



# Color Me Healthy NEWS

preschoolers moving & eating healthy

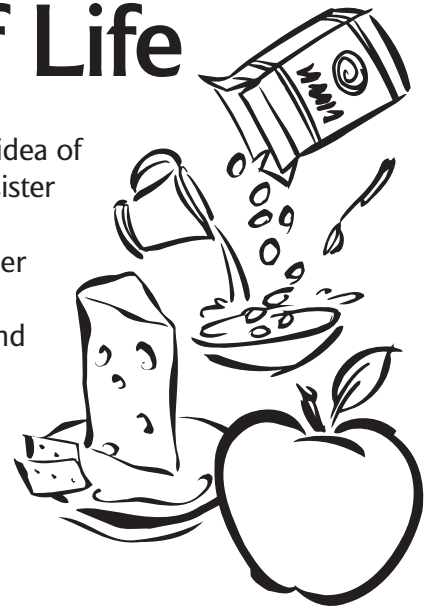
JULY

## Variety Is The Spice Of Life

All foods can fit into a healthy diet. Even young children understand the idea of “sometimes.” Sometimes you sit in the front seat and sometimes your sister does. Sometimes you pick the television show and sometimes Dad picks it.

The same applies to foods. There are “sometimes” foods that are higher in fat and sugar. Sometimes there will be cookies after school, sometimes fresh fruit, sometimes a bowl of cereal, sometimes cheese and crackers, and sometimes ice cream. Learning to expect and enjoy variety is one of the greatest lessons you can teach your children as they develop eating habits they will carry with them for a lifetime.

Encourage your children to try new foods and become interested in food preparation and how food is grown. Try the KIDS KITCHEN with your children to get started!



### Check Out The Colors, Check Out The Smells

Children love to play with the colors and smells of food. Here are some ideas you can use with your child.

#### CHECK OUT THE COLORS!

Food comes in a rainbow of colors. Here are some ways to check out the many colors of food:

1. Go to the fruit and vegetable section of the store. Talk about the many colors of the food.
2. For fun, have a red day, yellow day, orange day or green day. On these days, eat at least one food of that color. It may be a good way to get your child to try a new food.

#### CHECK OUT THE SMELLS!

The smells of food are also very different. Here is a game that you and your child can play:

1. Gather foods with strong smells: banana, cinnamon, chocolate, lemon, orange, onion, peanut butter, or others.
2. Put a little bit of each food in a separate dish.
3. Put a blindfold on your child.
4. Let your child smell a food and guess what it is.
5. You take a turn with the blindfold.



### Does Your Child REALLY Get A Chance To Be Physically Active?

Where and when during the day does your child have the opportunity to be active? Looking at your child's and your family's environment will help you assess how easy it is to be active. Think about where your child spends most of his or her day, what your neighborhood is like, where you and your family can go to be active, and what activities you can incorporate into your family routine.

#### CHILD CARE

- Do your children have enough activity time in their day at the child care center?
- Is the equipment, toys and active area both inside and outside the child care center adequate and safe?

#### YOUR NEIGHBORHOOD

- Do you have sidewalks in your neighborhood for you and your family to enjoy?
- Do your children have a safe place to play and ride a bike at your home or close by in your neighborhood?



## Color Me Healthy Parent Bulletin Board

Allow your children to have some choice in what they eat. You can help guide them in the right direction but help them to make good choices on their own. Having a wide variety of healthy foods to choose from will make this task easier!

When your child plays outside, remember to put sunscreen on to eliminate the risk of sunburns.

Studies show that kids who watch the least TV are the kids who are least likely to be overweight.



## 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.*

### Red, White, Blue And Yummy

4 servings

#### INGREDIENTS

- 4 scoops vanilla frozen yogurt
- 1-cup skim (fat-free) milk
- 1/2 cup strawberries; cut into quarters
- 1/2 cup blueberries

#### INSTRUCTIONS

1. Place all ingredients in blender.
2. Blend until smooth; serve.



## Food For Families On The Go

### Garden Bow Tie Pasta 6 servings

#### INGREDIENTS

- 1 can (12 ounces) tuna, drained and flaked
- 1/2 pound bow tie pasta
- 2 tablespoons olive oil
- 1 cup sliced onions
- 1 cup chicken broth
- 3 tablespoons fresh thyme or 1 tablespoon dried thyme
- 4 cups frozen vegetable medley
- garlic salt and pepper to taste

#### INSTRUCTIONS

1. Cook pasta according to package directions, drain; rinse.
2. In large skillet, heat olive oil over medium-high heat; sauté onions for 3-5 minutes.
3. Add broth and continue cooking 2 minutes.
4. Add thyme, tuna, vegetables, and mix gently.
5. Add pasta; season with garlic salt and pepper.
6. Heat 3-4 minutes or until broth is reduced.
7. Garnish option: grated Parmesan cheese.

Prep Time: 10 minutes

Cook Time: 20-25 minutes

Calories per serving: 311

Fat per serving: 6 grams