



# Color Me Healthy NEWS

preschoolers moving & eating healthy

JANUARY

## Eating Together As A Family

**S**cheduling a family meal is not always easy. Family members have different schedules and are often running in different directions. Mealtime, however, is a great time to come together as a family to catch up on the day's activities, as well as share nutritious foods. Try scheduling at least two or three family meals each week. Keep the mealtime as pleasant and as unstressful as possible. Mealtime is not the time to bring up problems or discipline issues. Make a family rule to have no phones or other devices during mealtime.



**T**he family meal is a place for children to learn what their parents think is important, learn good manners and how to hold a conversation with an adult. The family meal is a good time to introduce a new food or recipe. The family meal gives children a feeling of being connected with their parents. Studies show that children who eat with their families are less likely to have problems in their teen years. Make having a family meal a priority; you'll be glad you did!



### Snacks A Good Way To Boost Your Child's Nutrition

**S**nacks are a great way to help your child get the good nutrition they need. Young children can't eat enough at one meal to last them until the next scheduled meal. Their small digestive systems require snacks in between meals to help them get the energy and nutrients they need to grow and develop.

Foods eaten at snack time may make up as much as 1/4 to 1/2 of what a child eats. That's why snacks should be scheduled and selected carefully. Sometimes when we think of snacks, we think "quick," quick to prepare and quick to eat. That does not mean, however, that snacks should not be healthy. Quick healthy snacks can be as easy as a piece of fruit, a snack-size can of fruit with a graham cracker, half sandwich, scrambled egg, or cheese and crackers.



### Turn On Your Child's Imagination

**O**ur children are spending too much time in front of the screen. Too much screentime cuts into family time and promotes inactive lifestyles. Excessive screentime has been linked to overweight in children. Tips to help you and your family turn it off are:

- Designate certain days of the week as screen free days
- Turn devices off during mealtime
- Move the television to a less prominent location
- Listen to music instead of watching a screen
- Read to your children
- Have your child draw a picture
- Suggest your child play a game with a sibling
- Put a puzzle together
- Limit channel surfing

## Color Me Healthy Parent Bulletin Board

Let your child help in the kitchen. Allow them to help measure ingredients as well as wash fruits and vegetables. Allowing children to help make a meal will make them more willing to try it.

Start a vegetable garden. Create a garden or plant a large flower box with a favorite vegetable selection. Let the children care for and harvest their own food.

Don't forget the **WATER!** To prevent dehydration and promote overall good health your child needs plenty of water throughout the day, especially during hot, humid weather. It is recommended that children drink 8-10 glasses of water per day.



## 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.*

### Pizza 2-4 servings

#### INGREDIENTS

- whole-wheat pizza crust or boboli for a large pizza
- whole-wheat english muffins, bagel halves or pita bread for a small pizza
- spaghetti sauce
- your favorite toppings (cheese, black olives, mushrooms, onion, green pepper, broccoli, zucchini)

#### INSTRUCTIONS

1. Place pizza dough on baking sheet.
2. Spread spaghetti sauce on the crust.
3. Add toppings. Be creative. You could put mushrooms in the shape of a letter or make circles of different kinds of vegetables. You could make one half with all green toppings (broccoli, green pepper, zucchini) and one half with all yellow and white toppings (yellow squash, onions, pineapple). Add just one piece of something you haven't tried before.
4. Don't forget the cheese! Mozzarella cheese is on most pizzas. You could use mozzarella, cheddar, or any other cheese you like. You may want to experiment with a combination of cheeses.
5. Bake at 350° until the crust is golden brown and the pizza is bubbly. Take out of the oven and let it cool for 5 to 10 minutes. Slice and serve.

**NOTE:** Be creative with your toppings. You can put almost anything on a pizza. You can put a new topping on just one part of the pizza so that you can taste it. If you like it, you can put on more next time.



## Food For Families On The Go

### Oven Fried Chicken Legs 6 servings

#### INGREDIENTS

- 6 chicken legs, skinned
- 1/2 cup skim milk
- 1/2 cup dry bread crumbs (whole-wheat if available)
- 1/3 cup grated Parmesan cheese
- Salt and pepper, to taste

Prep Time: 20 minutes  
Cook Time: 45 minutes  
Calories per serving: 220

#### INSTRUCTIONS

1. Heat oven to 375°.
2. Remove skin from chicken. Place in a shallow pan.
3. Pour milk over chicken. Refrigerate while you prepare the coating.
4. Mix breadcrumbs, cheese, salt, and pepper in a shallow bowl.
5. Roll the chicken in breadcrumb mixture, coating well.
6. Place chicken on a lightly greased baking sheet.
7. Bake at 375° for 45 minutes.

**NOTE:** You can use any chicken parts for this recipe. Try boneless, skinless chicken breasts cut into strips to make chicken fingers.