

NETA

**Nutrition Education & Training
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For Early Childhood Providers**

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Keeping Kids Cool



As daily temperatures begin to soar, it is important to remember our body's fluid needs in order to prevent dehydration. *Dehydration* occurs when the body's output of water exceeds its input. Sufficient intakes of water and food can help minimize the risk.

The human body is made of approximately 60 percent water. Maintaining water balance is necessary for our body to function effectively. When our bodies are subjected to increase temperatures, we loose water quickly. We need to replenish water that is lost during hot summer days.

All food contains water, some more than others. Consuming more fruits (i.e. oranges, watermelons, and peaches) and vegetables (i.e. lettuce, celery, and carrots) is an excellent and tasty way to boost fluid intake.

Children age five and under are extremely susceptible to dehydration or other heat-related illnesses. Some signs and symptoms to watch out for include:

- Headache
- Dizziness
- Stomachache
- Nausea
- Fatigue



Fluid Tips:



Increase fluid intake before, during, and after playtime. When playing in the sun, have a water or juice break every 30 minutes.



Plain, cold water is the beverage of choice, because the body absorbs it quickest.



Encourage children to drink/sip water even when they are not thirsty.



Stay away from caffeinated beverages such as soft drinks and iced tea. Caffeine is a diuretic, which causes the body to loose more water.



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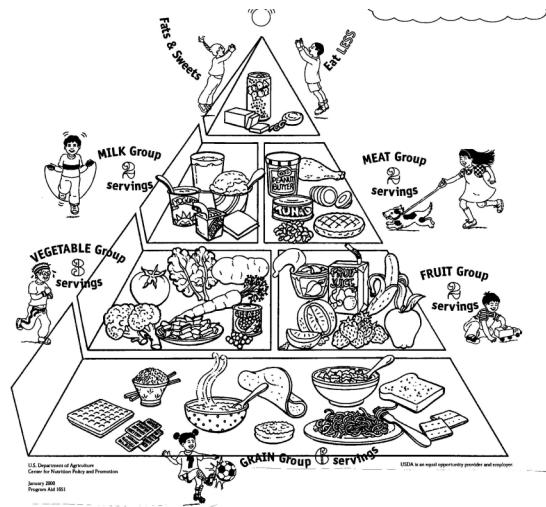
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Healthy Eating for Kids: How Adults Can Help ...

Meal and snack time plays an important role in the developmental learning of young children. It is an excellent chance for children to build fine motor skills, socialize, and learn about family/cultural traditions. Whether at home or in childcare centers, it is the adults' responsibility to provide an enjoyable and supportive environment in which children feel comfortable to learn about and try new foods.

Mealtime is an opportunity to establish a division of responsibility, often referred to as "sharing food tasks." "Sharing food tasks" defines the role adults and children play in establishing healthy eating habits. Refer to the table below:



| | | |
|---------------|-------------------------------------|--|
| adults | Decide what food is served | <ul style="list-style-type: none">● Serve a variety of foods from the Food Guide Pyramid.● Be a good role model and eat with the children.● At each meal, make sure there is at least one food item that the children prefer.● Serve the same food to all children. |
| | Decide when food is served | <ul style="list-style-type: none">● Have a schedule for meals/snacks and stick to it. Kids should eat only at these times.● Children have small stomachs and need to eat every couple of hours. Snacks are an important part of a child's day. |
| kids | Decide how much to eat | <ul style="list-style-type: none">● Serve small portions. Let kids ask for more if they are hungry.● Children go thru phases of eating. At times they will eat a lot and other times they will eat a little. This is normal. |
| | Decide whether or not to eat | <ul style="list-style-type: none">● If children know they can only eat at meal or snack time, they'll eat if they are hungry. Don't worry if they occasionally don't eat at a meal.● Even when children choose not to eat, have them come to the table for the meal. This teaches them that mealtimes are important times to be shared by all family members. |

Food Safety at the BBQ

Are you ready to fire up the grill to add a different taste to your meals? Grilling provides lots of new entree choices and flavors. But before you light that fire, take some steps to safe eating:

- Defrost meat, poultry and fish in the refrigerator and take them to the grill when the fire is ready. Letting meat, fish and poultry sit outside until the grill is ready, can allow bacteria to grow. When you're cooking on the grill, be sure to check the temperature of the meat. Just because the outside looks good doesn't mean the inside temperature is high enough to kill bacteria.
- Marinades give grilled meat a nice flavor, but if you want to baste the meat while it cooks be sure to have fresh marinade. The marinade you used for the meat can have bacteria in it and isn't a good choice for basting.
- If you're serving potato salad or cheese potatoes, Remember to keep them at the right temperature until it's time to eat. Protein foods can spoil very easily when left to sit at room temperature.

