



# NETA

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

**January - March 2003**

**Volume 3, Issue 2**



## ***The Body Needs Fiber***

***By: Lyn Diana, RD***

Fiber is a plant-based product essential for the body. It helps in the digestion process and is essential to maintain a regular bowel movement. Quite often, children 3 – 5 years old suffer from constipation and should eat more plant based foods to obtain an adequate amount of fiber to aid in their digestion. Fresh fruits and vegetables are an excellent sources of fiber.



***How does the body process fiber?*** Fiber is not digested as other substances are. The undigested fiber moves through the stomach and intestines holding water that helps in the formation of soft stools, called feces. This mass moves quickly through the body removing many toxic substances. Dietary fiber has other physiological effects, including the reduction in blood cholesterol and the regulation of blood glucose. Dietary fiber also has a high level of phytochemicals, minerals and non-nutrition ingredients, essential for the body.

***What is the best source of fiber?*** Plant based foods, such as vegetables, fruits, legumes and whole grains are the richest sources of fiber. It is best to eat whole grain products, because they are higher in fiber. Children should eat a variety of dry and hot whole grain cereals, corn tortillas, brown rice, whole wheat breads, popcorn, graham crackers, seeds and nuts (as age appropriate). Fruits and vegetables are also rich sources of fiber when eaten with the skin.

***How much fiber is enough?*** Both adults and youth should eat more of the recommended amount of fiber. Adults should eat 20-30 grams per day, children 2-20 years should be getting their *age + 5* gram per day. For example a 4 year old child should get 4+5=9 grams of fiber per day.

***What is the problem?*** The American Dietetic Association, reports that ninety-one percent of children 6 – 11 years old are not consuming the recommended 5 servings of fruits and vegetables per day, averaging only 2.5 servings daily.

### ***How to include fiber in the diet?***

- Offer children whole grain cereals and whole grain breads for breakfast
- Always include a variety of fruits and vegetables at lunch and dinner
- Offer fruits and vegetables for snacks
- Read labels and purchase items with **whole wheat** listed as the first ingredient
- Have a bowl of fruit washed and ready to go for the children.





# ***Developmentally Age-Appropriate Activities For Preschoolers***

***By: Flavia Schwartzman***

Early Childhood is a period of growth and physical development. The child becomes social, physically active and interested in trying new activities. It is the ideal time to adopt healthy eating habits and a physically active lifestyle, that will lessen the development of sedentary lifestyles and childhood obesity.

Numerous studies on child school performance support the idea that students perform better when they are physically fit. The Center for Disease Control (CDC) recommends the adoption of a physically active life early as a prevention of child obesity. A physically active child enjoys movement, acquires motor skills competence and is ready and willing to learn. Walking, running, jumping, hopping, throwing and catching are basic fundamental motor skills that children will be able to do skillfully when encouraged to be physically active. Instruction and positive reinforcement is critical during this time, in order to ensure that children develop most of these skills before entering school and also to ensure their safety.

The National Association for Sport and Physical Education (NASPE) recently released the **Physical Activity Guidelines For Preschoolers**, specifically designed to meet the developmental needs of this age group.

1. Preschoolers need at least 60 minutes of structured physical activity **daily**.
2. Preschoolers should engage in at least 60 minutes and up to several hours per day of unstructured physical activity and should not be sedentary for more than 60 minutes at a time, unless they are sleeping.
3. Preschoolers should develop competence in movement skills that are building blocks for more complex movements.
4. Preschoolers should have indoor and outdoor areas that meet or exceed recommended safety standards for performing large muscle activities.
5. Individuals responsible for the well-being of preschoolers should be aware of the importance of physical activity and facilitate children's movement skills.



<b>Motor Skill Development During Early Childhood</b>	
<b>Motor Skills</b>	<b>Age Range</b>
Running	1 1/2 to 2 years
Galloping	2 to 2 1/2 years
Jumping	2 1/2 to 3 years
Hopping	3 to 4 years
Skipping	4 to 5 years



It is the responsibility of the parent and child-care provider to ensure the child has opportunities to participate in physical activities throughout the day.

### **Things Providers and Parents can do:**

- Promote activities that encourage children to jump forward with both feet together, kicking large balls, catching large ball with two hands, avoiding obstacles (e.g., moving around the room without bumping into objects), activities encouraging rhythmic movement (e.g., marches or moves to music).
- Work with parents to promote and participate in daily physical activity with their kids, such as walking, running, riding a tricycle or bike, playing with a ball, playing games such as "Simon Says".
- Organize developmentally appropriate activities such as tumbling, gymnastics and dancing, supervised by experienced instructors.
- Encourage parents to let children do things, such as climb up into the child safety seat.
- Tell parents that children less than 6 years of age are not yet ready for organized sports, which requires hand-eye coordination, control and balance.



### References and Recommended Reading:

- Bright Futures in Practice: Physical Activity, 2001
- ACTIVE START: A Statement of Physical Activity Guidelines for Children Birth to Five Years, National Association for Sport and Physical Education 2002.
- Bits and Bites, Child and Adult Care Food Program and Nutrition update for Colorado's Child Care Centers.
- U.S. Department of Health and Human Services, Center for Disease Control and Prevention, February 2000.

# Seasonal Healthy Foods



Buy at a Certified Farmers Market where seasonal produce is available. Sampling the seasonal produce will expose you to a variety of produce.



