

Tips for Parents of Preschool Children



is for Avocado

Produce Tips

- Pick avocados that are firm and give to the touch.
- Place unripe avocados in a paper bag for 2-3 days at room temperature.
- Once avocados are ripe, keep in the refrigerator up to 1 week.
- Rub lemon juice onto cut avocado to avoid browning.

Photos: Network for a Healthy California

Nutrition Facts

Serving size:

1/4 cup avocado, sliced (30g)

Calories 50 Calories from Fat 39

% Daily Value

Total Fat 5g 7%

Saturated Fat 1g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 2mg 1%

Total Carbohydrate 3g 1%

Dietary Fiber 2g 8%

Sugars 0g

Protein 1g

Vitamin A 1% Calcium 0%

Vitamin C 4% Iron 1%

Source: www.nutritiondata.com

Recipe

AVOCADO TORTILLA SOUP

Makes 8 adult servings at 1 cup each

Ingredients

- 3 (14-ounce) cans low-sodium chicken broth
- 2 (10¾ ounce) cans low-sodium condensed tomato soup
- ¼ cup cilantro, leaves only
- 3 cloves garlic, finely chopped
- ½ teaspoon ground black pepper
- 1 ripe avocado, peeled, pitted and chopped
- 8 low-fat, unsalted corn tortilla chips, crumbled

Preparation

1. Place chicken broth, tomato soup, cilantro, garlic, and ground black pepper in a large pot. Bring to a boil, then reduce to low heat and cook for 10 minutes.
2. Cool slightly, then puree small amounts at a time in a blender.
3. Return to pot, add avocado, and heat until soup is hot.
4. Pour soup into bowls and sprinkle with crumbled tortilla chips.
5. Serve warm or chilled.

Adapted from:

Everyday Healthy Meals,
Network for a Healthy California, 2007.

Nutrition Information

Per Serving:

Calories 134,
Carbohydrates 17 g,
Protein 5 g, Total Fat
6 g, Saturated Fat 1
g, Cholesterol 0 mg,
Sodium 350 mg, Dietary
Fiber 2 g



For important nutrition information, visit www.cachampionsforchange.net. For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.

What Should Parents Know About Children?

Children are often thirsty. Offer milk or water.

- Sodas, sports drinks, and other sweet drinks contain lots of sugar and calories.
- Children can gain weight from drinking sodas and sweet drinks.
- Drinking sweet drinks before or with a meal can make your child too full to eat.
- Do you know that even 100% fruit juice contains some fruit sugar and calories?
- Limit fruit juice to 4-6 ounces a day as part of a meal or snack.
- Join your child in having a soda-free summer.

Family Activity

Play outdoors with your child

- Play hopscotch. Draw a hopscotch game on the sidewalk. Young children can jump from square to square. Older kids can hop and bend.
- Blow bubbles and chase them until they pop.
- Go fruit picking: berries, peaches, apples, or whatever grows where you live.



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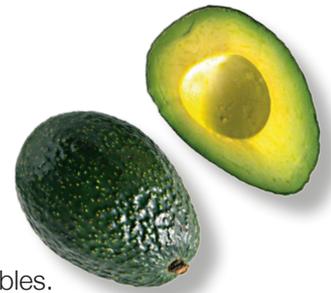
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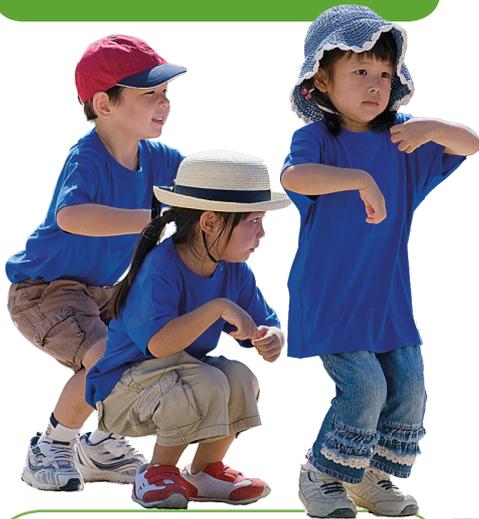


What Can I Help My Child Learn At Home?



Did You Know?

Arm and leg movements help stimulate brain connections and can have positive effects on learning.



Expose your child to a variety of fruits and vegetables. This month's "Tips" features avocado. The front page has a recipe you might prepare with your child's help. There are also some suggested activities your family can do together.

WHAT TO DO?

1. Look at an animal book and ask your child, "How does this animal move?" Example: Horse. Answer: gallop.
2. Now, "What kind of sound does that animal make?" Example: neigh or snort. Do that sound with your child.
3. "How big is that animal?" Example: large, medium, small, tiny.
4. "What do they eat?" Example: Horses eat hay.
5. Now, ask your child to select some of his/her favorite animals and to move like different animals Examples: bears climb, kangaroos hop, snakes slither, ants march, etc.
6. Remember to encourage your child's creativity and give some hints if he or she does not know.

What is in Season?

Fall is the season for produce that likes cool weather. In the fall, Bay Area weather starts to cool and get breezy. Avocado is one of the produce foods available during this season. Ask your teacher for a seasonal calendar.



Hint: National Geographic offers animal programs on TV. You may like to watch these programs.

What Did My Child Do in School Today?

Once a month your child eats a snack prepared from seasonal produce. Sometimes your child grows the produce in the school garden. Today they did the "Animal Aerobics" activity. Your child learned to do animal movements to keep his or her body active and healthy.

Children need to be active for at least 60 minutes every day to be healthy.

Enjoy Your Time with Your Child.