



# HeadStartNews

## Skipping Meals

A survey by the American Dietetic Association Foundation found many children skip breakfast and dinner, but snack often. When children skip major meals with higher nutrient content, it can affect their behavior, development, and ability to learn.

The survey revealed that breakfast is not eaten **all of the time** by 42 percent of Caucasian children, 59 percent of African-American children, and 42 percent of Hispanic children. Dinner was not eaten **all of the time** by 22 percent of Caucasian children, 34 percent of African-American children, and 38 percent of Hispanic children. Skipped meals, according to the survey results, are often supplemented through snacking. The fact that children snack throughout the day provides an opportunity for parents to offer nutrient-rich snacks to supplement missed meals.

Occasional meal skipping is not a problem, if you look at your child's meal plan over a week or two. If the diet on the whole is okay, don't worry. Just keep offering healthful foods at regular times. Set a good

example and don't skip meals yourself.

Skipping meals may seem like a good way to decrease a total day's calories and lose weight. But studies show that people who skip meals make up for it later. Over time the body reacts to what it thinks is a starving state and lowers the rate at which it burns calories. This makes

it harder to lose weight. For weight loss, it's best to eat smaller, more frequent meals. Studies show that children who eat breakfast are less likely to be overweight.

Skipping meals is especially not good for pregnant women.

Pregnant women must eat to support their increased nutrient needs and baby's growth needs. Good nutrition helps a pregnant woman's body cope better with pregnancy problems, such as constipation and fatigue. Nausea is often made worse by an empty stomach. Eat small amounts of food more often. Food keeps blood sugar levels steady and energy levels up. Store nutritious snacks at work or in your car to keep from getting hungry. Try graham crackers, dried fruit, trail mix, or nuts.



## Quick Breakfast Meals



### Breakfast Toast

- 1 slice toast
- 1 slice cooked bacon
- 1 tablespoon peanut butter
- 1 slice lowfat cheddar cheese

#### How To Fix:

Place toasted bread on a cookie sheet. Spread with peanut butter then add bacon strip. Put slice of cheese on top. Melt cheese in oven or microwave on high 20 to 30 seconds. (312 calories and 21 grams fat per serving)

### Walking Breakfast

- 1 (8-inch) flour tortilla
- 1 tablespoon peanut butter
- 1 tablespoon grape jelly
- 1 small banana

#### How To Fix:

1. Place tortilla on paper towel. Microwave 15 seconds on high until tortilla is soft.  
2. Spread with peanut butter. Top with jelly.  
3. Place banana near right edge of tortilla. Fold up bottom 1/4 of tortilla. Bring right edge over banana. Roll up. (365 calories and 11 grams fat per serving)

## Aerobic Exercise and Children

Childhood obesity studies show that children who play every day may have stronger brains. When children exercise 20 to 40 minutes a day, they function better in school. They are more able to organize homework, do math, and class projects.

New government guidelines suggest that toddlers get 1 1/2 hours minimum of daily activity. Preschoolers need 2 hours or more of moderate to vigorous aerobic physical activity daily. Half of the time should be planned physical activity and the other half free play

physical activity. Aerobic exercise is an exercise that makes the heart beat faster and a person breathe harder than normal. Examples of aerobic exercises are running, bicycling, dancing, jumping rope, and playing tag.



Even when it's cold or rainy outside, aerobic exercise can be done inside. Put on some music or turn on the radio and let preschoolers dance and jump. Or jump rope.

## Gummy Vitamins



Many vitamins for children are made to taste and look like candy.

Dentists warn parents that these vitamins can harm teeth. Bacteria in the mouth can feed on the sugar in vitamins. It takes about 20 minutes for bacteria in the mouth to start making acids

that can cause tooth decay.

If you buy candy-like vitamins for your children, give the vitamin with a meal. If vitamins are taken at bedtime, give them before teeth are brushed; not after. Then after the vitamin is chewed, make sure teeth are brushed thoroughly.

## One Month Before Delivery

During the last month of pregnancy, the unborn baby starts to enter the birth canal. The uterus is a large mass of muscles that contracts and pushes the baby through the birth canal.

At about 36 weeks, the uterus reaches its maximum growth. The uterus starts to contract (squeeze) during the last month. Contractions usually last 15 or 20 seconds. These contractions are called false labor or Braxton-Hicks. During real labor, contractions last 40 to 60 seconds. Always check with your health care provider when labor pains of any kind occur.

During the last month, baby's head pushes against the bladder, causing a need to urinate more often. It's important to rest often and get off your feet during the last month of pregnancy. See your health care provider often during the last months, so changes can be monitored.

## Colored Bubbles

Children are curious and love to try new things. Try this oil and water experiment outdoors. Oil and water don't mix. Food color is water-based. When it is mixed with oil it stays in tiny circles throughout the oil. The circles (or drops) flatten out, then sink through the oil layer to make long streamers of color.



To make colored bubbles: 1. Fill a 2 quart bowl with water. 2. Pour 1 tablespoon oil into a cup. Add 4 drops of different colored food coloring. Use a fork to mix the oil and food coloring together. Pour the mixture onto the water in the bowl. 3. Let sit for 10 minutes, then dip a bubble wand into the mixture and blow.



# TOBACCO QUICK FACT

## JUNE : ELECTRONIC CIGARETTE

### DID YOU KNOW?

when heated, e-liquids in electronic cigarettes produce an aerosol you inhale much deeper into the lungs than combustible cigarettes.

### The aerosol from these products contains the following:

- **Nicotine:** highly addictive chemical that also primes the brain for addiction of other substances, especially in youth and young adults
- **Formaldehyde:** embalming fluid- cancer causing agent
- **Heavy metals:** including tin, nickel, and lead.
- **Ultrafine particles:** which are breathed deep into the lungs
- **Other volatile chemicals**

**KNOW THE FACTS!** Get help today or help someone else by calling  
*1-800-QUIT-NOW*



## JUNE-ZUCCHINI



IF YOU WANT A VEGGIE THAT'S EXTREMELY VERSATILE, LOOK NO FURTHER THAN ZUCCHINI. WHETHER EATEN RAW OR COOKED, THERE'S SO MANY WAYS TO ENJOY IT AND STILL GET A SOLID AMOUNT OF VITAMINS AND MINERALS YOU NEED. ZUCCHINI IS SUPER LOW IN CALORIES, ONE CUP HAS ABOUT 19 CALORIES. IT HAS A GOOD AMOUNT OF POTASSIUM AND VITAMIN C WHICH HELPS THE LINING OF YOUR CELLS AND BLOOD VESSELS TO REDUCE BLOOD PRESSURE AND CLOGGED ARTERIES. SO REPLACE THAT PASTA WITH ZUCCHINI NOODLES, SAUTÉ IT, ADD IT TO YOUR BREAKFAST MUFFINS OR USE IT IN YOUR BAKED GOODS. ZUCCHINI CAN BE USED TO INCREASE YOUR NUTRITION IN A WIDE VARIETY OF DISHES.



## **JUNE-FITNESS FOR FUN**

**THERE ARE MANY WAYS TO MAKE EXERCISE FUN, WHETHER YOU HAVE FIVE MINUTES OR FIVE HOURS TO GET MOVING. SOME WAYS TO PUT FUN BACK INTO EXERCISE INCLUDE: EXERCISE WITH A FRIEND, JOIN A CLASS, DOWNLOAD AN APP, TURN UP THE MUSIC, GET OUTSIDE OR PLAY A CHILDHOOD GAME. WHATEVER YOU CHOOSE, HAVE FUN AND ENJOY FITNESS.**