

Tips for Parents of Preschool Children



is for Apples

Produce Tips

- Select apples that do not have bruises and are firm to the touch.
- Keep apples refrigerated to slow ripening and to maintain flavor.
- Wash apples before slicing and eating.
- Apples can last over three months if stored properly.

Nutrition Facts

| Serving Size: 1 medium apple (154g) | |
|-------------------------------------|---------------------|
| Calories 80 | 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 21g | 7% |
| Dietary Fiber 4g | 15% |
| Sugars 16g | |
| Protein 0g | |
| Vitamin A 2% | Calcium 1% |
| Vitamin C 12% | Iron 1% |

Source: www.nutritiondata.com

Recipe

CINNAMON BAKED APPLES

Makes 4 adult servings at 1 apple each

Ingredients

- 4 large apples, cored
- ¼ cup raisins
- ½ cup 100% apple juice
- 2 tablespoons brown sugar
- 1 tablespoon lemon juice
- 1 teaspoon grated lemon peel
- ½ teaspoon ground cinnamon
- ⅛ teaspoon nutmeg

PREPARATION

1. Place apples in a microwave safe dish. Fill each apple with an equal amount of raisins.
2. Combine remaining ingredients in a bowl and pour over apples. Cover with plastic wrap; microwave on high for 5 minutes or until apples are tender.
3. Carefully remove apples from dish and set aside.
4. Place baking dish back in the microwave and cook on high, uncovered, for 3-5 minutes or until mixture has thickened. Drizzle over apples and serve.

Nutrition Information Per Serving:

Calories 166, Carbohydrates 41 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 5 mg, Dietary Fiber 3 g

Adapted from:

Everyday Healthy Meals, http://cachampionsforchange.net/en/docs/Desserts/ALL_desserts.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?

Many of us have pleasant memories of family meals and rituals.

- Family meals are important for building social relations and establishing healthy eating habits.
- On certain days of the week, plan a family meal. Focus on simple, balanced meals, rather than quantity.
- Eating a lot does not mean your child will be healthier and happy.
- Love your child with the right amount of food. If your child does not eat the food you served, he/she still loves you.

Family Activity

It is important that your child learn to use all their small and large muscles.

Activities include

- For large muscles skills: walking, running, jumping, leaping, galloping, hopping, sliding, and skipping.
- For small muscles skills: stretching, bending, shaking, turning, rocking, swinging, and twisting.

Parents can do some of these activities at home.



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