



Color Me Healthy NEWS

preschoolers moving & eating healthy

MARCH

Go With H²O

What is the substance that contains no calories, makes up 60 percent of our body weight and is practically free? The answer is WATER. Two thirds of our bodies are composed of water, making it the body's most vital nutrient.

Many people underestimate their need for water. It is recommended that we drink 8 to 10 glasses per day. Why is water so valuable?

- Helps your body digest food and absorb nutrients
- Keeps your body working properly
- Carries away bodily waste
- Cools the body through perspiration

But I don't like the taste, you may say? Become the master of disguise and mix lemon or lime slices in your water cup. Perhaps a splash of fruit juice to liven the taste. Inspire yourself and your children by using a favorite water bottle. Try making water a drink option at mealtime or snacks. Offer children water when they want to snack just before a scheduled meal. Often we think we are hungry when we are really thirsty!



I Don't Like It!

We have all heard that before. Children are constantly deciding what they do and don't like. They sometimes make up their minds that they are not going to like it before they even taste a food. Try introducing your child to different forms of a food to peak their interest. At snack time let your child choose raw apple, apple juice, applesauce or a small amount of all three. Have a tasting party. Talk about the different textures, tastes, and colors. Discuss the one they like the best and why. You can also do this with orange juice and orange slices. Try the same experiment with cooked and raw carrots or cooked and raw broccoli. They will be surprised how different they taste. Helping children experience all the different tastes foods have to offer will help them enjoy a wide variety of foods.



Go Outside And Play As A Family

To have a strong body, your child needs to be active! Here are some ways you and your child can play together outdoors:

- Play running games. Make a target in the yard and ask your child to run around and over it. Invite children from the neighborhood to join in the fun.
- Walk together often. Walking is a great activity to do together, no matter what season. A walk in the snow, picking spring flowers, a summer evening stroll or looking at fall leaves are all fun. Walking is a treat for your kids.
- Ride bikes together. Cycling gets you out in the fresh air, leaving you feeling invigorated and feeling great.
- Go swimming together as a family. If you find it difficult or painful to do weight-bearing physical activities, you will enjoy the ease of moving in the water.
- Pick strawberries, blueberries or fresh vegetables.

Color Me Healthy Parent Bulletin Board

Try cooking vegetables in a different way. Most kids like them raw or slightly cooked. Offer vegetables steamed, grilled, broiled, or tossed with pasta. Add vegetables to spaghetti sauces, chili, and soups.

The most important time for children to brush their teeth is right before they go to bed.

When going to the store, park your car further away from the building and walk. Every step counts towards your physical activity goals.



Kids Kitchen

This is a recipe for you and your children to prepare together. It is not designed for children to make on their own. Supervision and assistance from an adult are required. Getting your children involved in food preparation will go a long way in encouraging them to try new foods and enjoy eating.

Frozen Apple Sauce and Fruit Cup

INGREDIENTS

- 1 cup apple sauce
- 10-ounce package frozen strawberries, thawed
- 11-ounce can mandarin orange segments, drained
- 1 cup grapes
- 2 tablespoons orange juice concentrate

INSTRUCTIONS

1. In a medium bowl, combine all ingredients.
2. Spoon fruit mixture into individual dishes or paper cups.
3. Freeze until firm. Remove from freezer about 30 minutes before serving.



Food For Families On The Go

Stuffed Bell Peppers 4-6 servings

INGREDIENTS

- 1 pound lean ground turkey
- 1/3 cup finely chopped onion
- 1 can (15-ounce) tomato sauce (divided)
- 1/4 cup water
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 cup uncooked instant rice
- 4 medium green peppers

Prep Time: 30 minutes

Cook Time: 15 minutes

Calories per 1/2 bell pepper: 130

Fat per 1/2 bell pepper: 5 grams

INSTRUCTIONS

1. Crumble turkey into a 1 1/2 quart microwave safe bowl; add the onion.
2. Cover and microwave on high for 3-4 1/2 minutes or until meat is browned; drain.
3. Stir in 1/2 can of tomato sauce, water, salt, and pepper.
4. Cover and microwave on high for 2-3 minutes.
5. Stir in rice; cover and let stand for 5 minutes.
6. Remove tops and seeds from the peppers; cut in half length-wise.
7. Stuff with the meat mixture.
8. Place in an ungreased, microwave safe, shallow, baking dish.
9. Spoon remaining tomato sauce over peppers, cover and microwave on high for 12-15 minutes or until peppers are tender.
10. Let stand for 5 minutes before serving.

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