

Tips for Parents of Preschool Children



is for Greens

Produce Tips

- Select greens with crisp, green leaves. Avoid those with wilted, yellow leaves.
- Store greens in a plastic bag in the refrigerator for two to five days.
- Wash greens thoroughly before use. Cut stems immediately before cooking.
- Some greens have a bitter taste; try boiling for one minute and then draining.
- Most cooked greens are excellent sources of vitamins A and C.

Nutrition Facts

Serving size:

½ cup, cooked Swiss chard (88g)

| Calories 18 | Calories from Fat 0 | % Daily Value |
|-----------------------|---------------------|---------------|
| Total Fat 0g | | 0% |
| Saturated Fat 0g | | 0% |
| Trans Fat 0g | | |
| Cholesterol 0mg | | 0% |
| Sodium 157mg | | 7% |
| Total Carbohydrate 4g | | 1% |
| Dietary Fiber 2g | | 7% |
| Sugars 1g | | |
| Protein 2g | | |
| Vitamin A 107% | Calcium 5% | |
| Vitamin C 26% | Iron 11% | |

Source: www.harvestofthemonth.com

Recipe

SAVORY GREENS

Makes 6 servings. 1 cup per serving

Ingredients:

- 3 cups water
- ¼ pound skinless, smoked turkey breast
- ¼ cup chopped onion
- 2 cloves garlic, crushed
- ¼ teaspoon cayenne pepper
- ¼ teaspoon ground cloves
- ½ teaspoon dried thyme
- 1 green onion, chopped
- 1 teaspoon ground ginger
- 2 pounds greens (mixture of mustard greens, collard greens, kale, and turnip greens)

Preparation:

1. Place all ingredients except greens into a large pot and bring to a boil.
2. Prepare greens by washing thoroughly and removing stems.
3. Tear or slice greens into bite-size pieces.
4. Add greens to turkey stock. Cook 20 to 30 minutes until tender. Serve while hot.

Adapted from

Souful Recipes, Network for a Healthy California, Champions for Change, <http://www.cachampionsforchange.net/en/docs/Dinner/Savory-Greens.pdf>

Nutrition information per serving

Calories 69, Carbohydrate 10 g, Dietary Fiber 4 g, Protein 7 g, Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 9 mg, Sodium 267 mg.



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?

For many, food is from supermarkets. Gardening helps children learn the real source.

- Take your children to the farmers' market and encourage them to taste the produce.
- Explain that produce we eat is grown on farms.
- At a supermarket take your children through the produce section. Compare and contrast color, smell, shape, and texture.
- Some of the produce can grow in school or home gardens. Your child might ask you to start a garden. Be ready.

Family Activity

Play with your children outdoors even as the weather cools. Remember these fun activities with family photos.

- Become a role model and show your children you enjoy being active. Join in playing ball, dancing, yoga, and active games.
- Play games with music, imitate animal movements, or dance with scarves.



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What Can I Help My Child Learn At Home?



Did You Know?

Physical activity and movement are important for development, learning, and growth of young children. Children 3-5 years old are learning to move their large and small muscles and they need a lot of practice. You can do simple, silly activities that invite your child to be physically active.

What is in Season?

This month we are featuring leafy greens. They are many varieties of leafy greens. For more information read what is included on the front page. Greens are easy to grow in garden containers. Ask the UC Cooperative Extension Master Gardeners (<http://acmg.ucdavis.edu/>) how to grow greens.



January is a great month to play indoor games. Children need indoor and outdoor time to play. Being active also helps your child to be more alert and ready to learn. You can play “Silly Billy.”

WHAT TO DO?

1. You can play some music and sing along at different tempos. Or you can also make up a silly song. Use hand motion to follow up the music and talk about whether they are slow, slower, fast, or faster.
2. Now ask your child to do some galloping, jumping, hopping, walking slowly, and walking fast.
3. Ask your child to be a “Silly Billy” and sing at different tempos while moving hands up and walking slow and fast.
4. Sing very slowly until you stop. Ask your child to take a deep breath and sit down.



Photos: Network for a Healthy California

What Did My Child Do in School Today?

Your child learned about the different varieties of “leafy greens” available during the winter season. They also practiced recognizing the words of each leafy green. Practice with your child how to spell some of the greens (B-O-K C-H-O-Y, S-W-I-S-S C-H-A-R-D, K-A-L-E, C-O-L-L-A-R D G-R-E-E-N-S). Prepare a recipe with some greens and ask your child to tell you the names of the greens. Do you know that most leafy greens are good sources of vitamin A and vitamin C?

Enjoy Your Time with Your Child.