ACTIVITIES FOR YOU TO DO WITH YOUR CHILDREN:

▲ Help your children play "Fitness Squares" (on back of this page).

▲ Take a walk through a park or neighborhood. Set a goal for your adventure such as finding the most colorful leaves, most decorated store window or a unique car.

▲ Visit a pick-your-own farm. Walk around the apple orchard or pumpkin patch and pick apples and pumpkins.

▲ Play games or act out some of the activities described in the books you read.

▲ Make pumpkin or apple recipes with child. Young children can help find ingredients; measure and mix ingredients. Older children can help cut apples or pieces of pumpkin if you are using fresh pumpkins to make your own "canned" pumpkin.

▲ When you read stories, ask your local librarian for books about children being active and fun physical activities such as:

- Over on the Farm, Christopher Gunson, Scholastic Press, New York, 1995
- Wee Sing and Play, Pameka Conn Beall and Susan Hagen Nipp, Price Stern Sloan LA, 1979

### Use the ABC’s of Good Health Activity Sheet to AIM for Fitness

1) Keep track of the types of activities you provide or encourage the children in your care to perform.

2) Assess how much physical activity your children get on a “typical day”.

3) Compare this amount with the recommendation for at least 60 minutes a day.

4) Estimate your physical activity.

5) Share suggestions on activities that the children in your care enjoy.
WALDORF- FRUIT SALAD

4 fresh apples, cored, unpeeled and diced
2 tsp. lemon juice
1/2 cup canned mixed fruit, drained
1/4 cup fresh celery, chopped (optional)
1/2 cup raisins (optional)
dash ground nutmeg (optional)
1 1/2 Tbl. mayonnaise or salad dressing
1/4 cup chopped walnuts

PROCEDURE
1. Wash hands
2. Wash apples
3. Dice apples
4. Sprinkle apples with lemon juice to prevent discoloration.
5. Combine apples, mixed fruit, celery (optional), raisins (optional), mayonnaise or salad dressing, and nutmeg (optional). Mix lightly to combine.
7. Add nuts before serving. Toss lightly

NUTRIENT ANALYSIS (per serving):

WALDORF- FRUIT SALAD

Calories - 82  Cholesterol - 30 mg
Protein - 3 g  Vitamin A - 13,150 IU
Carbohydrates - 16 g  Vitamin C - 3 mg
Fat - 1 g  Iron - 1 mg
Saturated Fat - 0 g  Dietary Fiber - 2 g

PUMPKIN PUDDING

1/3 cup nonfat dry milk
2/3 cup water
1 can pumpkin, canned
1 fresh large egg or frozen whole egg, thawed
1/4 cup sugar
1/8 tsp. salt
1 tsp. ground cinnamon

PROCEDURE
1. Wash hands
2. Combine dry milk and water.
3. Add pumpkin, egg, sugar, salt and cinnamon.
Mix until combined.
4. Pour pudding into lightly greased pan (10"X12"X2").

Bake at 350 for 35 to 40 minutes. Bake until a knife inserted in the center comes out clean.

NUTRITION ANALYSIS (per serving):

Calories - 84  Cholesterol - 2 mg
Protein - 1 g  Vitamin A - 120 IU
Carbohydrates - 8 g  Vitamin C - 2 mg
Fat - 6 g  Iron - .3 mg
Saturated Fat - 1 g  Dietary Fiber - 1 g

Fitness Squares

1. Cut out the squares below and put them in a bowl.
2. Once a day, let your child pick out a square.
3. Do the activity together!

Stretch for 15 minutes.
Do 20 jumping jacks.
Go for a walk.

Turn on the radio and dance to the first song you hear.

You can make your own activity squares.
Write your own activities on pieces of paper.
Put them in the bowl, too.
HAVE FUN!

Fitness Squares

1. Cut out the squares below and put them in a bowl.
2. Once a day, let your child pick out a square.
3. Do the activity together!

Stretch for 15 minutes.
Do 20 jumping jacks.
Go for a walk.

