

# NETA

**Nutrition Education Training  
Academy Newsletter  
For Early Childhood Providers**

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## Iron-Deficiency Anemia



Many children below the age of five receive inadequate amounts of iron from their daily diet. Iron is an essential mineral needed to produce red blood cells. Red blood cells transport oxygen from our lungs to our muscles and organs. Insufficient amounts of red blood cells in our blood can lead to *iron-deficiency anemia*.



### Inside this issue:

Symptoms of iron-deficiency anemia include fatigue, irritability, headaches, and an inability to concentrate. If a young child remains severely anemic for a prolonged period of time, irreversible damage to brain development can occur. Cognitive development can also be affected in children who don't demonstrate visible symptoms. Because of these serious consequences, regular screening and early diagnosis is crucial. Testing for anemia can be done at your doctor's office or health clinic. Only a very small amount of blood is required, which can easily be obtained by a quick finger prick.

*Note: It is important to know that if children are tested immediately following a viral infection test results may indicate a brief, borderline anemia, which will remedy itself on its own.*

### Ways to Consume More Iron~



Increase intake of foods rich in iron: beans, lentils, eggs, chicken, turkey, iron-fortified cereals, dark leafy greens, broccoli, and dried fruits.



Eating foods rich in Vitamin C (i.e. orange juice, citrus fruits, bell peppers) while eating iron-rich foods, helps your body absorb more iron.



Calcium decreases iron absorption. Avoid eating calcium-rich and iron-rich foods together.



Cooking with uncoated cast-iron cookware helps to boost the iron content in foods.

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## From the Farm

Farmers Markets are a great way to shop for delicious and nutritious produce while supporting our local farmers. There are more than 60 Farmers' Markets located in various cities and communities throughout the San Francisco Bay Area. These Markets offer the finest farm-fresh fruits and vegetables as well as just-picked flowers, baked goods, and locally made cheeses.

Foods sold at farmers markets are usually picked fresh that day and come from farms located within five neighboring counties of the market. Not only is the food fresher, but the fruits taste sweeter, the vegetables are crisper, and the produce is affordable. Eating fresh fruits and vegetables are important for our health. The fresher the foods are the better. So why not eat foods straight from the farm?

### Activity Idea

- ~ Take students on a field trip to the Farmers Market to promote fresh fruit and vegetable consumption.
- ~ Let kids participate in taste testing.
- ~ Contact Farmers Market Managers to set up food demonstrations by farmers.

The following is a list of Farmers Markets in Alameda County:

#### Alameda

Taylor & Webster  
Tuesdays: 9:30am-1:00pm  
(800) 949-FARM  
[www.pcfma.com/alameda.htm](http://www.pcfma.com/alameda.htm)

#### Berkeley

Derby & Martin Luther King, Jr. Way  
Tuesdays: 2:00-7:00pm

Center Street & Martin Luther King, Jr. Way  
Saturdays: 10:00am-3:00pm  
Market Manager: Penny Leff  
2530 San Pablo Avenue  
Berkeley, CA 94702  
(510) 548-3333 / Fax: (510) 548-2240  
[bfm@ecologycenter.org](mailto:bfm@ecologycenter.org)  
[www.ecologycenter.org](http://www.ecologycenter.org)

#### Fremont

Fremont Irvington, Bay & Fremont Blvd  
Sundays: 9:00am-1:00pm  
Fremont Centerville, Bonde & Fremont Blvd  
Saturdays: 9:00am-1:00pm  
June-November  
(800) 897-FARM

#### Hayward

Main & B Street  
Saturdays: 9:00am-1:00pm  
(800) 897-FARM

#### Oakland

East Bay Faith Deliverance Church  
E. 14<sup>th</sup> St & 73<sup>rd</sup> Ave  
1<sup>st</sup> Friday of every month: 3:00-7:00pm  
(510) 638-1742

#### Oakland—Grand Lake

Grand & MacArthur  
Saturdays: 9:00am-2:00pm  
(800) 897-FARM

#### Oakland—Jack London Square

Broadway & Embarcadero  
Sundays: 10:00am-2:00pm  
(800) 949-FARM  
[www.pcfma.com/jack\\_london\\_square.htm](http://www.pcfma.com/jack_london_square.htm)

#### Oakland—North Oakland/Temescal

49<sup>th</sup> St (1/2 block above Telegraph)  
Sundays: 9:00am-1:00pm  
(510) 238-2197

#### San Leandro

Bayfair Mall, Fairmont & East 14<sup>th</sup>  
Saturdays: 9:00am-1:00pm  
(800) 806-FARM

#### Union City

Old Alvarado District, Cesar Chavez Park  
Saturdays: 9:00am-2:00pm  
May-November  
(800) 949-FARM  
[www.pcfma.com/union\\_city.htm](http://www.pcfma.com/union_city.htm)

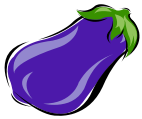
*Adapted from the [California Farm Fresh Guide](#) Community Alliance with Family Farmers*

## Colorful Foods for Health

Research suggests that phytochemicals, working together with nutrients found in fruits and vegetables, may help slow the aging process and reduce the risk of many diseases, including cancer, heart disease, stroke, high blood pressure, and osteoporosis.

Pronounced "fight-o-chemicals," phytochemicals fight to protect your health. "Phyto" is a Greek word that means plant. Phytochemicals are usually related to plant pigments. Fruits and vegetables that have bright colors - yellow, orange, red, green, and purple -generally contain the most phytochemicals and the most nutrients.

