

Tips for Parents of Preschool Children



is for
Salad Greens

Produce Tips

- Choose salad greens that are fresh and not wilted.
- Rinse greens with cold water and gently stir to remove dirt.
- Dry greens with a clean cloth or paper towel.
- To store greens, wrap them in a damp paper towel, place in a plastic bag with holes for air, and place in the refrigerator.

Nutrition Facts

Serving Size: 2 cups, green leaf (72g)

Calories 10 Calories from Fat 1
% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 20mg 1%

Total Carbohydrate 2g 1%

Dietary Fiber 1g 4%

Sugars 0g

Protein 1g

Vitamin A 106% Calcium 2%

Vitamin C 22% Iron 4%

Source: www.nutritiondata.com

Recipe

LEMONY SALAD

Makes 4 adult servings at 1 cup each

Ingredients

- 4 cups salad greens
- 1 tablespoon lemon juice
- ½ teaspoon mustard
- 1/8 teaspoon fresh ground black pepper
- 3 tablespoons vegetable oil

Preparation

1. In a small bowl, whisk together the lemon juice, mustard, and pepper.
2. Add the oil.
3. Just before serving, pour the dressing over your salad greens and mix until greens are evenly covered with dressing.
4. Serve right away.



Nutrition Information Per Serving:

Calories 96, Carbohydrates 1 g, Protein 1 g, Total Fat 10 g, Saturated Fat 1 g, Cholesterol 0 mg, Sodium 17 mg, Dietary Fiber 1 g

Adapted from:

NETA, University of California Cooperative Extension – Alameda County.



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?

Children like to imitate family eating practices and enjoy cultural foods.

- Food rituals are well-established in certain cultures. For example, eating hot dogs at ball games, and turkey dinner for Thanksgiving.
- Eating certain types of food might be symbolic of social and economic status.
- Some cultures celebrate special events by eating a lot of traditional foods that have little to do with nutritional value or age.

Family Activity

Play simple games with the family.

Simon Says: "Jog or tiptoe in place." "Bend and stretch." "Bend and straighten knees."

Statues: Play lively music. Move while the music is playing. Freeze into a statue when the music stops.

Bridges & Tunnels: To help with both flexibility and muscle strength, form bridges and tunnels with the body.

Source: <http://fitness.gov/funfit/kidsinaction>



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