

Tips for Parents of Preschool Children



R
is for
Root Vegetables

Produce Tips

- There are many varieties of root vegetables. They vary in color, shape, and taste.
- Some of the most common roots are carrots, onions, potatoes, garlic, and sweet potatoes
- Choose root vegetables that are firm and have dry roots.
- Wash root vegetables well, removing all dirt before preparing.

Nutrition Facts

Serving size:
½ cup, sliced jicama (60g)

Calories 23	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 1g	
Vitamin A 0%	Calcium 1%
Vitamin C 20%	Iron 2%

Source: www.nutritiondata.com

Recipe

JICAMA PIÑA BREEZE

Makes 3 servings, at 1 cup each

Ingredients

- 1/2 cup canned pineapple chunks, packed in 100% juice, undrained
- 1/2 cup fresh jicama, washed, peeled and cut into small pieces
- 1/2 cup fresh orange chunks
- 2 cups 100% orange juice
- ice cubes

Preparation

1. Place all ingredients in a blender container.
2. Blend until smooth. Pour into glasses and serve.

Adapted From:

www.cachampionsforchange.net
<http://www.cdph.ca.gov/programs/opns/Documents/HealthyLatinoRecipes-CPNS.pdf>

Nutrition information per serving:

Calories 117, Carbohydrate 28 g, Protein 2 g, Total Fat 0 g, Saturated Fat 0 g, Trans fat 0 g, Cholesterol 0 mg, Sodium 5 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?

It takes time for children to try new foods.

- Introduce one new food at a time.
- Cut them into different shapes to appeal to their eyes (square, rectangle, triangle); or shave or shred them.
- Prepare food in different ways: raw, baked, or steamed.
- Add a variety of your child's favorite dressings or dips, like low fat yogurt, cottage cheese and honey, sprinkle some cinnamon, add some drops of lemon juice.
- Involve your child in the food preparation.

Family Activity

Play some schoolyard games with your children. Young children are learning some new yard games at school. Play some of those simple games at home. Involve other siblings and members of the family.

- Play hopscotch together (use a chalk and draw the hopscotch)
- Get a jump rope; family members take turn jumping
- Play a game of tag



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