

Eat Well Play Hard News

Winter 2013



Welcome to the Winter 2013 *Eat Well Play Hard News*. Start off 2013 by encouraging families at your center to choose a healthy lifestyle. This issue focuses on how to involve parents and caregivers in improving nutrition at home and in keeping families physically active during the cold weather. Inside you'll find tips for ways to accomplish these goals as well as fun, healthy activities to hold at your center. You'll also find out what some child care centers around New York City are doing to promote good nutrition and physical activity.

Please copy the parent page on pages 5 and 6 for parents and caregivers.

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Partnering with Parents and Caregivers for Healthy Living

Partnering with parents and caregivers is a crucial step in helping children to make healthy food choices and to become more active. Children whose parents live a healthy lifestyle are more likely to do the same. By reinforcing at home what you have been promoting in your center, parents can set an example for their children. Involving parents also helps to build community so that parents encourage one another to make healthier choices in their everyday lives.

Here are some ways to involve parents and caregivers at your center.



- Invite parents and caregivers to share a meal with the children at your center.
- Have the children put on a play for parents about nutrition and fitness.
- Set up a Family Fitness Night with activities that focus on nutrition and fitness.
- Invite parents to join on field trips to a farmers' market or orchard.
- Send home recipes and activity planners. You can find great healthy recipes at jsyfruitveggies.org.
- Prepare a newsletter for parents that includes tips about food and fitness activities.
- Create a bulletin board in your center with nutrition tips, menus, recipes and related activities. Post photos of the children cooking or eating fruits and vegetables in the classroom.
- Hold cooking demonstrations for parents and caregivers.
- Ask parents and caregivers to speak in the classroom about healthy foods from their culture.
- Lead community walks with children and family members. Discuss the importance of physical activity.
- Copy the parent page on pages 5 and 6 and distribute to parents and caregivers.

Nutrition and Physical Activity Star: Brooklyn Child Development Center



Tanya Lipkin, Director

Brooklyn Child Development Center. She invites them to conduct workshops in areas of their interest or expertise, or simply to speak about foods of their culture. A parent who was a dentist gave a workshop about how to eat to keep teeth healthy, while another parent, a physical activity teacher, gave a workshop about that topic. Ms. Lipkin also keeps parents up-to-date about what their children are learning in the classroom. Lastly, she gathers information regarding healthy lifestyles and distributes it to parents.

At the Brooklyn Child Development Center, the children are excited about fruits and vegetables. Director Tanya Lipkin makes sure the students and their families get exposure to nutritious foods and physical activity every day. For example, teachers integrate information about nutrition in both the physical activity (see page 3- physical activity of the quarter) and music activity. The classrooms are decorated with photographs that clearly label vegetables, flowers, and herbs.



Tips:

- Involve the children in everything from planting herbs and vegetables, to cooking and preparing them in their meals. Choose produce that they can help peel or cut, like apples or potatoes. They will be more likely to try foods they help prepare.
- Send parents daily reports about a new food that their child tried. Encourage parents to purchase these foods at home.
- Be supportive when children resist new foods. It is never a good idea to create a negative experience by requiring that they clean their plates.

The center also boasts an outdoor garden where children plant seeds and measure the plants as they grow. The children cut herbs from the stems for use in soups and salads. Other offerings from the garden include apples, butternut squash, tomatoes, eggplant, strawberries, and watermelon. The children are encouraged to touch and smell the plants in the garden. "We cook the vegetables from the garden and the children love to eat them," says Ms. Lipkin. When asked about the fruits and vegetables that they grow at the center, the children shout out the names and the colors.



Ms. Lipkin also makes sure to involve the parents at

Physical Activity of the Quarter: Bunny Rabbits and Birds

(adapted with permission from We Play Music by Tanya Lipkin)

The objective of this activity is for children to:

- Connect a symbol to an action.
- Practice color identification.
- Differentiate between high and low sounds.
- Increase heart rate.
- Learn that apples come in different colors.

