



NETA

**Nutrition Education Training
Academy Newsletter
For Early Childhood Providers**

January - March 2002

Volume 2, Issue 2

Spring into Health!

By: Judy Calder and Marsha Kunz



Spring is a time to think about getting outside and enjoying the longer days, digging in the dirt, and planning your summer child care garden.

As we all know today's children spend too much time in sedentary activities, watching television (where they are bombarded with junk food commercials) and playing video games (often violent). This inactivity plus an intake of too much soda and junk food is contributing to an increase of childhood obesity.

Getting outside and being active again doesn't have to involve fancy equipment. Here are some ideas of home made equipment to "frolic in the fitness" from the Contra Costa Children's Council.

<u>Item</u> →	<u>Becomes</u>	<u>Activity/Comments</u>
Hula Hoops	Obstacle course	Jump through like a giant hopscotch
Sidewalk chalk	Hopscotch	Spring into Health
Gallon jugs	Scoops	Cut off bottoms, secure with tape. Play Catch with tennis balls, ping pong balls, etc.
Sponges	Puffballs	Cut into strips, use zip ties to secure

Family activities can include going for a walk and counting the trees with spring blossoms, flying a kite and playing in the park. Games of tag, working in the yard, planting vegetables in containers or in the garden are also great family activities. Families that play together stay healthier together. One of the best ways to encourage your children to be more active is to make it a family affair. For a free pamphlet of the "Kids Activity Pyramid" call 1-800-372-7776.

Fruits and Vegetables Research

Phytonutrients in Fruits, Vegetables and Nuts

Why Are They Important?

By: Bernadette Garcia-Roger



The importance of eating a minimum of 5 servings of fruits and vegetables a day is growing as scientists continue to discover new benefits linked to the prevention of chronic diseases. In addition to their high concentration of vitamins and minerals, fruits and vegetables have other compounds called "*phytonutrients*" (Pronounced "fight-o-nutrients").

What are Phytonutrients?

Phytonutrients are natural bioactive compounds that work well with the fiber and nutrients found in fruits, vegetables and nuts. These compounds help reduce the risk of certain chronic diseases such as cancer, high blood pressure, stroke, heart disease, urinary track infections, and cataracts. It seems that phytonutrients may also help slow down the aging process.

The US Department of Agriculture (USDA) and The Produce for Better Health Foundation are working together in compiling one of the most comprehensive phytonutrients database. It is estimated that as many as a thousand phytonutrients could be present in fruits, vegetables and nuts. This database will identify specific amounts of 25 phytonutrients found in these important foods.

Preschoolers need to eat 5 portions of fruits and vegetables. Helping our children develop good dietary habits in the early years can provide a lifetime benefit by preventing health problems later in life.

Adapted from: 5 A Day News, Volume 2, Number 2 Summer 2000



NETA UPDATE

Nutrition Education Training Academy

Upcoming Gardening Workshop for all Early Childhood Education Professionals this April and May. Mark your calendars.

The second round of NETA Nutrition Training Modules on Basic Nutrition, Food Safety & Sanitation and Child Feeding Practices, will be offered in April and May. Please be on the lookout for announcements with specific dates and times.

Use ***Tips for Professionals***, our one page publication to teach preschoolers the monthly nutrition topic. They are distributed to you monthly via your Site Administrators!

For more information about upcoming workshops or Tips for Professionals, please call Bernadette at 510-777-2147!

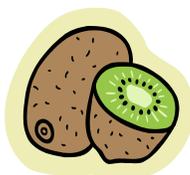
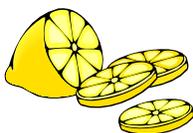
Seasonal Healthy Foods



With Spring upon us, we begin to see more variety of seasonal fruits and vegetables in the markets. March is the harvesting month for the following vegetables: beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, garlic, greens, lettuce, turnips, onions, peas, radishes, rutabagas and rhubarb. In addition, Southern California growers will begin harvesting avocados, spinach, mushrooms, potatoes, artichokes, squash, oranges (navel), lemons, grapefruits, kiwi and strawberries.

Take time to visit a small farm along the coast and eat seasonal fruits and vegetables.

