

Eat a Rainbow

Show your kids how delicious—and fun—fruits and vegetables can be! From fruity “jigsaw puzzles” to vegetable art, this page will spark your child’s interest in eating her greens...and reds...and yellows. And every time she eats a fruit or veggie, she can color part of the rainbow on the back. Now, who’s ready to get started?



Snack-time activities

Turn your youngster’s next snack into a produce-filled adventure. Here’s how.

3-D fruit puzzles

Can your child solve a watermelon jigsaw puzzle? Cut a firm fruit like melon, pineapple, pear, or apple into “puzzle pieces.” After your youngster reassembles the fruit, she gets to eat it. Next, she could make a fruit puzzle for you to solve.



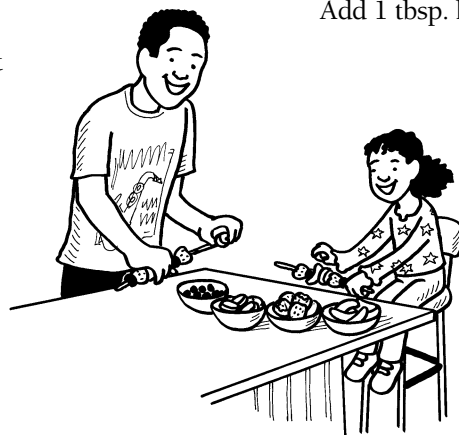
his “paints” might include guacamole, edamame hummus, or beet dip. Have him take a photo to save his picture. Now, he can dip the paintbrushes into his artwork and enjoy a veggie-and-dip snack.

Fruity patterns

Encourage your child to enjoy fruit and practice math at the same time. Using colorful fruit like blueberries, strawberries, sliced bananas, and cut-up peaches, make patterns on skewers to solve and eat. You might start a pattern like blueberry, blueberry, peach, blueberry, blueberry, _____. Then, she has to figure out the next fruit to add (peach). Ask her to make a pattern for you to finish, too.

Veggie painting

Let your youngster create a masterpiece by “painting” with a variety of vegetables and dips. He could use celery stalks, asparagus spears, or jicama sticks as “paintbrushes.” And



A tasty ad campaign

Suggest that your youngster create posters to promote fruits and vegetables he enjoys. He might cut out pictures of the produce from magazines or grocery circulars and glue them on paper. Then, he could write slogans (“Guava is cooler than lava!”) and draw and label snacks that include the item (tropical fruit salad, guava parfait). Help him unveil his ad campaign with a tasting event for friends or family.

Side dishes

Include more fruits and vegetables at mealtime with these ideas.

Replace grains with veggies

Finely sliced or shredded vegetables can stand in for pasta or rice. Serve your family’s favorite spaghetti sauce over zucchini “noodles.” Or grate carrots to make a bed of “rice” for a chicken and vegetable stir-fry.

Serve fruit salsa

Add flavor to tacos, grilled fish, and salads with this easy salsa recipe. Peel and dice 1 mango and $\frac{1}{2}$ cucumber. Toss with 1 tbsp. each chopped jalapeno, red onion, and cilantro. Add 1 tbsp. lime juice. *Tip:* Let your child help you experiment with different fruit salsas, such as apple, strawberry, peach, or pineapple.

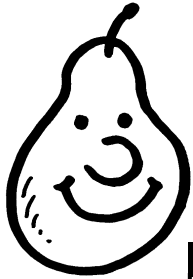
Roast vegetables

Cooking vegetables at high temperatures brings out their natural sweetness. Cut 1 lb. broccoli, yellow squash, potatoes, or eggplant into small pieces. Place in a large plastic bag, and add 1 tbsp. olive oil. Your youngster can shake it vigorously, then spread the veggies in a single layer on a cookie sheet. Roast at 425° for 10 minutes.

continued

Color me healthy

Fruits and vegetables come in every color of the rainbow. As your youngster eats each one, he can color in one section of the rainbow's matching stripe.



| ORANGE | |
|------------------|---------|
| Cantaloupe | Pumpkin |
| Peach | Papaya |
| Nectarine | Apricot |
| Sweet potato | Carrot |
| Butternut squash | |

| YELLOW | |
|---------------|------------|
| Mango | Pear |
| Pineapple | Star fruit |
| Grapefruit | Quince |
| Yellow squash | Corn |

