

Tips for Parents of Preschool Children



is for Persimmon

Produce Tips

- Select persimmons with smooth, bright orange/red skins.
- Fuyu persimmons are firm, & sweet like an apple. They taste like a combination of pumpkin, plum, and honey. They are good in salads.
- Some persimmons are shaped like a tear drop. They are often used for baking.
- Rinse fruit before eating.

Nutrition Facts

Serving size:

1 medium persimmon (168g)

Calories 118 Calories from Fat 3

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 2mg 0%

Total Carbohydrate 31g 10%

Dietary Fiber 6g 24%

Sugars 21g

Protein 1g

Vitamin A 55% Calcium 1%

Vitamin C 21% Iron 1%

Source: www.nutritiondata.com

Recipe

PERSIMMON & SPINACH SALAD

Makes 6 adult servings at ½ cup each

Ingredients

- 3 cups washed fresh spinach
- 3 sliced medium Fuyu persimmons (the round variety)
- ¼ cup dried cranberries
- 1½ tablespoons olive oil
- 3 tablespoons orange juice
- 2 tablespoons rice vinegar

Preparation

1. In small bowl, combine oil, orange juice, and vinegar for dressing. Chill in refrigerator.
2. In large bowl, combine spinach, persimmons, nuts, and cranberries.
3. Mix salad ingredients with dressing and serve.

Adapted from:

www.harvestofthemonth.com

Nutrition Information per Serving:

Calories 79, Carbohydrates 12 g, Protein 1 g, Total Fat 4 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 13 mg, Dietary Fiber 1 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?

Breakfast is an important part of a child's healthy diet.

- Children learn easier at school or day care center, when they have eaten breakfast.
- A healthy breakfast helps control hunger during the morning.
- Enroll your child in the school or day-care breakfast program.
- Serve whole grain cereal with sliced fruit.
- Involve children in making breakfast smoothies with fruit, low-fat yogurt, and low-fat milk.
- Have fruits for your child's breakfast every day.

Family Activity

Wake up your preschooler with FUN stretches every morning.

- Reach for the sky, and then touch your toes.
- Sit with legs together straight in front of you. Walk fingers down to touch your toes. Give each knee a kiss.
- Sit with the soles of your feet together, knees opened to the sides. Hold your feet and flap your knees up and down like a butterfly.



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