Materials

- Triangle (instrument)
- Drum
- Chart paper and a green marker
- Picture of a red apple
- Picture of a green apple

Set Up

- Draw a tree on the chart paper with the green marker.
- In the leaves of the tree, place a picture of a red apple.
- Next to the tree on the ground, place the picture of the green apple.

Steps

- Discuss the instruments with the children:
 - *Hold up the triangle.* What is this instrument called?
 - Does the triangle make a high or low sound? *High*
 - *Hold up the drum.* What is this instrument called?
 - Does the drum make a high or low sound? *Low*
- Tell the children:
 - Bunny rabbits hop low to the ground. Show me how you hop like a bunny.
 - Which instrument has a low sound? *Drum.* When you hear the drum, hop like a bunny rabbit and eat the green apples that are under the tree. *Strike the drum.* The children will hop and pretend to eat apples from the ground.
 - Birds fly high in the sky. Show me how you fly.
 - Which instrument is high? *Triangle.* When you hear the triangle, fly like a bird and eat the red apples that are high in the tree.
 - *Strike the triangle.* The children will pretend to fly and eat apples high in the tree.
- Alternate which instrument you strike. The children will listen and pretend to be the animal and eat the apple that is represented by the sound.



Cooking With Children: Vegetable Happy Face

Including children in preparing meals and snacks builds self-esteem and confidence. Cutting, pouring and mixing ingredients helps develop fine motor skills. Plus, children are more likely to try dishes they've helped make. Here's a fast, easy recipe you can try in class.

Makes 16 happy faces
Serves 16 adults or children



Ingredients

- An assortment of vegetables, some suggestions below:
 - For the eyes: 16 grape tomatoes or 2 cucumbers or zucchini
 - For the nose: 8 grape tomatoes or 2 broccoli florets (lightly steamed or microwaved)
 - For the mouth: 2 red, orange or yellow bell peppers, or 16 string beans

Supplies

- Plates and napkins (one per child)
- Sharp knife and cutting board (for teacher)
- 9 serving bowls and child-sized tongs or serving spoons

Note: You can use other vegetables; feel free to be creative and have fun making happy faces.

Preparation

- Wash all vegetables thoroughly. If possible, keep a few whole vegetables for display. Cut the remaining vegetables into slices that resemble parts of a happy face.
- Put prepared vegetables into serving bowls with child-sized tongs or serving spoons. Cover and store in refrigerator until class.

Steps

- Tell the students to put on their “chef hats” because they are going to prepare vegetable happy faces.
- Ask them to name their favorite vegetables and any new vegetables they have tried recently. Discuss the points below:
 - Vegetables help you grow, stay healthy, and provide energy.
 - Vegetables grow on a farm and are delivered to markets as fresh, canned, frozen, or dried vegetables.
 - Vegetables come in many colors. Eating a variety of colorful vegetables is healthy.
 - Vegetables taste great, either cooked or raw.
- Ask everyone to wash their hands with soap and water. Remind them that they should always wash their hands before eating or cooking. Review cooking rules.
 - Always sneeze or cough into your elbow, away from food that is to be served.
 - Never lick spoons or forks and put into food that you are preparing for others.
 - If you touch your nose, face or hair, wash your hands again.
 - Knives are for cutting food only.
- Give out plates and napkins and pass around the serving bowls of pre-cut vegetables. Ask each child to take one or two pieces of each type of vegetable and place them on his or her plate using a child-sized tong or serving spoon.
- Demonstrate how to make a vegetable happy face by placing vegetable slices on a plate so that they form eyes, nose and mouth.
- Encourage all children to create their unique versions of the vegetable happy face. Have the children count how many pieces of vegetables they have on their plates, smell the vegetables and name the colors and shapes.
- Allow the students to taste each vegetable and discuss their flavors.