**Enjoy your first BBQ of the season!
Just take a little time for safety.**



Adapted from www.fsis.usda.gov

Nutritious Summer Recipes

Yogurt Popsicles

Ingredients:

- 1 (6 oz.) can concentrated unsweetened fruit juice (Orange, pineapple, or tropical juice)
- 2 cups plain low fat yogurt
- 1½ teaspoon vanilla
- 12 (3 oz.) paper cups
- 12 popsicle sticks or coffee stirrers



Method:

- Mix fruit juice, yogurt, and vanilla in a bowl.
- Pour mixture equally into each paper cup.
- Place in freezer.
- Insert popsicle sticks in each cup when mixture is slushy (approximately 4 hours).
- Freeze for 24 hours.

Makes 12 popsicles.

Adapted from www.tea.state.tx.us/CNP/5aday/recipes.pdf

Fresh Strawberry Sandwiches

Ingredients:

- 1 slice whole-grain bread (lightly toasted)
- ½ teaspoon soft margarine or butter
- 3-4 fresh, ripe strawberries (washed, stems removed and smashed)
- ¼ teaspoon brown sugar

Method:

- Lightly spread margarine or butter on warm toast.
- Spread strawberries evenly on the buttered bread.
- Sprinkle with sugar.
- Gently press the strawberries with a fork until the juice mixes with the sugar.
- Cut toast in half & enjoy!!!

Makes 1 serving.

Adapted from www.eatright.org



Community Events

1. Need immunizations for school entry? For a list of low-cost Immunization Clinics, call (510) 267-3230.
2. Four out of five car seats are not properly installed. For a list of places that provide free car seat checks call the Alameda County Injury Prevention Program at (510) 208-5987.
3. Seminar: "Beyond Handwashing—Healthy, Safe, Quality Care for Infants and Toddlers," at BANANAS, Oakland. Saturday, July 14th, 8:30-12:30 PM. For more information call (510) 281-7916.

Children's Storybooks

1. ***The Little Mouse, the Red Ripe Strawberry, and the Big Hungry Bear.***

By : Don and Audrey Wood, Childs Play Intl. Ltd., 1989.

A book for pre-school and early primary readers. The Big Hungry Bear is the story of a little mouse and you. You try to trick the mouse into giving you his 'red, ripe strawberry' by making him think 'a big hungry bear' is chasing him, wanting to take it away.

2. ***Eating the Alphabet: Fruits and Vegetables from A to Z.***

By: Lois Ehlert, Harcourt Brace Jovanovich, 1989.

The bright, bold produce in this book is a tasty way to teach the alphabet and nutrition at the same time. Perfect for toddlers and preschool children, it can be used to introduce the concept of variety and to help kids become more comfortable with the idea of eating different fruits and veggies.

Websites

1. California Healthy Kids Resource Center: This site provides information regarding the center, how to access publications and materials, as well as an online catalog of resources.
<http://www.californiahealthykids.org>
2. Food Guide Pyramid for Children: This site allows you to download and print black-and-white or color copies of the USDA Kids Food Guide Pyramid. Post it and use it to help kids learn about healthy eating.
<http://www.usda.gov/news/usdakids/index.html>
3. Nutrition for Kids: This site publishes materials that take a positive, fun approach to the more serious issues that affect children today, including poor eating habits, obesity, and inactivity. You'll find lots of useful tips and quick updates when you visit the weekly carrot and scroll through the "carrots" archive.
<http://www.nutritionforkids.com/>

Comments & Suggestions



If you have any comments or suggestions, please e-mail to sdesai@ucdavis.edu.

We look forward to hearing from you.

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