



Color Me Healthy NEWS

preschoolers moving & eating healthy

MAY

Protection For FUN In The Sun

You and your family should enjoy spending time outside being active! While you are out having fun, protect your skin from the sun's damaging rays. Sun protection should begin in infancy and continue throughout life. It is estimated that we get about 80% of our total lifetime sun exposure in the first 18 years of life. Therefore, sun protection for young children is important to decrease the risk of problems later in life. Exposure to sun over time increases your risk for skin problems, including skin cancer.

Begin now to teach your children about sun protection. Take action to protect you and your children from the sun's harmful rays:

- Stay indoors or in the shade during the hottest time of the day—10am-2pm (daylight saving time 9am-1pm)
- Children and other family members should wear hats or visors and loose cotton tee shirts to protect their skin
- Apply a sun block with sun protection factor (SPF) of 30 or higher, and reapply after playing in the water



Snack Attack

Mom, I'm hungry! When you hear this and it's not meal time, you know it is time for a snack. Small children need snacks to help them make it from meal to meal. But snacks don't mean throw good nutrition out the window. Your child's snacking mood may vary, but you can always maintain healthy snacking habits. Below are examples of great snacks no matter what their snacking mood. Try these suggestions if their snacking mood is:

THIRSTY!—skim or low fat milk, water with lemon, lime, or orange wedge, 100% vegetable or fruit juice

SMOOTH!—Frozen yogurt, banana, cottage cheese, yogurt with fruit

CRUNCHY!—raw vegetables, apples, popcorn, graham crackers, rice cakes, granola bar, a handful of dry cereal

JUICY!—fresh fruit, 100% frozen juice popsicles, cherry tomatoes, blueberries

FUN!—fruit, frozen bananas, watermelon, strawberries

REALLY HUNGRY!—1/2 peanut butter sandwich, cereal with milk, bagel with low fat cream cheese, cheese and crackers



Helping Your Child Be Active and Helpful At Home

It is not too early to teach preschoolers that they need to help out at home. Make housekeeping chores fun and involve the whole family. It will get the chores done and help your child to be both active and helpful!

There are lots of ways to be active at home. Ask your child to help with these jobs:

- Dust furniture
- Pick up toys
- Rake leaves
- Set or clear the table
- Work in the garden
- Feed or walk their pet



Color Me Healthy Parent Bulletin Board

Eat a variety of nutrient rich foods. You need more than 40 different nutrients for good health and no single food supplies them all. Remember to include bread and whole grain products, fruits, vegetables, dairy products, and meat, poultry, and fish.

Preschool children should get at least 30-60 minutes of activity from a variety of activities on all or most days of the week.

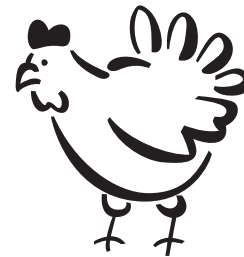
Instead of renting a video, use the money you would have used to purchase an inexpensive activity toy that can be used again and again. Ideas include: Frisbee, jump rope, ball, or sidewalk chalk.



Kids Kitchen

This is a recipe for you and your children to prepare together. It is not designed for children to make on their own. Supervision and assistance from an adult are required. Getting your children involved in food preparation will go a long way in encouraging them to try new foods and enjoy eating.

Chicken Nuggets



INGREDIENTS:

- 1 egg
- 2 tablespoons milk
- 3 1/2 cups cornflakes, crushed
- 1 pound boneless, skinless chicken breasts, cut into nugget size pieces
- 1/4 cup barbeque sauce, ketchup, or mustard for dipping sauce

INSTRUCTIONS

1. Preheat oven to 400 degrees F.
2. Whisk the egg and milk together in a small mixing bowl.
3. Place cornflakes in a plastic bag.
4. Dip chicken pieces in egg mixture, then shake with cornflakes to coat.
5. Put coated chicken on a baking sheet.
6. Carefully place pan in oven and bake for 15 minutes.
7. Carefully remove the baking pan from the oven.
8. Serve nuggets with warm barbeque, ketchup, or mustard dipping sauce.



Food For Families On The Go

Tuna Burgers *6 servings*

INGREDIENTS

- 1 can (12 ounces) tuna drained and flaked
- 1 1/2 cups bread crumbs; divided
- 1 cup (4 ounces) shredded Cheddar cheese
- 1 egg; lightly beaten
- 1/2 cup non-fat peppercorn ranch salad dressing
- 1/4 cup sliced green onion (optional)
- 1 tablespoon olive oil

INSTRUCTIONS

1. In a medium bowl, combine tuna, 3/4 cup breadcrumbs, cheese, egg, salad dressing, and onion.
2. Form six patties; coat each side with remaining 3/4 cup bread crumbs.
3. Heat oil in non-stick skillet over medium heat.
4. Cook patties 3-5 minutes on each side until golden brown.

Prep Time: 10 minutes
Cook Time: 10 minutes
Calories per serving: 308
Fat per serving: 11 grams