Closing

- Check children's understanding of objectives. Ask the class: to name three colorful vegetables; why eating vegetables every day is important (*vegetables help you grow a healthy body*); which vegetable they would like to eat at home.



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Parent Page

Winter 2013

Parent Spotlight: Ivelize Gonzalez

Ivelize Gonzalez, parent of four-year old Eduardo at Easter Seals Child Development Center in the Bronx, has made many healthy changes in what she serves at home since participating in Easter Seals' nutrition education classes for parents. Prior to taking the classes, Ivelize did not schedule mealtimes for Eduardo or involve him in making meals. Now that she does, she finds that mealtimes are both more enjoyable and healthier. Below are some positive changes that Ivelize made in her home and recommends for you and your family.



- Offer your child more water and 1% milk rather than juices.
- Schedule three meals and two snacks at the same time each day when you can.
- Offer fruit or low-fat yogurt as snacks instead of candy.
- Make mealtime fun. Use cookie cutters on sliced cheese to make fun shapes or make faces on bread with low-fat cheese and vegetables. Use the opportunity to teach about shapes and colors.
- Involve your children with meal preparation. If they help make it, they will be more likely to eat it.
- Encourage your child to eat fruit and vegetables by offering choices. Don't force the issue if there is resistance to something. Keep it positive.

Become a Healthy Role Model

Did you know that children are more likely to make healthy choices if they see their parent make healthy choices? Make family mealtime a priority and use the opportunity to show them that you eat healthy foods such as fruits, vegetables, and whole grains. Let your children help cook meals and serve themselves. Make exercise a priority in your life and involve your child in physical activities whenever possible.

Popcorn Cauliflower

Ingredients: Serves four

- 1 head of cauliflower
- ¼ tsp ground turmeric
- 1 tsp sugar
- ¼ tsp paprika
- ½ tsp salt
- ½ tsp onion powder
- ½ tsp garlic powder
- 3 tbsp. vegetable oil

Steps

1. Preheat oven to 425 degrees
2. Trim the head of cauliflower, discarding the core and thick stems; **cut florets into pieces about the size of ping-pong balls. (Children can rip them apart with their hands.)**
3. **In a large bowl, whisk together the oil, sugar, salt and spices. Add cauliflower pieces and toss thoroughly. (Pre-measure the spices then have your child pour and mix.)**
4. **Place the cauliflower on the baking sheet.**
5. Roast 50 minutes, turning 3 or 4 times, until most of the pieces turn golden brown. The more brown the cauliflower, the better. It is not burning, but is becoming sweeter.
6. Serve immediately and enjoy.



Have your child help with the bold steps.

Noticias de Come bien Juega con Ganas



Página para los padres

Invierno 2013



Padre destacado: Ivelize González

Ivelize González, madre de Eduardo de cuatro años de edad quien asiste a la guardería Easter Seals en el Bronx, ha hecho varios cambios saludables en lo que sirve en su casa desde que participa en las clases de educación alimentaria ofrecidas a los padres en la guardería. Antes de tomar las clases, Ivelize no seguía un horario de comidas para Eduardo o no lo hacía participar en la preparación de las comidas. Ahora que lo hace, ella encuentra que las comidas son más amenas y más saludables. Los siguientes son algunos cambios positivos que Ivelize realizó en su hogar y que recomienda para usted y su familia.



- Ofrezca a su hijo más agua y leche con 1% de grasa en vez de jugos.
- Cuando pueda programe 3 comidas y 2 bocadillos a la misma hora todos los días.
- En vez de dulce brinde frutas o yogur bajos en grasa como bocadillo.
- Haga divertida la hora de la comida. Use moldes para galletas en las rebanadas de queso y forme figuras divertidas o dibuje caras en el pan utilizando queso bajo en grasa y verduras. Aproveche la oportunidad para enseñar a sus hijos sobre las figuras y los colores.
- Haga que sus hijos participen en la preparación de los alimentos. Si ellos ayudan a prepararlos, es más probable que los coman con ganas.
- Anime a su hijo a comer frutas y verduras ofreciéndole selecciones. Si nota alguna resistencia no insista. Manténgase positivo.
- Que las comidas familiares sean una prioridad; es muy importante para el bienestar del niño.

