

Healthy Kids



Enjoy the benefits
of healthy children!

Children who eat

well and are

physically active

have improved

concentration,

enhanced social

skills, and sleep

better at night.

Healthy children

feel good mentally

and physically!

A Child's Appetite

Your child's appetite can change from day to day. There will be days when your child will eat a lot— when he is growing. There will also be days when your child will only eat a small amount. He is probably not growing as fast and doesn't need to eat as much.

The best way to help your child develop healthy eating habits is to allow him to eat when he is hungry and to stop eating when he is full.

You may worry that your child is not eating enough at some meals. Don't worry! He can make up for it at the next scheduled snack or meal time.

As a parent, you can decide which healthy foods are offered. You can also decide when meals and snacks will happen. But let your child decide "how much" he will eat.

Here are some suggestions to help support your child's ability to eat well:

1. **Don't offer large servings of food to your child.** Studies have shown that most adults and children will overeat when they are served a large amount of food. Some children will eat as much as 60 to 80 percent more when servings are super sized.
2. **Serve child size portions to your child.** Let your child ask for more if he is hungry.
3. **Serve more food to your child if he wants to eat more.** Remember— there will be days when his body is growing and he will eat more.
4. **Enjoy food with your child.** Take small bites and talk to your child.
5. **Eat with your child.** Your child learns by watching how you enjoy food.



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A healthy life starts in childhood, you are your child's first and most important teacher!

Get kids cooking!

Children who help in the kitchen can learn new skills that can help them feel more confident. Helping in the kitchen can also help introduce new foods to your child. Children who help cook new foods are more likely to try them.



Trying new foods will increase the variety of foods that your child will like. Small children can help:

- ☺ **Wash fruits and vegetables.** Children love to play in water. Bring a chair over to the sink. Ask them to help wash the fruits and vegetables with a brush or washcloth. It may be messy, but it will be fun.
- ☺ **Set the table.** Give the plates, silverware, napkins and plastic glasses to your child. Ask him to set the table.
- ☺ **Prepare the meal.** Small children can help measure foods in cups, pour foods into bowls or pans. They can also help stir, shake or spread foods. Ask your child to join you in the kitchen.

Praise your child! Tell him that he did a great job and you are proud of him!

Spaghetti and Peas

A quick dish with fresh tomatoes and peas!

- 1 - 2 tablespoons olive or canola oil
- 2 large tomatoes, chopped into small pieces
- 1 cup frozen peas
- 1 teaspoon dry basil
- 2 cups cooked spaghetti
- 1/3 cup grated parmesan cheese



Heat oil in skillet. Add tomato, peas and basil. Cook for 2 minutes. Add cooked spaghetti and stir together. Sprinkle with cheese and serve!

Another quick dish using peas....

Chinese Pea Pods

- 2 cups fresh or frozen pea pods
- 1 (4 ounce) can mushrooms, drained
- 1/2 tablespoon canola oil
- 1 tablespoon soy sauce



Heat oil in skillet. Add pea pods and cook 3 to 4 minutes until pods are tender crisp. Stir in small amount of water, if needed. Add mushrooms and soy sauce. Cook for 1 more minute. Serve!

Make physical activity a priority

Children need role models to get moving and stay moving

It's important to get children moving. Physical activity is critical to having a healthy body. Movement is also a way children can learn and interact with the world. Spending time being physically active with your children is healthy for you and your children. Regular physical activity for preschoolers can:

- Improve their fitness level—in both health-related and skill-related areas
- Contribute to their developmental growth
- Reinforce a good self-concept
- Strengthen language and social skills
- Build motor skills like running, jumping and skipping
- Instill a love for movement that can last a lifetime!

