

# Tips for Parents of Preschool Children



# B

*is for Broccoli*

## Produce Tips

- Select broccoli with green florets. Avoid those that are yellowing and have a woody stem.
- Do not rinse broccoli until ready to cook.
- Eat broccoli within 2-4 days of buying.



## Nutrition Facts

Serving Size: 1 cup, chopped, (91g)	
Calories 31	Calories from Fat 3
	% Daily Value
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	9%
Sugars 2g	
Protein 3g	
Vitamin A 11%	Calcium 4%
Vitamin C 135%	Iron 4%
Source: <a href="http://www.nutritiondata.com">www.nutritiondata.com</a>	

## Recipe

### ITALIAN BROCCOLI AND PASTA

Makes 4 adult servings at 1¼ cups each

#### Ingredients

- 2 cups uncooked noodles
- 2 cups broccoli florets
- nonstick cooking spray
- 3 tablespoons chopped green onions
- ½ teaspoon dried thyme
- ½ teaspoon ground black pepper
- ½ teaspoon dried oregano
- 1 (14½ ounce) can stewed tomatoes, not drained
- 2 teaspoons grated Parmesan cheese

#### Preparation

1. Cook noodles according to instructions on package. Drain.
2. Spray a medium skillet with nonstick cooking spray. Add onions and broccoli. Stir and cook at medium heat for 3 minutes.
3. Add seasonings and the can of tomatoes. Cook until heated.
4. Spoon vegetable mixture over noodles and top with Parmesan cheese.

#### Nutrition Information Per Serving:

Calories 210, Carbohydrates 39 g, Protein 9 g, Total Fat 2 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 160 mg, Dietary Fiber 3 g

#### Adapted from:

Discover the Secret to Healthy Living, Public Health Institute/ California Department of Health Services, 2004.

For important nutrition information, visit [www.cachampionsforchange.net](http://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?

Limit the amount of time children watch TV.

- Keep the amount of television watching to 1 hour or less each day.
- Watch TV with your child. Together count all the unhealthy foods (like sugary cereal, sweets, sodas, and fast foods) you see.
- Avoid using TV watching as reward or punishment.
- Select educational TV programs for your child.

## Family Activity

Play recreational games with your child

- Play "Duck, Duck, Goose" or "Follow the Leader."
- Kick a ball back and forth or set up a goal for your child.
- Practice hitting a ball off of a T-ball stand.
- Play "Freeze Dance" or "Freeze Tag."



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