

Linked to Literacy

NUTRITION

Regular, healthy meals are vital to your child's academic success



Parent's Place

What ways can I teach my child proper nutrition?

There isn't an easy or hard way to teach proper nutrition for your child. Just try your best to make it fun introducing new foods for your young one to try out.

Children can develop a natural love for certain foods. Despite the peer pressure from TV commercials, and their best buddies' snack choices, the bigger picture is trying you best to present healthy food choices and have fun in the process. One of the key challenges is to try and limit your child sugar and salt intake. Try not to remove sweets in its entirety, but rather come up with alternatives other than the cookies and potato chips.

Here are some ways to assist you in promoting proper nutrition to your child based on the article, "Nutrition for Children and Teens: Easy Ways to Help Your Kids Eat Healthier" by authors Maya W. Paul and Lawrence Robinson.

- **Have regular family meals.** Knowing dinner is served at approximately the same time every night and that the entire family will be sitting down together is comforting and enhances appetite. Breakfast is another great time for a family meal, especially since kids who eat breakfast tend to do better in school.
- **Cook more meals at home.** Eating home cooked meals is healthier for the whole family and sets a great example for kids about the importance of food. Restaurant meals tend to have more fat, sugar, and salt. Save dining out for special occasions.
- **Get kids involved.** Children enjoy helping adults to shop for groceries, selecting what goes in their lunch box, and preparing dinner. It's also a chance for you to teach them about the nutritional values of different foods, and

(for older children) how to read food labels.

- **Make a variety of healthy snacks available instead of empty calorie snacks.** Keep plenty of fruits, vegetables, whole grain snacks, and healthy beverages (water, milk, pure fruit juice) around and easily accessible so kids become used to reaching for healthy snacks instead of empty calorie snacks like soda, chips, or cookies.
- **Limit portion sizes.** Don't insist your child cleans the plate, and never use food as a reward or bribe.

What if I have a picky eater? Is it possible to make food fun for them?

Yes! The child that says broccoli is yucky, and never has tried it. One that says "I only want mashed potatoes!" Sometimes our children go through a phase when they want certain foods that may or may not be good for them. Then, you may have a little one who strongly dislikes their food touching each other. Here are some alternatives to try for your picky eater to establish proper nutrition.

- Offer a new food only when your child is hungry and rested.
- Present only one new food at a time.
- Make it fun: present the food as a game, a play-filled experience. Or cut the food into unusual shapes.
- Serve new foods with favorite foods to increase acceptance.
- Eat the new food yourself; children love to imitate.
- Have your child help to prepare foods. Often they will be more willing to try something when they helped to make it.
- Limit beverages. Picky eaters often fill up on liquids instead; and, limit snacks to two per day.

Winter 2016

a newsletter for
adults interested in
the edification of
children ages zero
to five.

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MUSICAL MONDAYS

Monday, January 11, 2015

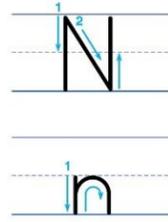
10:30 am- 11:15 am

This program is all about music and rhythmic movement for toddlers and pre-schoolers.
Presented by BUMP of the Triangle.



Number and Letter of the Month

5



Sight words Starting with the letter N:

No, Need, New, Nose, Nut

English: Five
Spanish: Cinco (sinco)
French: Cinq (sank)
Chinese: Wu (Woo)

SOURCE: <https://www.superteacherworksheets.com/letter-n.html>

Image SOURCE: http://mhschool.com/lead_21/grade1/images/CCSS61-049A.jpg
<http://static.alipson.fr/m107/p78702/pl.jpg>

Activity of the Month



What better way to assist with your child's nutrition than to also stay physically active. Doing the simplest activities around the house is one way to stay active. Instead of watching television, do some light to moderate exercises around the house such as jumping jacks, or sit ups.

Also, going outside for at least 30 minutes can help as well. If you're interested in making new friends in the process of physical activity, there are local recreational facilities sponsored sports such as soccer, baseball, or basketball.

