

Tips for Parents of Preschool Children



is for Orange

Produce Tips

- Choose firm oranges with bright, colorful skins.
- Avoid fruit with bruised, wrinkled, or discolored skins.
- Oranges with thin skin tend to be juicier than thick skinned oranges.



Nutrition Facts

Serving Size: 1 medium orange, (154g)

Calories 75 Calories from Fat 2

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 2mg 0%

Total Carbohydrate 19g 6%

Dietary Fiber 3g 14%

Sugars 13g

Protein 1g

Vitamin A 8% Calcium 7%

Vitamin C 152% Iron 1%

Source: www.nutritiondata.com

Recipe

THREE CITRUS SALAD

Makes 6 adult servings at 1½ cups each

Ingredients

- 1 mandarin orange (tangerine), peeled and sectioned
- 1 navel orange, peeled and sectioned
- 1 grapefruit, peeled and sectioned
- 1 tablespoon lemon juice
- 6 ½ cups romaine lettuce (about 1 head), torn
- 1 tablespoon honey

Preparation

1. Place tangerine, navel orange, and grapefruit sections in a bowl.
2. In a separate bowl, mix lemon juice with honey and pour over romaine lettuce.
3. Arrange fruit on top of romaine lettuce to serve.

Nutrition Information Per Serving:

Calories 83, Carbohydrates 15 g, Protein 2 g, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 9 mg, Dietary Fiber 3 g

Source:

NETA University of California Cooperative Extension – Alameda County.



For important nutrition information, visit www.cachampionsforchange.net. For food stamp information, call 877-847-3883. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.

What Should Parents Know About Children?

Children who are healthy can decide how much food to eat.

Parents

- Decide what foods to buy and serve.
- Prepare and decide when and where to serve them.
- Provide nutritious food choices.
- Encourage children to serve themselves.
- Allow children to say when they are full.
- Avoid using food as a reward.

Family Activity

Organize a family activity circuit. Change stations after 30 seconds.

- **Station 1:** Stand straight, hands to the side. Raise both arms straight up, reaching for the ceiling. Then raise one at a time.
- **Station 2:** Jog in place or do jumping jacks.
- **Station 3:** Squat down, with arms out in front, until your thighs are parallel to the floor. Keep your back straight, head up.
- **Cool Down:** Relax and take deep breaths at end.



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What I Can Do to Help My Child Be Active and Healthy at Home?

Did You Know?

When a family develops habits for everyday activity it is easier to fit them into your regular schedule than trying to get physical activity from a sport. Just get the whole family to sit less and move more. This can be a good starting goal.

What is in Season?

Begin the celebration of National Nutrition Month by eating seasonal fruits and vegetables, like oranges and other citrus fruits. Prepare lemonade for your children, add oranges to your water and chill. Ask your child to join you and prepare the Three Citrus Salad recipe.



What To Do?

MOVE MORE.

Children mimic what their parents and older siblings do. What can you do to help your child move more?

1. **Make physical activity part of your daily routine:** walk as you talk on the phone, use the stairs, move your legs and arms while watching TV, play actively with your child.
2. **Try to avoid sitting around doing nothing.** It can result in weight gain. Normally you eat while you sit down, watching TV.
3. **Be a role model for your family.** Your child can be your exercise buddy.
4. **You do not need a large space to be active,** jump rope or walk the dog; walk to the supermarket and ask your child to tell you the colors of the fruits and vegetables.
5. **Children like dancing and skipping while they are outdoors.** Join them and start counting.

Try to get at least 30 minutes of moderate-intensity physical activity on most days of the week. Your child needs at least 60 minutes of active play daily.

Photos: Network for a Healthy California



What Did My Child Do in School Today?

It is the season for citrus fruits and your child learned about oranges and the different varieties available. Citrus fruits, like oranges, are excellent sources of vitamin C. Children also learned to match the color purple, green, orange, red, brown, white, and black with fruits and vegetables. When you go to the supermarket, ask your child about the colors of fruits and vegetables.

Enjoy Your Time with Your Child.