

# HEALTHY BITES FOR FAMILIES



## The Gigantic Turnip

### Nutrition Know-how

#### Getting in the Garden

The smallest seed planted can produce huge results.

- Start with seeds or seedlings (young plants).
- Watch the plants grow.
- Pick the fruits and vegetables, and prepare fresh food.

#### Science Lesson

- A science lesson is always available outdoors.
- The soil and water work together to feed the plant, helping it grow.

#### Teamwork

- Teamwork is also a lesson learned because growing a garden is hard work.
- Work together as a family to plant, water, and harvest the crop. This will help your children feel pride and ownership of the food that is grown.

#### Healthy Eating

- Healthy eating is a great lesson to teach when preparing food from the garden.
- Fruits and vegetables have vitamins and minerals to help your children stay healthy.
- Gardening usually gets children excited about eating fruits and vegetables.

#### Save Money

- Gardening can also help to save money on groceries, while you spend quality time with your family.



ENJOY GOOD TIMES GROWING!

# Kitchen Counsel

Children can use simple tools in the kitchen:

- Scrub vegetables with a vegetable brush or clean rag.
- Spread butter, jam, or peanut butter on bread with a table or butter knife.
- Stir and mix with wire whisks or large wooden spoons.

Be ready for your child to help in the kitchen:

- Have easy-to-make recipes on hand that require no cooking.
- Let your toddler wash fruit and vegetables.
- Have your child help make a grocery list and then go shopping.



Keep safety in mind when children are in the kitchen:

- Constantly supervise children.
- Clean up messes and spills as they happen.
- Give them short and simple directions.
- Explain one activity at a time. Repeat the instructions as many times as necessary for your children to understand.
- Remind children to wait for foods to be cooked before tasting them.

# Physical Fun

The gigantic turnip was so big, it did not want to come out of the ground. It was a strong turnip. Playing makes your child strong too! The first step in including physical activity in your child's daily routine is for the parent to model forms of physical activity. When you exercise, they will want to exercise, too! If you take long walks with your child, they will want to be like you.

Toddlers should participate in a minimum of 60 minutes of daily, unstructured physical activity and 30 minutes of structured activity. Unstructured activities are play. Your child will automatically play with toys. Play develops fine and large motor skills.

Structured activities include climbing, running, hopping, and jumping. Dance with your child to fun and fast music. Try to run like a monkey or a cheetah, walk like a spider, hop like a bunny, and stretch your muscles like a cat.



# Recipes Rule

## Easy Fruit Salad

After a busy day playing outside, this easy fruit salad will hit the spot. Cool, light and refreshing, choose any fresh or canned fruits you have available for a super quick and healthy salad.

### Ingredients:

- 20 ounces pineapple chunks in canned juice, drained
- 15 ounces fruit cocktail in canned juice, drained
- 2 small bananas, peeled and sliced
- 6 ounces low-fat lemon or vanilla yogurt

### Directions:

- Mix fruits and yogurt together.
- Cover and chill until ready to serve.



### Nutrition Facts

Serving Size: 1/2 cup	
Servings: 8	
Amount Per Serving	
<b>Calories 112</b>	Calories from Fat 0
<b>%Daily Value*</b>	
<b>Total Fat</b> trace 1g	<b>1%</b>
Saturated Fat trace 1g	<b>1%</b>
<b>Cholesterol</b> 1mg	<b>0%</b>
<b>Sodium</b> 17mg	<b>1%</b>
<b>Potassium</b> 300mg	<b>9%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
Dietary Fiber 2g	<b>7%</b>
<b>Protein</b> 2g	<b>4%</b>
Vitamin A 4%	Vitamin C 8%
Iron 2%	Calcium 5%
*Percent Daily Values are based on a 2,000 calorie diet.	

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