

Tips for Parents of Preschool Children

P is for Peas

Produce Tips

- Select pea pods that are firm, bright green, plump, and look filled with peas.
- Store fresh unwashed peas in the refrigerator in an open plastic bag.
- Rinse peas before shelling.



Nutrition Facts

Serving size:
1/2 cup green peas, cooked (80g)

Calories 67	Calories from Fat 2	% Daily Value
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 58mg		2%
Total Carbohydrate 11g		4%
Dietary Fiber 4g		18%
Sugars 4g		
Protein 4g		
Vitamin A 13%	Calcium 2%	
Vitamin C 19%	Iron 7%	

Source: www.nutritiondata.com

Recipe

MEXICAN RICE

Makes 6 adult servings at ¾ cup each

Ingredients

- 1 tablespoon vegetable oil
- 1 cup chopped onion
- 1 (14½ -ounce) can low-sodium chicken broth
- 1 cup uncooked white rice
- ¾ cup chopped tomatoes
- ½ teaspoon chili powder
- ¼ teaspoon salt
- 1 cup frozen peas and carrots mix
- 1 cup frozen corn

Preparation

1. Heat oil in saucepan over medium heat.
2. Add onions and cook until soft, about 5 minutes.
3. Stir in broth, rice, ½ cup tomatoes, chili powder and salt. Bring to a boil.
4. Reduce heat and cook according to rice package instructions.
5. Stir in vegetables and cook for 5 minutes or until vegetables are warm.
6. Spoon remaining tomatoes over top and serve warm.

Adapted from:

Healthy Latino Recipes Made With Love, Network for a Healthy California, 2008.

Nutrition Information

Per Serving:

Calories 200,
Carbohydrates 39 g,
Protein 8 g,
Total Fat 0 g,
Saturated Fat 0 g,
Cholesterol 0 mg,
Sodium 279 mg,
Dietary Fiber 3 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 need to exercise and move every day.

- Regular physical activity helps build healthy bones and strong muscles.
- Physical activity helps build self-confidence and keep your child happy.
- Have your child get 60 minutes of physical activity every day.
- Plan activities that get your child's heart beating faster and your child breathing harder.
- 3 year-olds can hop, climb, ride a tricycle or a bicycle with training wheels (and a helmet), catch, throw, and kick a ball.

Family Activity

Keep your child physically active.

- Play or sing favorite songs, while your child dances and jumps to the music.
- Have your child act like a favorite animal, hop like a rabbit, jump like a kangaroo, fly like a bird, or run like a horse.
- Play "Simon Says." Simon can ask your child to jog in place, jump up and down, bend and stretch, run in a circle, or walk on tiptoes.



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