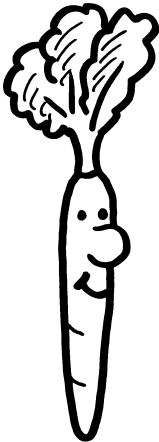
| GREEN | |
|----------|-----------|
| Broccoli | Zucchini |
| Arugula | Kale |
| Kiwi | Artichoke |
| Peas | Okra |
| Avocado | Spinach |

| BLUE | |
|------------|----------------|
| Blueberry | Concord grapes |
| Blackberry | Elderberry |

| PURPLE | |
|-------------|----------------|
| Plum | Beet |
| Eggplant | Fig |
| Radicchio | Purple cabbage |
| Boysenberry | |

| RED | |
|------------|-------------|
| Tomato | Guava |
| Strawberry | Radish |
| Cherry | Pomegranate |
| Watermelon | Apple |

| WHITE | |
|-------------|----------------|
| Cauliflower | Hearts of palm |
| Jicama | Kohlrabi |
| Coconut | Parsnip |
| Onion | Turnip |



Tip: Many fruits and veggies, such as apples, carrots, and chard, are available in more than one color. Potatoes may be red, yellow, or even blue, for example. Your child will think it's fun to eat more than one variety in the same meal!

Editor's Note: Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

Nutrition Nuggets™

Best Recipes

2016 Edition



Get your family cooking together with the kid-friendly—and healthy—recipes on these pages!

Nutty granola

- 1 cup rolled oats
- 1 cup raisins
- 1 cup sliced almonds (or other nuts)
- $\frac{1}{2}$ cup brown sugar
- $\frac{1}{4}$ cup flour
- 1 tsp. cinnamon
- $\frac{1}{4}$ cup softened butter



Combine rolled oats, raisins, and sliced almonds. Stir in brown sugar, flour, cinnamon, and softened butter. Drop spoonfuls on a cookie sheet and bake 8–10 minutes at 350°. Makes 3 cups.

Tuna tacos



- 1 can tuna packed in water (5 oz.), drained
- 1 tbsp. low-sodium taco seasoning
- $\frac{1}{4}$ cup water
- 4 small whole-wheat tortillas
- $\frac{1}{4}$ cup shredded Monterey Jack cheese
- $\frac{1}{2}$ cup shredded lettuce
- $\frac{1}{4}$ cup salsa

In a nonstick pan, heat the tuna with taco seasoning and water until warm and no water remains. Spoon into tortillas along with cheese, lettuce, and salsa. Serves 2.

Beef stew hot pot

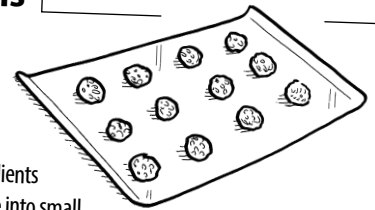


- 1 tbsp. olive oil
- $1\frac{1}{2}$ lb. lean ground beef
- 2 potatoes
- 2 carrots, peeled
- 1 bag frozen peas (16 oz.)
- 1 can tomato soup (10.75 oz.)
- 1 cup water

Heat olive oil in a skillet, and brown ground beef. Drain the meat, and place in a soup pot. Cut potatoes (leave skin on) and carrots into chunks, and add to pot. Stir in peas, tomato soup, and water. Bring to a boil. Simmer for 45 minutes, until the vegetables are tender. Serves 4.

Peanut butter balls

- 1 cup creamy peanut butter
- $\frac{1}{3}$ cup honey
- 1 tsp. vanilla
- 1 cup crispy rice cereal



Have your youngster mix all the ingredients together. Then, let him roll the mixture into small balls. Refrigerate for an hour. Enjoy as a snack or dessert. Makes 12 balls.

Awesome applesauce

- 4 apples
- $\frac{1}{4}$ cup water
- $\frac{1}{2}$ tsp. cinnamon



Peel and core the apples. Cut into small pieces. Place in a microwave-safe bowl, and add water and cinnamon. Microwave for 5–6 minutes. Put the mixture into a blender, and blend until chunky. Serves 4.

Quick frittata



- 5 eggs
- $\frac{1}{4}$ cup fat-free milk
- $\frac{1}{4}$ cup shredded cheddar cheese
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{4}$ tsp. pepper
- $\frac{1}{2}$ cup chopped asparagus
- $\frac{1}{2}$ cup broccoli pieces
- Nonstick spray

Whisk together eggs, milk, cheese, salt, and pepper. Stir in the vegetables, and pour into a pie pan (coated with nonstick spray). Bake at 375° for about 20 minutes, until eggs are set. Serves 4.

Roasted honey pineapple

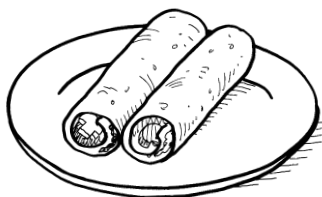


$\frac{1}{2}$ cup orange juice
 $\frac{1}{4}$ cup honey
 2 cups sliced fresh pineapple, core removed

Heat orange juice with honey in a small saucepan until honey dissolves. Pour over pineapple slices, and let stand for 30 minutes. Place slices on a baking sheet, and roast at 450° for 10 minutes. Serves 4.

