



# Color Me Healthy NEWS

preschoolers moving & eating healthy

APRIL

## Please Try Just One Bite

If your children are not interested in some foods, start with smaller serving sizes. A half-cup of broccoli may look so overwhelming that a child won't even try to eat any. Start with two or three small pieces and then offer more when these are eaten.

A half-cup of milk may look more appealing to small eyes than a full cup. Remember, a serving doesn't all have to be eaten at once. Snacks are a great way to add another half serving of fruit, vegetable, milk, bread, or meat.



### Spice Up Your Fruits And Vegetables

One of the best ways to jazz up fruits and vegetables is by adding herbs and spices. They can be expensive so choose a few to have on hand that your family enjoys. Add herbs and spices towards the end of the cooking time to preserve their full flavor. When using dried herbs remember that they are stronger than fresh herbs so you don't need as much. Below are examples of how herbs and spices match up with fruits and vegetables. Give these a try and experiment on your own!

- **CINNAMON**—apples, sweet potatoes, acorn squash
- **DILL**—tomatoes, cabbage, carrots, cauliflower, green beans, cucumbers
- **ONION POWDER**—most vegetables especially mashed potatoes
- **OREGANO**—tomato sauce, bean salad, zucchini, spinach
- **PARSLEY**—potatoes, green beans, carrots
- **ROSEMARY**—mashed potatoes, peas, lima beans, green beans, roasted potatoes



### Active After School


The amount of time a child is outside is directly related to how active they are. Encourage your children to stay outside for an hour before dinner and play. If they have no playmates in the area, encourage them to be creative on their own or take the time to play with them.

Here are some ideas for activities they can do in that hour:


- Bike
- Skate
- Jump Rope
- Run
- Swim
- Fly A Kite
- Play Hopscotch
- Dance
- Toss a Frisbee
- Play Kickball
- Play Tag
- Play Catch
- Play Soccer
- Play Hide-N-Go Seek




## Color Me Healthy Parent Bulletin Board



Encourage your children to eat a wide variety of foods by letting them pick out a new fruit, vegetable, or grain at the grocery store. Tell them it's a new game called "Adventure Eating" and make it a weekly event.



Plan outdoor family activities such as going to a park or a zoo that involves walking or provides the opportunity to be active.



Almost 50% of your bone mass is formed during childhood. Make sure your children get the calcium they need to form strong bones and teeth. Low fat dairy products are a great source of calcium.



## 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.*

### Fruit Kabobs

#### INGREDIENTS

- strawberries
- cantaloupe
- bananas
- kiwis
- OR any kind of fruit that is in season
- skewers, toothpicks, or plastic drinking straws

#### INSTRUCTIONS

1. Cut up fruits into chunks.
2. Place on skewers, toothpicks, or plastic drinking straws.
3. Have children experiment with different combinations.
4. Fruit Kabobs on a straw are a fun way to encourage kids to drink water. Have them stir the straw, with fruit attached, in the water to "flavor" it. The child can then drink the water through the straw.



## Food For Families On The Go

### Tangy Citrus Chicken *8 servings*

#### INGREDIENTS

- 8 boneless skinless chicken breasts
- 1 can (6 ounces) frozen lemonade concentrate, thawed
- 1/2 cup honey
- 1 teaspoon rubbed sage
- 1/2 teaspoon ground mustard
- 1/2 teaspoon dried thyme
- 1/2 teaspoon lemon juice

#### INSTRUCTIONS

1. Place chicken breasts in a 13x9x2 baking dish coated with nonstick cooking spray.
2. In a small bowl, combine remaining ingredients; mix well.
3. Pour half the sauce over the chicken.
4. Bake, uncovered at 350 degrees for 20 minutes.
5. Turn chicken; pour remaining sauce on top.
6. Bake 15-20 minutes longer or until meat juices run clear.

Prep Time: 10 minutes  
Cook Time: 40 minutes  
Calories per serving: 268  
Fat per serving: 4 grams