

Tips for Parents of Preschool Children



is for
Winter Squash

Produce Tips

- There are many types of squash. The most popular are acorn, bitter melon, butternut, chayote, and pumpkin.
- Look for a firm winter squash, with no dents or soft spots.
- Store in a cool, dry place for up to 1 month.
- Always wash well before cutting or cooking.

Nutrition Facts

Serving size:

1 cup, cooked, cubes (205g)

Calories 76

Calories from Fat 6

% Daily Value

Total Fat 1g 1%

Saturated Fat 0g 1%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 2mg 0%

Total Carbohydrate 18g 6%

Dietary Fiber 6g 23%

Sugars 7g

Protein 2g

Vitamin A 214% Calcium 5%

Vitamin C 33% Iron 5%

Source: www.nutritiondata.com

Recipe

SPICY APPLE-FILLED BUTTERNUT SQUASH

Makes 8 adult servings at ½ cup each

Ingredients

- 1 butternut squash (about 2 pounds)
- 2 large chopped apples
- 4 teaspoons margarine
- 2 tablespoons brown sugar
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg

Preparation

1. Wash squash. Cut it into halves and scoop out seeds. Place in glass dish and cover with plastic wrap. Microwave on high for 5 minutes.
2. Melt margarine in a separate dish in the microwave.
3. Mix in apples, sugar and cinnamon with butter, then microwave for 1–2 minutes.
4. Spoon apple filling into each squash half. Microwave on high for 3–5 minutes, until squash and apples are tender.
5. Cut each half into four pieces. Serve warm.

Recipe Adapted From:

www.harvestofthemonth.com

Nutrition Information per Serving:

Calories 104, Carbohydrate 23 g, Protein 1 g, Fat 2 g, Saturated Fat 0g, Fiber 1 g, Cholesterol 0 mg, Sodium 21 mg.



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?

Parents are responsible for their children's food and eating habits.

- Children follow the leader. If you eat healthy foods, your child will follow you.
- Children are growing up. They are hungry more often than adults, but they eat smaller portions.
- Let children decide how much to eat, you decide what to serve.
- Be aware of choking risk. Remove large seeds and pits before serving.
- Keep offering your child fruits and vegetables.
- Read the label to select food with small amount of sugar and salt.

Family Activity

October is an excellent month for the family to do activities together.

- Halloween is an excellent time to go walking around a pumpkin patch.
- Locate a farm close to you and go for an outing with the family.
- Celebrate Halloween. Go to your child's school or walk in your neighborhood with your child and look at all the decorations and carved pumpkins.



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What Can I Help My Child Learn At Home?



Did You Know?

Children use their small hand and finger muscles to scoop. Developing dexterity of small muscles is very important for children.

What is in Season?

Fall is the season for produce that likes cool weather. That time of the year, Bay Area becomes cool and breezy. October is the month for pumpkins and many other types of firm squash. Pumpkins come in different sizes, shapes, and colors. Ask your teacher for a seasonal calendar.



Children love Halloween. Use this opportunity to prepare different pumpkin and squash dishes. Prepare the recipe from the front page. Ask your child to tell you about the different kinds of musical instruments played in the classroom. He can make each of the sounds while he plays the imaginary instruments.

WHAT TO DO?

1. Ask your child to select his/her favorite music. If you have marching music, it is ideal. Play the imaginary instruments (drum, clarinet, trumpet, flute, etc.).
2. March for about 3-5 minutes without stopping. Your child can pretend to play different types of instruments while marching. March around the house, around the table, in a straight line, in a circle or in a zigzag.
3. After marching, carve a pumpkin with your child. Hollow out the pumpkin. You can cut out holes to make a face. Your child can help remove the seeds, using a spoon. Place the seeds on different pieces of paper: one seed, two seeds, three seeds, up to 10. Write the number on the piece of paper and play "Counting the Seeds" game.



What Did My Child Do in School Today?

This month's "Tips" features pumpkins. Pumpkins are commonly carved into decorative jack-o-lanterns. Pumpkins and many other squash are available during this period. Pumpkin seeds, also known as pepitas, are small, flat, green, edible seeds. Most pumpkin seeds are covered by a white husk, although some varieties produce seeds without husks. Pumpkin seeds are a popular snack that can be found hulled, or semi-hulled, at most grocery stores. Roasted pumpkin seeds are a popular Halloween treat. Your child has learned about the seasonal produce. In addition, he/she also learned about the sounds and movement of a Marching Band.

Enjoy Your Time with Your Child.