Turn on the radio and dance to the first song you hear.

You can make your own activity squares.
Write your own activities on pieces of paper.
Put them in the bowl, too.
HAVE FUN!
ACTIVITIES FOR YOU TO DO WITH YOUR CHILDREN

- Encourage children to eat more whole grains, cooked dry beans, legumes, fruits and vegetables as low-fat, high-fiber sources of vitamins, minerals and protein.

- Read stories about fruits, vegetables and grains.
  Check with your local library. Look for books like:

  
  

- Have children name high fiber favorite fruits, vegetables and grains that begin with letters of the alphabet.

- Have children help make recipes from foods featured in the books you read. Use the ABC’s Recipe Page. Try the tabouleh or hummus for a meal or snack.

Use the ABC’s of Good Health Activity Sheet to Figure the Fiber Facts about the Foods You Serve

1) Fill in the foods you have served for meals and snacks in the past 2 days.

   - Use food labels or the chart on page 4 to find the grams of fiber in each food you serve. (Be sure that the amount of fiber is for the portion you serve your children.)
   - Record the amount (grams) of fiber.
   - Sum the total fiber for foods you serve for each day.
   - Divide that number by 2 to get the average amount of fiber you serve in the 2 days.

2) Compare this amount with the total fiber recommended for the age of children in your care.

3) Write changes in foods you would serve to increase fiber.
ABC’s Recipes

HUMMUS (CHICKPEA DIP)

1 20 ounce can chickpeas, rinsed and drained
1 tablespoon peanut butter or
1/4 cup tahini (sesami butter)
1/4 cup lemon juice
1/4 cup water
2 cloves garlic

PROCEDURE
1. Wash hands
2. Place ingredients in a blender.
3. Blend until mixture is a smooth paste.
4. Chill to let flavors blend.
5. Serve with bit- sized pieces of vegetables, pita bread or crackers.

NUTRITION ANALYSIS (per serving):

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Protein</th>
<th>Carbohydrates</th>
<th>Fat</th>
<th>Saturated Fat</th>
<th>Cholesterol</th>
<th>Vitamin A</th>
<th>Vitamin C</th>
<th>Iron</th>
<th>Dietary Fiber</th>
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<tbody>
<tr>
<td>Hummus</td>
<td>150</td>
<td>6g</td>
<td>27g</td>
<td>2g</td>
<td>0g</td>
<td>0mg</td>
<td>32 IU</td>
<td>10mg</td>
<td>1.8mg</td>
<td>-1.7g</td>
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</tbody>
</table>

TABOULEH

1 1/2 cup bulgur wheat (No. 3 size)
1 1/2 cup boiling water
3 cups fresh tomatoes, sliced
1/2 cups Fresh cucumbers, peeled and diced
1/4 cup fresh parsley
1/4 cup minced onion
2 teaspoons fresh mint
1/4 cup lemon juice
1 teaspoon salt
2 tablespoons vegetable oil

PROCEDURE
1. Wash hands
2. Combine bulgur and boiling water. Let stand for 30 minutes or until water is absorbed. Do not drain.
3. Add tomatoes, cucumbers, parsley, onions, and mint to the bulgur and stir to blend.
4. In a small bowl, combine salt and lemon juice. Slowly whisk in oil.
5. Add dressing to salad and toss to coat all ingredients.
6. Cover and refrigerate until ready to serve.

NUTRITION ANALYSIS (per serving):

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Protein</th>
<th>Carbohydrates</th>
<th>Fat</th>
<th>Saturated Fat</th>
<th>Cholesterol</th>
<th>Vitamin A</th>
<th>Vitamin C</th>
<th>Iron</th>
<th>Dietary Fiber</th>
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<tbody>
<tr>
<td>Tabouleh</td>
<td>91</td>
<td>3g</td>
<td>16g</td>
<td>3g</td>
<td>.4g</td>
<td>0mg</td>
<td>334 IU</td>
<td>11mg</td>
<td>.7mg</td>
<td>4g</td>
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PEACH COBBLER