Source: Website: www.seasonalchef.com



Nutritious Seasonal Recipes



Orzo with Vegetables



Ingredients:

- 1 1/4 lbs. orzo pasta, uncooked
- 2 1/2 cups vegetable stock
- 2 1/2 small zucchini, quartered lengthwise, sliced thin
- 2 1/2 carrot, peeled and diced
- 2 1/2 large onion, diced
- 2 1/2 cups eggplant, peeled and diced

Method:

1. Cook orzo according to package directions.
2. Bring vegetable stock to a boil in a saucepan.
3. Add vegetables and **sauté** 5-10 minutes, or until tender.
4. Drain orzo and add to vegetables.

Prep: 10 min, Cook: 10 min.
Makes 10 small servings.

Easy Vegetables with Lemon and Garlic

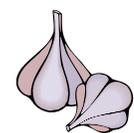
Ingredients:

- 3/4 small head cauliflower, cut into florets
- 3-1/3 cups broccoli florets
- 1 Tbs. + 2 tsp. olive oil
- 3 Tbs. plus 1 tsp. lemon juice
- 2 cloves garlic, minced
- 1 Tbs. fresh parsley, chopped

Method:

1. Steam cauliflower and broccoli florets for 10 minutes, or until tender.
2. In a small saucepan, place olive oil, lemon juice, and garlic. Cook over low heat for 2 to 3 minutes.
3. Put vegetables in a serving dish. Pour lemon and garlic sauce on top. Garnish with parsley.

Prep: 10 min, Cook: 15 min.
Makes 10 small servings.

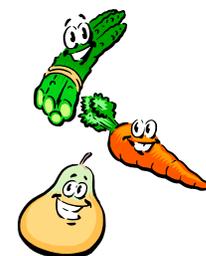


Community Events

1. February 12: Chinese New Year (Year of the Horse) Annual parade in San Francisco, February 23rd, 5:30-9:00 pm
2. March: National Nutrition Month® (NNM) is a nutrition education and information campaign sponsored annually by the American Dietetic Association (ADA). Look for activities in your community.
3. April 10-13th: Healthy Kids Day! Check out your local YMCA for activities and special events for kids and their families.
4. May: Child Development Corps application time. If you have a minimum of 12 early childhood college units and have worked in a licensed family child care or center in Alameda County for at least 20 hours a week for the past year, you may qualify for a professional recognition stipend from the CDC. Applications will be available in May for the May 13-July 13 application period. *For more information call Every Child Counts (Alameda County's Children & Families Commission) at 510-667-3960.*

Children's Storybooks

1. ABC Yummy (ages 4-8) By: Lisa Jahn-Clough, Houghton Mifflin, 1997.
From "Alicia's appetizing asparagus" to Zoe's zesty zucchini, " each page of this book features a colorful painting of a child with a giant fruit or vegetable. Baby Bill sleeps in a beautiful banana bed; Carlo rides a cosmic carrot spaceship, and so on, through the pantheon of letters.
2. A Book of Fruit (ages 2-5) By: Barbara Hirsch Lember
While most children recognize fruit in a bowl or in a supermarket, some have never seen fruit growing on a tree or on a bush. This well-photographed book makes the connection between each fruit and where and how it grows before it arrives at the supermarket.



Websites

1. Tiny Tummiess Online Newsletter: This simple site was created by Registered Dietitian Sanna James, MS, RD. The site offers free online tips recipes, and a few links (including some about organic baby food). It includes many great resources for parents and health educators.
<http://www.tinytummiess.com/>
2. Promoting Healthy Eating Through the Preschool Years: Developed by the Lambton Health Unit. This resource article includes tips and recipes for educators on how to encourage preschoolers to eat healthy.
<http://www.lambtonhealth.on.ca/child/healthyEating.asp>
3. Kids Health: Investigate the Food Guide Pyramid and food labels, as well as well as the latest facts about eating disorders and sports nutrition on this cool site. Contains tons of information about kids' health issues, several interactive games, a medical terminology/word, and tasty treats in the What's Cooking Section, and other fun activities.
<http://kidshealth.org/kid>

Comments & Suggestions



If you have any comments or suggestions, please e-mail us at cealameda@ucdavis.edu

Please take a moment to complete our survey.

We look forward to hearing from you.

Lucrecia Farfan-Ramirez
County Director
(510) 567-6812

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