

Tips for Parents of Preschool Children



is for Zucchini

Produce Tips

- Choose zucchini that have shiny, smooth skin and are firm.
- Store whole zucchini in a plastic bag in the refrigerator for up to one week. Keep sliced zucchini in a sealed bag or container for up to three days.
- Zucchini is a good source of vitamin C.

Reference:

Harvest of the Month, http://www.harvestofthemonth.com/download/Summer/Zucchini/Zucchini_Fam.pdf

Nutrition Facts

Serving Size: 1/2 cup zucchini, sliced (67g)

Calories 9	Calories from Fat 1	% Daily Value
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 6mg		0%
Total Carbohydrate 2g		1%
Dietary Fiber 1g		2%
Sugars 1g		
Protein 1g		
Vitamin A 2%	Calcium 1%	
Vitamin C 16%	Iron 1%	

Source: www.harvestofthemonth.com

Recipe

ZUCCHINI SAUTÉ

Makes 5 servings. 1 cup per serving.

Ingredients:

- 1¼ pounds zucchini (about 3 medium zucchini)
- ½ teaspoon vegetable oil
- 1 tablespoon dried oregano
- 2 cloves garlic, finely chopped
- 1 teaspoon grated lemon peel
- 1 tablespoon grated Parmesan cheese
- ¼ teaspoon ground black pepper

Preparation:

1. Wash zucchini. Trim ends. Cut each in half crosswise, then cut each half into 4 lengthwise strips.
2. Heat oil in a heavy nonstick skillet over medium-high heat.
3. Add oregano and garlic and cook for about 2 minutes.
4. Add zucchini and lemon peel. Cook for about 3 minutes until zucchini is lightly browned.
5. Mix in Parmesan cheese and pepper. Serve warm.

Nutrition information per serving:

Calories 32, Carbohydrate 6 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 1 mg, Sodium 31 mg

Recipe adapted from:

Network for a Healthy California, <http://www.cachampionsforchange.net/en/docs/Dinner/Zucchini-Saute.pdf>



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?

Young children need to be watched closely for possible food allergies.

- Introduce new foods to your child one at a time.
- Common foods that may cause allergic reactions include milk, eggs, wheat, fish, shellfish, soy products, peanuts, and tree nuts.
- Many children outgrow food allergies.
- Consult your doctor if you think your child has a reaction to a certain food.

Family Activity

Set up an obstacle course in your house or yard. You will need chairs and strings.

- Place a string or scarf between two tables or two chairs.
- Act like a snake and crawl or slither underneath.
- Create a tunnel using pillows and crawl through the tunnel.



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