Sea un modelo de conducta sana

¿Sabía que los niños son más propensos a realizar elecciones saludables si ven que sus padres realizan elecciones saludables? Haga de la comida familiar una prioridad y aproveche la oportunidad para mostrarles que usted come alimentos saludables como las frutas, las verduras y los granos integrales. Deje que sus hijos ayuden a cocinar los alimentos y que se sirvan solos. Haga del ejercicio una prioridad en su vida y haga a sus hijos participar en actividades físicas cada vez que sea posible.

Receta: Palomitas de maíz de coliflor

Ingredientes: Rinde 4 porciones

- 1 cabeza de coliflor
- ¼ cucharadita de azafrán en polvo
- 1 cucharadita de azúcar
- ¼ cucharadita de pimentón
- ½ cucharadita de sal
- ½ cucharadita de cebolla en polvo
- ½ cucharadita de ajo en polvo
- 3 cucharaditas de aceite vegetal

Instrucciones

- Precalear el horno a 425 grados.
- Recorte la cabeza de la coliflor, deseche el corazón y los tallos gruesos; **corte los ramilletes en pedazos del tamaño de una pelota de pimpón. (Los niños pueden desmenuzarlos con las manos).**
- **En un tazón grande, bata el aceite, azúcar, la sal y las especias. Agregue los pedazos de coliflor y mézclelos bien (mida las especias con anterioridad y luego haga que su hijo las incorpore y mezcle).**
- **Coloque la coliflor en la charola para hornear.**
- Ase por 50 minutos, volteando cada 3 ó 4 veces, hasta que la mayoría de los pedazos obtengan un color dorado. Mientras más dorados estén los pedazos, mejor. No se está quemando sino que se está volviendo más dulce.
- ¡Sirva inmediatamente y disfrute!

Haga que sus niños le ayuden con los pasos en negritas.



Nutrition Activity of the Quarter: Eat a Variety of Foods

Preparation time: 10 minutes

Activity time: 15 minutes

Supplies

- Large piece of paper (for tracing a child's silhouette)
- Crayons
- Glue or tape
- Colorful pictures of foods from each food group:
 - at least one vitamin A fruit/vegetable (examples: sweet potato, carrot, spinach, kale, tomato, apricot, grapefruit, watermelon)
 - at least one vitamin C fruit/vegetable (examples: broccoli, cauliflower, orange, strawberries, cantaloupe)
 - at least two types of low-fat dairy products (milk, yogurt, cheese, cottage cheese)
 - at least two whole grain products from the bread/cereal group (oatmeal, brown rice, whole wheat bread)
 - at least two different sources of protein (examples: eggs, chicken, fish, beans)



Preparation

- Ask one of the children to lie down on the large sheet of paper face up while you trace him or her to create an outline. Hang the sheet at a level where the children can easily reach it.
- Display pictures categorized by food group nearby so that the children can see and choose from them during the class.

Steps

- Discuss how when children feel hungry, their bodies are telling them that they need to eat foods that will give them energy and help them grow strong and healthy. Explain that selecting a variety of healthy foods helps their bodies grow.
- Ask the children to take turns choosing a picture of an item that they like to eat when they are hungry. Have the children name the food and then glue or tape its picture inside the silhouette drawing. As the children attach their selection, tell them how that food helps the body:

Dairy- builds strong bones and teeth.

Vegetables-help them grow, give them energy, make them strong.

Fruits- provide energy for work and play; help them grow.

Whole-grain- gives them energy to work and play.

Protein- helps build strong muscles.

- Post the finished silhouette on a bulletin board or other easy-to-see place in the classroom.

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