



Teaching Children Nutrition

Nutrition is the study of food and how it relates to health. When children learn about nutrition, they are more likely to eat healthful foods as adults. Children start learning about nutrition when they are infants. When infants are fed, they learn that milk brings comfort and that feeding can be a pleasant event. Toddlers learn that when they are hungry, their needs will be met and their food likes and dislikes will be respected.

Preschool children learn about nutrition in many ways: when they share meals with the family, help grocery shop, prepare meals, watch TV ads and read books about food. They begin to learn that food choices affect their health.



Not all nutrition lessons are positive. Sometimes infants aren't fed when they are hungry and children don't get all they need to eat when they are hungry. Adults sometimes make children eat everything on their plate—even foods they don't like. Parents need to be good role models. When children see adults enjoying a variety of good foods, trying

new foods and having good table manners, it makes a good impact on them. When children see adults drinking pop all day, always dieting, or never sitting down for a meal, it makes a less desirable impression.

To help children learn good nutrition:

- Set up a grocery store. Save food boxes, cans and grocery bags. Use play money and a cash register.
- Place a sturdy food inside a clean sock. (A tomato would not be a sturdy food to put in a sock.) Children then put their hand into the sock and guess the food by touch. Ask children if the food feels bumpy, fuzzy, round or small. Good foods for children to guess are a lemon, potato or radish.
- Cut a slit in the top of a shoe box. Let children guess foods by their smell. Good foods to guess might be onions, lemons and oranges.
- Food dominoes: Cut pictures of foods from garden catalogs or magazines. Paste foods on each end of rectangular cards made from cardboard. Make some cards with a blank end and some with the same picture on both ends. Mix the cards and deal them. Players have to match the ends. The first person to get rid of all his cards wins.

Surprise Cake



What You Need:

- 1 cup mashed bananas
- 1/2 cup margarine, melted
- 1-1/2 cups sugar
- 3 eggs
- 3/4 cup lowfat buttermilk
- 1 tablespoon vanilla
- 3 cups flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup canned pineapple tidbits
- 1-1/2 cups canned sliced peaches

How To Fix:

1. In large bowl, mash bananas with fork. Pour margarine over bananas. Add sugar, eggs, milk and vanilla. Beat 1 minute.
2. In another bowl, combine flour, baking powder and salt. Slowly add to banana mixture.
3. Drain pineapple. Squeeze out extra juice. Add to batter. Coat 13- x 9-inch pan with vegetable spray. Pour batter evenly in pan.
4. Drain peaches. Lay on top of batter. Bake 35 to 40 minutes at 350° F, until toothpick inserted in center comes out clean. Cool 45 minutes. Wrap cake pieces in foil or plastic wrap and freeze for snacks or lunches. Serves 24. (177 calories and 5 fat grams per serving)

Pregnancy Warning Signs

Most pregnancies end with a normal, healthy baby. Regular visits to a health care provider will help prevent serious problems.



Notify a health care provider right away if any of the following occur; don't wait until the next checkup.

- Bleeding from the vagina, rectum or nipple.
- Swelling or puffiness of face, hands or legs.
- Sudden large weight gain.
- Severe or repeated headaches.
- Dimmed, blurred vision, flashes of light or spots before the eyes.
- Sharp or prolonged pain in the abdomen.
- Severe or prolonged vomiting.
- Chills or fever.
- Sudden loss of fluid from the vagina.

Reading

Reading stimulates imagination, expands a child's world and helps develop listening and vocabulary skills. Reading also helps parent and child bond.

Children learn to read at different rates and in different ways. When reading to infants and toddlers, select a cardboard or cloth book with bright colors. Books with holes and different textures are always a hit. When a child is about nine months old, books with pictures of familiar objects work well. Infants and toddlers may only want to sit for a minute or two while you look at a book. At first an infant just enjoys your voice. Pick a quiet place with no background noise. Read slowly. Vary your tone of voice as you read and



make funny faces and sound effects. As your child gets older, pause to give her a chance to look at pictures and to ask questions.

At age three to five, children sit longer. As you read, follow words with your finger. Ask questions, such as "What do you think will happen to Big Bird?" Read to your child daily.

Children must want to read. There are many ways to increase a child's desire to read. If you let your children pick their own books, they will have a greater interest in reading. Introduce children to books on tapes, science books, magazines, newspapers, comic books and catalogs. Children can even make their own books.

Breastfeeding Benefits

One of the best investments you can make for your baby is breastfeeding. Breastfeeding saves money because there are no bottles or formula to buy. Breastmilk helps protect baby from illness so less money is spent on health care visits and medicine. Breastfed babies tend to have fewer colds, earaches, stomach problems and serious illnesses such as pneumonia. Savings continue for a lifetime, because breastfed babies tend to have fewer childhood cancers, allergies, ulcers and a lower chance of developing diabetes.

There are also health cost savings for breastfeeding moms. Studies show that breastfeeding helps prevent ovarian and breast cancer. For breastfeeding moms who work outside the home, less time off is needed to care for a sick baby. Life can be easier for a breastfeeding mom. When baby spits up breastmilk, there are no stains on clothing. No bottles are needed when going out; mom's milk is always warm and ready for night feedings.

Third-Hand Smoke



Even when smokers go outside or leave a car window down to smoke, a tobacco smell is left on clothes and other articles, such as furniture. This residue, called third-hand smoke, can be harmful to children and adults.

Third-hand smoke refers to the gases and particles left on hair, clothing, and articles such as carpet and furniture. The particles and gases contain cancer-causing chemicals such as arsenic, lead, carbon monoxide, butane (found in lighter fluid) and toluene (found in paint thinners). Children then absorb the particles and gases. Third-hand smoke is especially harmful to children because their lungs are still developing.



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.

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.



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

Vegetable sushi roll

Ingredients

- 1 zucchini, sliced lengthwise with a potato peeler
- 1/2 cup low-fat or fat-free cottage cheese
- 2 carrots, cut into thin strips
- 1 green, red or yellow pepper, cut into thin strips
- 1 radish, cut into thick slices (optional)
- 1 bunch of cilantro, broken into small stems (optional)

Instruction

Place the zucchini strips on a flat surface. Spread 1 teaspoon of cottage cheese on one end of the zucchini strips. Put some of the sliced vegetables on top of the cottage cheese. Roll the zucchini strips with the cottage cheese and vegetables inside.

Safety Tip: To prevent injury, an adult should cut the ingredients.