You can benefit from all of the phytochemicals and nutrients found in plant foods by eating 5-9 servings of fruits and vegetables a day and eating more whole grains and soy.



*Remember, to get your Phytos by eating 5-9 servings of colorful fruits and vegetables every day!*



*Adapted from [www.dole5aday.com/Teachers/T\\_Index.html](http://www.dole5aday.com/Teachers/T_Index.html)*

## Nutritious Summer Recipes

### Caterpillars

#### Ingredients

½ Cup Corn Flakes  
1 package (11 oz) Refrigerated Soft Bread Stick Dough  
Toppings: (optional-- substitute as desired)  
1 medium-size container of Herb Cream Cheese, applesauce, or fruited yogurt  
1 large piece of waxed paper  
1 un-greased baking sheet  
Plastic sandwich-size bags

#### Method:

1. Pre-heat oven 350°F.
2. Put cereal into plastic bag and lightly crush.
3. Unravel breadstick dough onto sheet of waxed paper one at a time.
4. Fold dough stick in half to be 6 inches long.
5. Put dough into plastic bag and shake until coated with cereal.
6. Place on baking sheet, slightly curving dough to look like a caterpillar.
7. Repeat with remaining pieces of dough, leaving a 1 in gap between dough caterpillars.
8. Bake for 15 minutes or until light brown.
9. Let cool for 5 minutes.
10. Eat warm, dipping caterpillars into desired topping.

Makes 8 Caterpillars

*Adapted from [www.tea.state.tx.us/CNP/5aday/recipes.pdf](http://www.tea.state.tx.us/CNP/5aday/recipes.pdf)*

### Three Bean & Vegetable Chili

#### Ingredients

2 teaspoons vegetable oil  
2 14 oz can kidney beans  
2 14 oz can pinto beans  
2 14 oz can black beans  
2 small onions (chopped)  
2 green bell peppers (chopped)  
1 16 oz can corn (fresh or frozen preferred)  
2 15 oz cans diced tomatoes  
2 teaspoons ground cumin  
chili powder, salt and pepper to taste

#### Method:

1. Drain the liquid from the beans and corn.
2. Heat oil in the bottom of a large pot over medium heat. Add chopped onions and bell peppers. Sauté until onions are soft about 5-10 minutes. Add tomatoes, beans, corn and spices. Stir over flame until thoroughly heated, about 10 minutes.
3. Taste to see if you need to add more chili powder, salt, or pepper.
4. Spoon onto plates and enjoy!!



Makes 25 small servings

*Adapted from [Cookshop, A curriculum guide for grades K-6](#), by Jennifer Castle Community Food Resource Center, New York, 1998.*

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## Community Events

1. Preschool children need sun protection.--Free Sun Safety Educational materials available for children ages 3-5. Visit [www.ca5aday.com/programs/skin/skin.htm](http://www.ca5aday.com/programs/skin/skin.htm), or call the Department of Health Services, Skin Cancer Prevention Program at (916) 322-2154.
  2. September 29<sup>th</sup>: PACT~“Parent Action for Child Care Today.” Come together to discuss your child-care needs with policy makers and legislators. Oakland Asian Pacific Cultural Center, 388 9<sup>th</sup> St, Suite 290 (Near the 12<sup>th</sup> St. BART) 8:30-3:30 pm Register by calling (415) 882-0234 or visit [www.parentvoices.org](http://www.parentvoices.org).
  3. October 23<sup>rd</sup>: “Working with Families with On-going Violence,” presented by the Prevent Child Abuse Alameda County Council. 9:00-11:30 am, Eden Hospital-Castro Valley. For more info call (510) 780-8989.
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## Children’s Storybooks

### 1. *The Very Hungry Caterpillar*

By: Eric Carle, Putnam Publishing Group, 1984.

The simple, bright graphics in this classic book make it a hit with kids. A very ungrly caterpillar eats his way through a week’s worth of food to become a very big caterpillar, a cocoon, and eventually a beautiful butterfly. It is a great way to discuss the significance of hunger and food to growing big and strong. *Ages 4-8.*

### 2. *The Magic School Bus Inside the Human Body*

By: Joanna Cole, Scholastic, 1989

The Magic School Bus is carrying Ms. Frizzle and the entire class on a field trip. The bus shrinks and is accidentally eaten by Arnold. As the bus and journeys through Arnold’s body it provides a first-hand look at major parts of the body and how they work. *Ages 4-8.*

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## Websites

### 1. **Dole 5-A-Day**

Explore Dole’s website on the wide world of fruits and vegetables. Kids can play games and teachers can preview 5-a-day resources. This is an interactive and fun site that promotes healthy eating and lifestyle habits.

<http://www.dole5aday.com/index.html>

### 2. **Seeds of Change Educational Gardening**

Resources for parents and teachers on teaching about gardening. This site has seasonal activities, history, recipes, teaching aids, and more.

<http://www.mnh.si.edu/garden/welcome.html>

### 3. **USA Pears PearBear Healthy Kids**

This site focuses on nutrition for preschoolers. Plenty of fun activities on pears can be found here, such as: read-aloud stories (*The PearBear Chronicles*); pear recipes (like Bunny Hop Salad); letters from PearBear; and, even coloring sheets. They just might help you to get your kids to eat more pears!!

<http://www.usapears.com/pbnw-kids.html>

## Comments & Suggestions



If you have any comments or suggestions, please e-mail to [cealameda@ucdavis.edu](mailto:cealameda@ucdavis.edu).

We look forward to hearing from you.

Lucrecia Farfan-Ramirez  
County County Director  
(510) 567-6812

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