4 Very ripe peaches, peeled and sliced (or frozen or canned in juice)
2 tablespoons sugar
1 1/2 cup all purpose flour
1/4 cup sugar
2 teaspoons baking powder
1/2 tablespoon margarine or butter
1/2 cup Low fat milk

PROCEDURE
1. Wash hands
2. Toss the peaches with 2 tablespoons of sugar; place in a 1 1/2 quart ovenproof dish.
3. To make dough, place flour, sugar and baking powder in a bowl; add margarine and milk; stir until well mixed.
4. Place the dish of peaches into the oven. Heat until warm and the sugar starts to melt.
5. Drop the dough on top by spoonfuls
6. Bake in the oven (at 375 F) for about 35 minutes or until the fruit begins to bubble and the topping is slightly brown.
7. Let it cool and serve.

NUTRITION ANALYSIS (per serving):

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<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Protein</th>
<th>Carbohydrates</th>
<th>Fat</th>
<th>Saturated Fat</th>
<th>Cholesterol</th>
<th>Vitamin A</th>
<th>Vitamin C</th>
<th>Iron</th>
<th>Dietary Fiber</th>
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<tr>
<td>Peach Cobbler</td>
<td>312</td>
<td>6g</td>
<td>62g</td>
<td>5g</td>
<td>1g</td>
<td>1mg</td>
<td>455 IU</td>
<td>6mg</td>
<td>2.3mg</td>
<td>3g</td>
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</table>

RICE & BEANS

2 10-ounce cans of black beans
1/4 cup chopped green pepper
1/2 clove garlic, minced
1 tsp. oil
1/4 cup chopped onion
1 bay leaf
1/4 tsp. salt
3 cups hot cooked rice

PROCEDURE
1. Wash hands
2. Heat black beans in a large pan
3. Add green pepper, onion, oil, bay leaf, garlic and salt.
4. Cover and simmer for 20 minutes.
5. Make rice according to package directions, leaving out salt.
6. Take out 1/3 of the beans, mash and return them to the pot.
7. Stir thoroughly.
8. Remove bay leaf, stir in vinegar or lemon juice when ready to serve.

NUTRITION ANALYSIS (per serving):

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Protein</th>
<th>Carbohydrates</th>
<th>Fat</th>
<th>Saturated Fat</th>
<th>Cholesterol</th>
<th>Vitamin A</th>
<th>Vitamin C</th>
<th>Iron</th>
<th>Dietary Fiber</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rice &amp; Beans</td>
<td>224</td>
<td>10g</td>
<td>45g</td>
<td>1g</td>
<td>.2g</td>
<td>0mg</td>
<td>40 IU</td>
<td>15 mg</td>
<td>.7mg</td>
<td>7g</td>
</tr>
</tbody>
</table>
ACTIVITIES FOR YOU TO DO WITH YOUR CHILDREN:

- Encourage children to eat more cooked dry beans, fruits and vegetables as low-fat, high-fiber sources of protein, vitamins and minerals.

- Read stories about fruits and vegetables:
    Illustrated by David Axtel
    Illustrated by Alison Bartlett

- Have children help:

  Make recipes from fruits or vegetables featured in the books you read.

  Wash, slice and serve whole, fresh fruits.

  Use the ABC’s Recipe Page. Try the Peach Cobbler or Rice & Beans.

- Play the Fruit or Vegetable Name Game on the back of this page.

Use the ABC’s of Good Health Activity Sheet to Figure the Fat Facts about the Foods You Serve

1) Fill in the foods you have served for meals and snacks in the past 2 days.
   - Use food labels or the chart on page 3 to find the grams of fat in each food you serve (Be sure that the amount of fat is for the portion you serve your children.)
   - Write the amount (grams) of fat in the foods you serve.
   - Sum the total fat for foods you serve for each day.
   - Divide that number by 2 to get the average amount of fat you serve in the 2 days.

2) Compare this amount with the total recommended for the age of children in your care.

3) Write changes in foods you would serve to lower the fat.