

Tips for Parents of Preschool Children



is for Beets

Produce Tips

- Look for smooth, hard, round beets. Avoid those with cuts, bruises, or yellow leafy tops.
- Store beets, with leafy tops cut off, in plastic bags in the refrigerator up to one week. Eat the leafy tops as soon as possible.
- Wash green tops and scrub beets before cooking and eating.

Source:
http://www.fruitsandveggiesmatter.gov/month/root_vegetables.html

Nutrition Facts

Serving Size: 1/2 cup cooked (85 g)	
Calories 8	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	8%
Sugars 7g	
Protein 1g	
Vitamin A 0%	Calcium 2%
Vitamin C 6%	Iron 4%

Source:
http://www.fruitsandveggiesmatter.gov/month/root_vegetables.html

Recipe

BEET AND ORANGE SALAD

Makes 4 servings. ½ cup each

Ingredients:

- 1½ cups cooked peeled beets (about 3–4 medium beets), canned or raw
- 1 small orange
- 2 tablespoons lowfat vinaigrette dressing

Preparation:

1. Cut beets into bite-size pieces.
2. Wash orange. Peel, take out seeds, and slice orange into bite-size pieces.
3. Put beets and oranges in a medium bowl.
4. Pour the dressing over salad, toss to coat, and serve.

Adapted from:
Nutrition Matters! Early Childhood Education Curriculum, Module 1, University of California Cooperative Extension, Alameda County, NETA Program. <http://neta.ucdavis.edu/>

Nutrition information per serving:
Calories 53, Carbohydrate 10 g, Dietary Fiber 2 g, Protein 1 g, Total Fat 2 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 149 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?

Preschoolers like to help in the kitchen because they feel important and part of the family.

- Give a small cooking job to your preschooler; they will feel special.
- Ask your child to help you add the ingredients. This helps them learn to listen and follow instructions.
- Tell your child they did a good job after helping you.

Family Activity

A nutrition garden keeps children active and is a good exercise for their hands.

- Your child can help you pick up some vegetables and fruits to plant.
- Go to the nursery and walk through the aisle to find vegetable seeds.
- Ask your child to help clean the area for the vegetable garden.
- Children can help you plant fruit trees and vegetables and water the plants.