Another activity is to have the children help you prepare dinner, breakfast, and even food for their lunchboxes.

SOURCES:

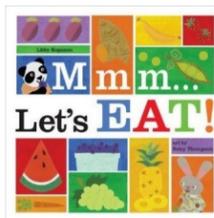
<http://www.superkidsnutrition.com/kidsactivities/>

<http://www.nutrition.gov/life-stages/children/kids-corner>

Read and Watch

Book:

Mmm...Let's Eat
by Libby Kopone



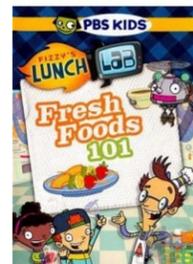
This lift-the-flap book teaches baby and toddlers about the importance of color, animal and food recognition. Animals identify colors and inspire them to eat an assortment of foods that matches the colors.

Following the end of the book is a brief note from a nutritionist teaching kids about the importance of healthy eating.

DVD:

PBS Kids Presents: Fizzy's Lunch Lab Fresh Foods 101

The Lunch Lab experience encourages families to make smarter food choices while having fun. Each topic includes three segments: Webisode; Freezer Burn Music Video; and a Lunch Lab Live!; all related to the Fizzy's Lunch Lab online



animated series. The DVD will also include associated activities and recipes.

SOURCE: Durham County Library Catalog

Kindergarten Readiness



Nutrition and Young Children

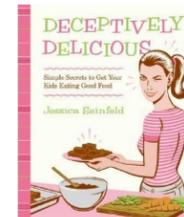
- There is a definite connection between a toddler's eating habits and school preparedness because diet directly affects a child's cognitive development.
- Nutrition has been called the single greatest environmental influence on babies in the womb and during infancy and it remains essential throughout the first years of life.
- A proper balance of nutrients in this formative period is critical for normal brain development. Shortages of nutrients such as iron and iodine can impair cognitive and motor development, and these effects are often irreversible.
- The role of nutrition in brain development is complex.

The effects of most nutrient shortages depend on the extent and duration of the shortage, and in many cases, the brain's need for a particular nutrient changes throughout its development.

- Food insecurity occurs when families do not have constant access to healthy food.
- Food insecurity is not the same as hunger. Food-insecure families are often able to avoid hunger by choosing cheaper, more filling types of food over more costly nutritious foods. For young children, the result is often a diet that provides inadequate nutrients for normal growth and development.
- A family is food insecure if it is unable to afford balanced meals; reduces the size of meals because of lack of money; or reduces the quality and variety of their normal diet due to lack of money.
- The entire article, *Nutrition and Early Brain Development*, is at the Urban Child Institute's website: <http://www.urbanchildinstitute.org/articles/updates/nutrition-and-early-brain-development> & <http://www.urbanchildinstitute.org/articles/updates/nutrition-affects-early-school-success>

Suggested Books and DVD Titles

BOOK



Deceptively Delicious: Simple Secrets to Get Your Kids Eating Good Food

by Jessica Seinfeld

Jessica Seinfeld brings in her knowledge of how to cook delicious meals, and sneak those healthy fruits and vegetables into the mix, whether the young ones are aware of it or not. As she wages a personal war against sugars, packaged foods, and other nutritional saboteurs, she offers appetizing alternatives for parents who find themselves succumbing to the fastest and easiest (and least healthy) choices available to them. She applies a "no pressure" motto to provide parents with the resources they need to make sure their children get the amount of nutrition needed for the day.

DVD



Sesame Street: Happy Healthy Monsters

It's a fun-filled, get-up-and-move fitness extravaganza! Grover is hosting his very own exercise show Fuzzy Blue and Healthy Too! on the Happy Healthy Monsters TV network. Kids join Elmo and Zoe as they watch Grover and friends jump into shape by learning the importance of eating healthy snacks, moving your body, and getting plenty of rest. With the help of celebrity guest stars Happy Healthy Monsters is the ultimate tool for helping kids to be healthy while having fun! Includes fun songs Cereal Girl and The Most Important Meal of the Day.

SOURCE: Durham County Library Catalog