

# Tips for Parents of Preschool Children



*is for  
Dried Fruit*

## Produce Tips

- Dried fruits are available all year.
- Look for dried fruits sold in bulk quantity and without added sugar or salt.
- Store in airtight container to keep fresh.
- Store in a cool, dry location like a cupboard or refrigerator.
- Some dried fruits are a good source of fiber.

## Nutrition Facts

Serving size:

1/4 cup raisins (40g)

Calories 130      Calories from Fat 0

% Daily Value

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 10mg      0%

Total Carbohydrate 31g      10%

Dietary Fiber 2g      8%

Sugars 29g

Protein 1g

Vitamin A <2%      Calcium 2%

Vitamin C <2%      Iron 6%

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

## Recipe

### TRAIL MIX

Makes 14 adult servings at  
½ cup each

#### Ingredients

- 2 cups chopped dried fruits\*
- 1 cup unsalted mixed nuts
- 2 cups mini-pretzels
- 2 cups low-fat cereal or low-fat granola

\*(at least 3 varieties, such as dried apples, raisins, and dried apricots)



#### Preparation

1. Mix all ingredients in large bowl.
2. Place ½ cup servings in individual containers or bags. Enjoy as an easy snack or dessert.

#### Adapted from:

[www.harvestofthemonth.com](http://www.harvestofthemonth.com)

#### Nutrients per Serving:

Calories 143, Carbohydrates 21 g, Protein 3 g, Total Fat 6 g, Saturated Fat 1 g, Cholesterol 0 mg, Sodium 120 mg, Dietary Fiber 3 g



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?

Three to five year-olds need to eat 1 to 1 ½ cups of fruits every day and 1 ½ to 2 cups of vegetables every day.

- Fruits and vegetables have the vitamins, minerals, and fiber your child needs to grow and stay healthy.
- They are low in salt and calories, and most are fat free.
- Fruits and vegetables are easy to prepare and make a great snack on the go.
- Keep fruits and vegetables where your child can reach them.
- Go to the farmers market with your child to buy fresh fruits and vegetables in season.

## Family Activity

Keep moving with FUN indoor activities.

- Walk around the local mall at a quick pace with your child. Count stores or find different letters of the alphabet on store signs.
- In your house, move from one place to another playing a family treasure hunt. Use pictures to guide your child to "treasures" hidden throughout the house.



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# What Can I Help My Child Learn At Home?

## Did You Know?

Children spend more than 5½ hours every day watching TV or playing computer games. Children gain weight when they are sedentary (not moving for long periods of time). Offer children other opportunities to be physically active.



## What is in Season?

This month we are featuring dried fruits. More information is included on the front page. In the Bay Area winter is not as cold as many other parts of California. You can still grow some vegetables, like broccoli, peas, collards, chard, mustard greens, lettuce, and Asian greens. All of these vegetables can easily be grown from seedlings.



Children can learn to have fun and be active in the winter season. Dress your child with warm clothes to play outdoors. December is a good month to go walking and see the holiday lights and decorations. Remember cold weather doesn't cause colds—germs do.

## WHAT TO DO?

### Dancing with the Stars!

1. December is the month for Celebration, Joy, and Play. Use this opportunity to celebrate being healthy and active.
2. Sing this song and touch the body parts as it is named with your child:

*"Head and shoulders,  
knees and toes."*

*"Head and shoulders,  
knees and toes."*

*"Eyes and ears and  
mouth and nose!"*

*"Head and shoulders,  
knees and toes."*

*"KNEES and TOES!"*

3. On the first couple of repetitions, sing slowly to allow your child to get the hang of things. Then speed up to make it more challenging.
4. Change the game up by substituting different body parts. Try: ears, mouths, pinkies, elbows, bellies, or thumbs.



Photos: Network for a Healthy California

## What Did My Child Do in School Today?

Children learned to prepare a fruit trail mix with dried fruits and cereal. Most fruits and vegetables we eat can be dehydrated (water is removed). Dried fruits shrink and some change shape and name. For example, raisins are dried grapes. Ask your child to tell you what kind of dried fruits they added to their trail mix? You and your child can prepare a trail mix as a snack with any dried fruit available and low-sugar cereal. Do you know that dried fruits are good sources of fiber and vitamins? Read the front-page information about dried fruits.

**Enjoy Your Time with Your Child.**