

Tips for Parents of Preschool Children



is for Strawberries

Produce Tips

- Choose strawberries that are bright red and have a natural shine.
- Store unwashed strawberries in the refrigerator to keep them fresh.
- Before serving, use cold water to gently wash strawberries.

Nutrition Facts

Serving Size: 1 cup halves, (152g)

| Calories 49 | Calories from Fat 4 | % Daily Value |
|------------------------|---------------------|---------------|
| Total Fat 0g | | 1% |
| Saturated Fat 0g | | 0% |
| Trans Fat 0g | | |
| Cholesterol 0mg | | 0% |
| Sodium 2mg | | 0% |
| Total Carbohydrate 12g | | 4% |
| Dietary Fiber 3g | | 12% |
| Sugars 7g | | |
| Protein 1g | | |
| Vitamin A 0% | Calcium 2% | |
| Vitamin C 149% | Iron 3% | |

Source: www.nutritiondata.com

Recipe

PANCAKES WITH STRAWBERRIES

Makes 4 adult servings at
2 pancakes each

Ingredients

- 3 cups fresh or frozen strawberries
- ½ cup reduced sugar preserves, any flavor
- 2 cups fat free just-add-water pancake mix

Optional

- ½ cup nonfat vanilla yogurt

Preparation

1. In a saucepan, mix strawberries and preserves. Cook over medium heat until slightly thickened, about 5 minutes. Set aside.
2. In a bowl, make pancake batter according to package directions.
3. Pour ½ cup batter into large non-stick pan, allowing it to spread to about 6 inches. Cook until edges are dry. Flip and cook until done. Repeat for all pancakes.
4. Place ¼ cup strawberry mixture in the center of each pancake. Roll up and transfer to serving plates.
5. Drizzle pancakes with remaining strawberry mixture. Top each pancake with 1 tablespoon vanilla yogurt, if desired.

Nutrition Information Per Serving:

Calories 291, Carbohydrates 65 g, Protein 6 g, Total Fat 6 g, Saturated Fat 3 g, Cholesterol 20 mg, Sodium 490 mg, Dietary Fiber 4 g

Adapted from:

Healthy Latino Recipes Made with Love, Public Health Institute/California Department of Health Services, 2004.

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?

Eating a variety of food every day helps your child get the nutrients needed to grow and stay healthy.

- A healthy diet includes these foods:
 - Whole Grains
 - Vegetables
 - Fruits
 - Low-fat Meat, Poultry, Fish, or Dried Beans
 - Low-Fat Dairy Products
 - Healthy Fats
- Children 3-5 years old have small stomachs and need to eat small portions.

Family Activity

Two and three year olds are learning to develop basic movements. Give children lots of opportunities to practice and build their muscle skills. Preschoolers can learn to:

- Run and jump well
- Stand on one foot briefly
- Hop, skip
- Climb well, kick the ball forward
- Throw the ball
- Pedal a tricycle

Source: NETA Train the Trainer Manual



University of California
Cooperative Extension in Alameda County
1131 Harbor Bay Pkwy, Ste. 131
Alameda, CA 94502
Ph: 510-567-6812 ■ Fax: 510-748-9644
<http://neta.ucdavis.edu>