Rice Stuffed Squash



- 1 package chicken flavored rice mix
- 1 butternut squash
- $\frac{1}{2}$  cup orange juice
- Vegetable oil cooking spray

Wash and cut each squash in half. Remove seeds. Lightly spray baking dish with vegetable oil spray. Place squash, cut side down on baking dish. Bake in a 375° oven for 40 minutes.

Prepare chicken flavored rice according to directions on the package.

Remove squash from oven. Turn squash over and place rice mixture into and on top of squash halves. Drizzle with orange juice.

Return to oven and bake for 10 more minutes.

### Help your child learn healthy eating habits that will last a lifetime:

- **Offer a new food along with familiar foods.** It will be less scary for your child to see a new food on his plate if there are also familiar foods on his plate.
- **Offer new foods often.** Try new foods and recipes. Your child will learn that trying new foods is a normal habit for your family.
- **Let your child see you tasting and enjoying new foods.** Children learn best by watching their parents and others eat.
- **Ask your child to taste the new food.** Make it fun to taste new foods! Play with new foods!
- **Never force your child to eat a new food.** Your child may only play with the new food at first. That's okay. He is learning to accept the new food.
- **Don't give up!** A child may need to try a new food 10 times before he accepts it.

Your child's first funny face when trying a new food doesn't mean he won't eat it.

Your child is reacting to something new.

Try it again later!




#### Tips of Encouragement for good food experiences

Make sure everyone eating is offered the same foods.

Serve meals and snacks at regular times each day

Make mealtimes happy times. Use positive conversation words.



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## Nutrition Matters

KidFood is published 12 times a year.  
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## Nutrition Coalition

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