In January, February and March, you will find a great variety of citrus fruits, such as navel oranges, colorful grapefruits, kiwi, lemon, tangerines and mandarins. This is also the best time of year for winter squashes (butternut, delicata, sweet dumpling, spaghetti), beets, turnips, carrots, parsnips, artichokes and winter greens, such as chard, kale, collard and mustard greens.

Visit your local Farmer's Market and buy seasonal fruits and vegetables. They are fresher, cost less and taste better.

## CERTIFIED FARMER'S MARKETS IN OAKLAND

Certified Farmer's Markets	Location	Days	Times	Phone
Oakland Grand Lakes CFM	Grand & Mac Arthur	Saturday	9 am - 2 pm	800-897-FARM
Oakland Jack London CFM	Broadway & Embarcadero	Sunday	10 am - 2 pm	800-949-FARM
Old Oakland CFM	9 <sup>th</sup> & Broadway	Friday	8 am - 2 pm	510-745-7100

## Nutritious Seasonal Recipes



### Sautéed Kale



#### Ingredients:

- 1-1/4 lbs. kale, stems discarded and leaves coarsely chopped
- 1-1/4 Tbs. olive oil

#### Method:

1. **Soak** the kale in a bowl of salted cold water with ice for 15 minutes.
2. Drain and dry.
3. In a large skillet, heat oil and then add kale.
4. Sauté, stirring often, until wilted, about 4-5 minutes.

Prep: 5 min.  
 Marinate: 15 min.  
 Cook: 5 min.  
 Makes servings for 10



### Colorful Fruit Salad

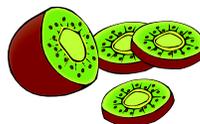


#### Ingredients:

- 7 big kiwis, peeled and sliced
- 5 bananas, cut into 1 inch slices
- 5 oranges, peeled, white pith cut away and thinly sliced
- 2-1/2 cups red seedless grapes
- 1-1/4 cups vanilla yogurt

#### Method:

1. Combine all ingredients in a mixing bowl and mix thoroughly.
2. Let stand 15-20 minutes before serving.



Prep: 10 min  
 Marinate: 15 min.  
 Makes servings for 12



## Community Events

1. **Childhood Matters! Every Sunday** at 9 am on 98.1 KISS-FM. You'll have a chance to listen to lively and informative discussion on parenting and all aspects of childhood. Visit the website: <http://www.childhoodmatters.org> to check the program or check in on Sunday evening to download and play that day's show.
2. **February 28 - March 1-2:** California Association for the Education of Young Children (CAEYC) Annual Conference. For more information, visit <http://www.caeyc.org> or call 916-486-7750.
3. **March: National Nutrition Month®.** This is a nutrition education and information campaign designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. This campaign is sponsored annually by the American Dietetic Association (ADA). To obtain more information, check their website: <http://www.eatright.org/nnm>

## Children's Storybooks

1. **An Apple a Day: Over 20 Apple Projects for Kids (4-8 yr old) By: Jennifer Storey Gillis.**  
A collection of fun and healthful projects using apples includes instructions for creating apple puzzles, wreaths, prints, and apple-head clowns and rules for such apple games as bobbing for apples and apples tosses.
2. **Rookie Read-About Health series: Food Safety (4-8 yr old) By: Sharon Gordon**  
How do you tell when food has gotten to be unsafe? This book describes signs to look for and the steps to keep food healthy. Large, colorful pictures and brief, simple text make health fun.
3. **Stone Soup (4-8 yr old) By: Ann McGovern**  
A clever young man tricks an old woman into believing that soup can be made from a stone. As the pot of water boils with the stone in it, he urges her to add more and more ingredients until the soup is a feast "fit for a king."



## Websites

1. **Wheat Mania!:** In this site provided by the Kansas Association of Wheat Growers, students will learn about planting, growing, harvesting and using wheat. It also includes photos, teacher resources, recipes and great activities for children.  
<http://www.wheatmania.com>
2. **Fresh Starts:** This is the interactive home of vitamin superheroes Team Antioxidant<sup>SM</sup>. Here you'll find lots of resources that can help you maintain proper nutrition, including lesson plans for teachers, exciting activities for students and tasty recipes for parents.  
<http://www.freshstarts.com>
3. **California Federation of Certified Farmer's Markets:** This website can help you find a Farmer's Markets in your county or region, resources and recipes.  
<http://www.cafarmersmarkets.com>

### Comments & Suggestions

If you have any comments or suggestions, please e-mail us at [cealameda@ucdavis.edu](mailto: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

NETA Program Funded by:



The University of California prohibits discrimination against or harassment of any person on the basis of race, color, national origin, religion, sex, physical or mental disability, medical condition (cancer-related or genetic characteristics), ancestry, marital status, age, sexual orientation, citizenship, or status as a covered veteran (special disabled veteran, Vietnam-era veteran or any other veteran who served on active duty during a war or in a campaign or expedition for which a campaign badge has been authorized). University Policy is intended to be consistent with the provisions of applicable State and Federal laws. Inquiries regarding the University's nondiscrimination policies may be directed to the Affirmative Action/Staff Personnel Services Director, University of California, Agriculture and Natural Resources, 1111 Franklin, 6<sup>th</sup>