

Tips for Parents of Preschool Children



is for Pear

Produce Tips

- Choose colorful and fresh pears, with no bruises or open areas.
- Press gently near the stem to check if the pear is ripe. If it soft it's ready to eat.
- Place pear in a fruit bowl or in a paper bag to ripen.
- Store ripe pears in the coldest part of the refrigerator.

Nutrition Facts

Serving Size: 1 medium pear (166g)	
Calories 98	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 26g	9%
Dietary Fiber 5g	21%
Sugars 16g	
Protein 1g	
Vitamin A 1%	Calcium 1%
Vitamin C 12%	Iron 2%

Source: www.nutritiondata.com

Recipe

PEAR MANGO SALSA

Makes 6 adult servings at ¼ cup each

Ingredients

- 2 medium pears, peeled, cored, and cut into small pieces
- ½ mango, peeled, seeded, and cut into small pieces
- ¼ cup yellow bell pepper, finely chopped
- ¼ cup red bell pepper, finely chopped
- ¼ cup jicama, chopped
- 3 tablespoons fresh cilantro, finely chopped
- 2 teaspoons vegetable oil
- lime juice to taste
- salt to taste (optional)

Preparation

1. Mix all ingredients in a bowl. Refrigerate in a covered container for at least 30 minutes or up to 3 hours before serving.
2. Serve with crackers, quesadillas, or grilled/roasted meats or fish.

Nutrition Information Per Serving:

Calories 67, Carbohydrates 14 g, Protein 1 g, Total Fat 2 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 3 mg, Dietary Fiber 3 g

Adapted from:

Everyday Healthy Meals, <http://cachampionsforchange.net/en/docs/Everyday-Healthy-Meals-Cookbook.pdf>



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?

A good way to encourage children to try new foods is to involve them in the kitchen.

- Children will try new foods when they help cook.
- Children can help you wash the fruits and vegetables with a brush or washcloth.
- Children may be messy, but it will be fun!
- Ask children to set the table. Let them decide how to set the table.
- Children can help you measure food, and put food into bowls or pans.

Family Activity

Encourage your child to be active

- Children can jump, dance, sing, and clap while watching TV.
- Challenge your child to walk with a small book on top of his head without dropping it.
- Young children should get at least one hour of physical activity every day.



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What Can I Help My Child Learn At Home?

Did You Know?

Children's cooking experiences teach positive attitudes towards healthy foods and nutrition. Have your child help prepare the yummy recipe on the front page.

What is in Season?

Pear is one of the seasonal fruits this month.

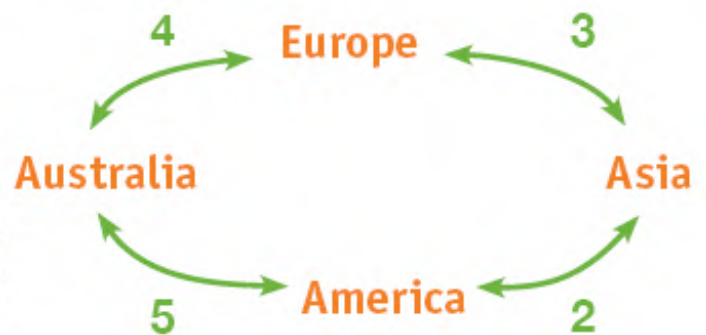


Regular physical activity helps your child be fit and healthy. It also helps your child's senses of smell, touch and taste, as well as his/her sense of space. Pears originated in Asian, but they spread out all over Europe and later on to America. There are varieties from France, German, Australia and Asia.

WHAT TO DO?

Jumping Jacks Around the World!

1. This game is to help your child develop their large leg and arm muscles. It helps to get their hearts pumping harder.
2. Using this guide create a map of the world. Join your child and do 4 Jumping Jack from Australia to Europe; 3 Jumping Jacks from Europe to Asia; 2 Jumping Jacks from Asia to America; and 5 Jumping Jacks from America to Australia.
3. Pause if you need, when you arrive at each continent. Do not sit or rest, rather breathe deeply and do not jump that high.
4. Finally when you arrive in America, make a big circle and breathe in and out. Have a nice glass of water.
5. Help you prepare the yummy recipe in the front page.



References:

Dr. Ritcher's Fresh Produce Guide 2000.

Wikipedia <http://en.wikipedia.org/wiki/Pear>

Photos: Network for a Healthy California

What Did My Child Do in School Today?

Children test tasted some pears and sang the *Pear Fiber Rhyme*. Ask your child to sing the rhyme with you. There are many varieties and colors of pears. You can review the colors with your child. Pears are an excellent source of fiber. Read the front-page information about pears.

Enjoy Your Time with Your Child.