

# Tips for Parents of Preschool Children



## B is for Berries

### Produce Tips

- Strawberries, blueberries, raspberries, and blackberries are the most popular berries. Make sure they are plump and firm.
- Buy fresh berries in season. They cost less and taste more flavorful.
- Keep berries up to 1 week in the original container in the refrigerator.
- Rinse and dry berries just before eating.

**Reference:**

<http://www.fruitsandveggiesmatter.gov/month/berries.html>

### Nutrition Facts

Serving Size: ½ cup strawberries, halves (76g)

Calories 24	Calories from Fat 2	% Daily Value
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 1mg		0%
Total Carbohydrate 6g		2%
Dietary Fiber 2g		6%
Sugars 4g		
Protein 1g		
Vitamin A 0%	Calcium 1%	
Vitamin C 74%	Iron 2%	

Source: [www.NutritionData.com](http://www.NutritionData.com)

## Recipe

### MIXED BERRY CRISP

Makes 6 servings. 1 cup each\*

**Ingredients:**

- 7 cups fresh or frozen (thawed) mixed berries
- ½ tablespoon sugar
- 1 tablespoon all-purpose flour
- 1½ teaspoons cornstarch
- nonstick cooking spray
- ¾ cup old fashioned oats
- ¼ cup whole wheat flour
- ¼ cup packed brown sugar
- ¼ teaspoon salt
- ¼ teaspoon cinnamon
- ½ teaspoon vanilla extract
- 2 tablespoons chilled butter, cut into small pieces

**Preparation:**

1. Place an oven rack in the middle of the oven. Preheat oven to 375°F.
2. In a medium bowl, mix berries, sugar, all-purpose flour, and cornstarch.
3. Spray a 9 x 9-inch baking dish with nonstick cooking spray. Pour fruit mixture into the baking dish.
4. In a medium bowl, combine oats, whole wheat flour, brown sugar, salt, cinnamon, and vanilla extract. Mix in butter until crumbly.
5. Sprinkle oat mixture evenly over berry mixture.
6. Bake until topping is golden brown, about 45 minutes. Serve warm or at room temperature.

\*Note: Serving size above is for adults. Children get 1/2 cup portions.

**Nutrition information per serving:**

Calories 244, Carbohydrate 48 g, Dietary Fiber 11 g, Protein 5 g, Total Fat 6 g, Saturated Fat 3 g, Trans Fat 0 g, Cholesterol 10 mg, Sodium 236 mg

**Source:**

Network for a Healthy California, <http://www.cachampionsforchange.net/en/docs/Deserts/Mixed-Berry-Crisp.pdf>

For important nutrition information, visit [www.cachampionsforchange.net](http://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 can easily pick up germs. To prevent illness from foods that make you sick:

- Make sure meat, poultry, fish, and eggs are cooked well.
- Wash hands, utensils, and cutting boards after handling raw meat and before handling another food.
- Refrigerate leftovers within an hour.
- Rinse fresh fruits and vegetables well in running water before cutting or eating.

## Family Activity

Set up different activity stations. Repeat each movement 2 to 3 times before moving to next station.

- Jumping jacks
- Frisbee or ball toss
- Hoola hoop
- Hop or jump in place
- Run around the room, home, yard, or garden.



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