



# HeadStartNews

## Rice

The hull is the hard outer part of a rice kernel. The next layers, called bran, have lots of vitamins and minerals. During processing of rice, the hull and bran layers are removed, leaving the germ. The germ is the white rice that is eaten. Because vitamins and minerals in the bran have been removed, white rice is enriched with vitamins and minerals.

Rice is a convenience food; just store it, open, measure, and cook. And rice doesn't cost much, so it fits into a tight food budget. Use rice in soups, salads, main and side dishes, and even desserts. Since rice has a mild flavor, it goes well with spicy foods, such as Chinese and Mexican.

Cover and keep cooked rice in the refrigerator for up to 1 week. Or, freeze cooked rice for up to 6 months. To reheat, add 2 tablespoons liquid per one cup rice. Cover and heat on stove or in microwave.

The U.S. Dietary Guidelines and [www.ChooseMyPlate.com](http://www.ChooseMyPlate.com) suggest eating 5 to 10 grain servings (based on caloric needs) each day. Make at least half of the servings whole grains.

There are many types of rice:

**Pre-cooked or Quick Rice** (white or brown) is processed and cooked. Then water is removed to reduce the time needed to cook it.

**Long Grain Rice** is long and slender in shape. When cooked, the grains tend to stay separate and are light and fluffy.

**Medium Grain Rice** is plumper than long grain rice. When cooked, the grains are more moist and tender than long grain rice.

**Short Grain Rice** is almost round in shape. Short grain rice tends to cling together when cooked.

**Brown Rice.** Brown rice is a whole-grain food. It contains all three layers of the kernel (the bran, germ, and endosperm).

Brown rice is high in fiber and vitamins and minerals, such as folate, vitamin E, and potassium. Cooked brown rice has a chewy texture and a nutty flavor.

Try adding to cooked brown rice:

- Toasted pecans and dried cranberries.
- Chopped tomatoes, black olives, and fresh basil.
- Chopped red bell peppers, diced cherry tomatoes, and crumbled feta cheese.



## Lemon-Rice Baked Fish



### What You Need:

- 1 (5 pound) fish (trout, red snapper, cod, whitefish, bass or pike)
- 2 cups cooked brown rice
- 2 tablespoons chopped fresh parsley
- 1 teaspoon grated lemon peel
- 1/2 teaspoon dried basil
- Butter or margarine, melted
- 1 tablespoon lemon juice

### How To Fix:

1. Wash fish. Season with salt and pepper, if desired.
2. Combine rice, parsley, lemon peel, and basil. Mix well.
3. Stuff prepared fish. Close cavity with small skewers.
4. Place fish on foil. Brush with butter or margarine mixed with lemon juice. Bake 45 minutes at 400°F. Serves 6 (146 calories and 6 grams fat per serving)

## Fever

Fever is the body's response to a virus or bacterial infection. Call your health care provider if your child has a fever that lasts longer than 12 to 24 hours, or is over 101° F for 2 to 3 days. And call a health care provider right away if a child is extremely fussy, acts listless, is not eating or drinking well, vomiting or having trouble breathing.

If an infant under 2 months of age develops a fever, call a health care



provider right away. Newborns don't have a mature immune system.

Fever increases the need for water, so offer a feverish child lots of clear liquids, water, frozen popsicles, broth, and plain gelatin. Never give aspirin to a child under the age of 10. It may cause Reye's syndrome, which can result in severe liver damage and death.

## Nutrients in Breast Milk

Breast milk is the best and only food an infant needs during the first 6 months. It contains a perfect balance of sugar, fat, and protein for baby. Breast milk also provides enzymes, hormones, and antibodies that formulas don't contain. Breast milk has enough fluids; no extra water is needed until solid foods are introduced at 6 months.

to last 6 months before a full term baby needs additional iron. Good iron sources are baby cereal, meats, and some vegetables. If a mother's diet lacks certain nutrients, her stores may be used to make breastmilk. Thus, it's important for pregnant and breastfeeding women to eat well-balanced, healthful meals.

There is enough iron in breast milk

## Rabies



The number of rabies cases in household animals (dogs and cats) has gone down, but rabies cases in wild animals (skunks, raccoons, foxes, and bats) has gone up. Most cases of human rabies occur after a bite by a rabid animal. A rabid animal's scratch can also transfer the disease, or a wound can be infected by an animal's saliva.

If bitten by an animal, clean the wound with soap and water. Call a health care provider and animal control center right away, so a stray or wild animal can be caught and tested for rabies. Make sure household pets get rabies shots, and teach children to stay away from stray or wild animals.

## Interrupting

It seems as if every time you are on the phone, a child needs something NOW. Children need to know that you are there to answer their questions, but they also need to know that interrupting is not okay.



Toddlers have very short attention spans. They can't wait long when they need something. Try to avoid problems by planning phone calls during naps or after bedtime. Three- and four-year olds can wait for longer periods of time. Help them learn to wait by holding their hand or rubbing their back while you finish talking.

For older children, set rules ahead of time. Let them know whether or not it is okay to write you a note while on the phone. If there is an emergency, teach them to say "Excuse me" and wait for your response. Also make sure they know what will happen if they don't follow the rules, such as no TV.

Most important, set a good example by not interrupting your children. Listen to what they have to say and praise them when they don't interrupt.



# BLACKBERRIES

**WHEN IT COMES TO HEALTH, BERRIES HELP IN MANY WAYS. ALL BERRIES ARE GREAT SOURCES OF FIBER, A NUTRIENT IMPORTANT FOR A HEALTHY DIGESTIVE SYSTEM. MANY STUDIES ARE BEING DONE TO SHOW THEIR GREAT HEALTH BENEFITS FROM THE POLYPHENOLS THEY CONTAIN. THESE BENEFITS ARE SHOWING AN AID TO HEART HEALTH SUCH AS INCREASED GOOD (HDL) CHOLESTEROL AND LOWER BLOOD PRESSURE.**



# EXERCISING WITH KIDS

**EXERCISE WITH YOUR KIDS- GO FOR A WALK TOGETHER, PLAY TAG OR OTHER RUNNING GAMES, START A DANCE PARTY. YOU CAN SPEND TIME TOGETHER, OCCUPY THE KIDS AND ENSURE THEY'RE GETTING THE DAILY PHYSICAL ACTIVITY THEY NEED TO STAY HEALTHY.**

**TIP: HAVE EACH MEMBER OF THE FAMILY WRITE DOWN EXERCISES OR ACTIVITIES ON SEPARATE PIECES OF PAPER AND PUT THEM IN A BOWL. EACH DAY PICK ONE OUT AND DO IT AS A FAMILY.**





# BLACKBERRY FROZEN YOGURT

**2 C. FROZEN BLACKBERRIES**

**1/2 C. PLAIN YOGURT**

**2 TB HONEY**

**1 TSP VANILLA EXTRACT**

**1. IN FOOD PROCESSOR OR BLENDER, ADD ALL  
INGREDIENTS. BLEND UNTIL THE MIXTURE IS  
CREAMY.**

**2. SERVE SOFT OR TRANSFER TO AN AIRTIGHT  
CONTAINER AND FREEZE FOR AT LEAST 3 HOURS  
OR OVERNIGHT. STORE IT IN THE FREEZER FOR UP  
TO 2 WEEKS.**