



KidFood

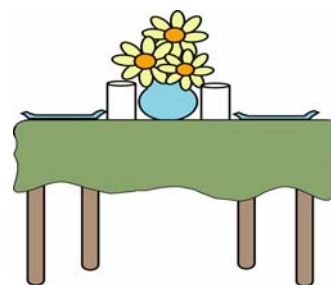
Nutrition Matters

Healthy Eating for Today's Kids

October 2006

Mealtime Routines

- ♥ Small children thrive on routines.
- ♥ Your child will eat better and be happier when he knows what to expect at mealtimes.
- ♥ Give a warning for meals such as "we will be eating in 3 minutes". This will give your child some time to prepare for the meal. Forcing your child to stop playing and sit at a table may upset him.
- ♥ Have a routine activity before meals such as washing hands. Your child needs time to slow down and get ready to eat.
- ♥ Serve child size servings. Let your child ask for more.
- ♥ Ask your child to taste the foods. Let your child play with his food. Small children learn how to eat by touching, tasting and playing with food.
- ♥ Having an ending routine for meals. Ask your child to scrape leftovers into the garbage and put his plate on the counter.
- ♥ Expect your child to stay at the table during meals. If your child wants to leave the table during a meal, tell him to stay. Even if your child doesn't eat, he will enjoy the social part of eating.
- ♥ Let your child leave the table with the rest of the family. Never make a small child stay at the table after a meal is finished.
- ♥ Wash hands and face when the meal is finished. Wash in the sink, away from the table.



**Cooking and eating together
builds strong families!**

Chicken Fettuccine & Broccoli

Buy a roasted chicken
from your grocery store.

Serve $\frac{1}{2}$ of the chicken for lunch.

Use the other $\frac{1}{2}$ of the chicken in this
pasta!

- 8 ounces dry fettuccine
- 1 (14 ounce) can low-sodium chicken broth
- Juice from 1 fresh lemon
- 2 cups shredded roasted chicken
- 1 cup frozen chopped broccoli
- $\frac{1}{2}$ cup grated Parmesan cheese
- 1 tablespoon dry basil

1. Bring a large pot of salted water to a boil. Add the fettuccine to the water and cook until noodles are tender. Drain the water off the noodles.
2. Pour lemon juice and chicken broth in a large skillet. Simmer for 3 minutes.
3. Remove the skin and bones from the chicken. Cut the meat into large pieces. Add shredded chicken to broth and heat for 2 more minutes.
4. Add cooked noodles, broccoli and basil. Toss noodles to coat, adding some water to moisten if needed. Heat until broccoli is hot.
5. Sprinkle with parmesan cheese. Season with salt and pepper. Serve!



Pumpkin Cake

A special fall treat.

Small children love to make and eat this
cake.

- 1 yellow cake mix
 - 1 cup canned pumpkin
 - 2 eggs
 - 1 cup apple or orange juice
 - 1 teaspoon cinnamon
1. Mix cake mix, canned pumpkin, eggs, juice and cinnamon together in a large bowl. Beat for 2 minutes at medium speed or by hand.
 2. Pour batter into greased 13 x 9 inch pan.
 3. Bake in 350° oven for 35 to 40 minutes.
 4. Cool for 10 minutes. Sprinkle lightly with powdered sugar.

Cook up Fun!

- Ask your child to join you in the kitchen.
- **Children love to eat what they help to cook!**
- Small children have short attention spans. Cook quick and easy meals. **Try to finish cooking in 15 to 30 minutes.**
 - **Helping in the kitchen can introduce new foods to your child.**
Children, who help choose, wash and cook new foods, are more likely to try them.

Small children can help:

- measure foods in cups
- pour foods into bowls or pans
- stir, shake and spread foods

Cook with your child!

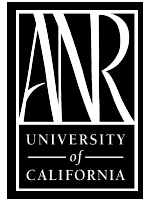
- **Make cooking safe for children.**
Wash hands before cooking.
Avoid sharp objects, hot pans, electrical appliances and other objects that could hurt them.
- **Small cooks can be messy cooks.**
Ask your child to wipe messes with a dishcloth as you cook together.
 - **Be patient!**
Small children will spill foods.
Have fun when cooking together.
- It's a great time for you and your child to laugh and be together.



Eat with your child.

When you eat meals with your child, you are doing more than sharing food.

You are telling your child that you love him and want to spend time with him.



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Nutrition Coalition

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