Pizza roll-ups

1 large whole-wheat tortilla
 2 tbsp. marinara sauce
 $\frac{1}{4}$ cup fresh spinach
 $\frac{1}{4}$ cup sliced mushrooms
 $\frac{1}{4}$ cup shredded skim mozzarella cheese



Spread a thin layer of marinara sauce on a tortilla. Cover with spinach and mushrooms. Sprinkle on mozzarella. Microwave until cheese melts, 30–45 seconds. Cool slightly, and roll up. Cut in half. Serves 2.

Sweet potato “butter”

1 sweet potato
 $\frac{1}{4}$ tsp. brown sugar
 $\frac{1}{4}$ tbsp. chopped pecans



Use a fork to poke holes in the sweet potato. Bake at 400° for an hour or until soft (or cook in a microwave for 5–8 minutes). Scoop out the flesh, and mash. Then, mix in the brown sugar. Use as a spread on whole-grain English muffins or whole-wheat toast, and top with chopped pecans. Serves 2.

Vegetarian BBQ mix

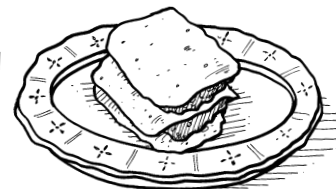


1 head cauliflower
 2 carrots, peeled
 1 container extra-firm tofu (12 oz.)
 $\frac{1}{2}$ cup barbecue sauce

Separate cauliflower into florets, and slice the carrots. Cut tofu into cubes. Stir the cauliflower, carrots, and tofu with barbecue sauce, and place on a foil-lined baking sheet. Bake at 425° for 25 minutes. Serves 4–6.

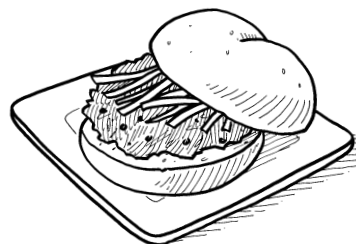
Tortilla bake

1 medium onion, diced
 1 tbsp. olive oil
 1 zucchini, grated
 1 can black beans (14 oz.), drained, rinsed
 1 can diced tomatoes (14.5 oz.), drained
 1 cup frozen corn, thawed
 2 cups shredded chicken
 8 corn tortillas
 1 can low-sodium enchilada sauce (10 oz.)
 1 cup low-fat shredded Mexican-blend cheese



Heat olive oil, and saute onion for about 5 minutes. Add zucchini, black beans, tomatoes, and corn. Cook until hot. Mix in shredded chicken. Cover a 9" x 13" baking dish with tortillas, and top with half the mixture, half the enchilada sauce, and half the cheese. Repeat the layering. Bake at 400° for about 25 minutes, until the cheese melts. Serves 8.

Turkey sloppy joes



1 lb. lean ground turkey
 1 diced onion
 2 cups chopped mushrooms
 1 can diced tomatoes (15 oz.)
 2 tbsp. flour
 $\frac{1}{4}$ cup water
 2 tbsp. apple cider vinegar
 $\frac{1}{2}$ cup ketchup
 6 whole-wheat buns

Saute turkey, onion, and mushrooms together until the mushrooms and onion are soft and the meat is cooked through (8–10 minutes). Drain. Stir in tomatoes, flour, water, apple cider vinegar, and ketchup. Cook 10 minutes until the sauce thickens. Serve on whole-wheat buns. *Idea:* Top with shredded cabbage for a crunch. Serves 6.

Egg sailboats



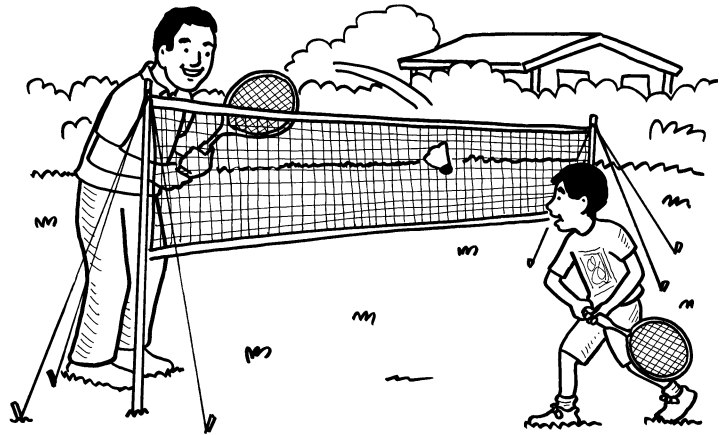
4 hard-boiled eggs
 2 tbsp. light mayonnaise
 2 slices cheese (any kind)
 Toothpicks

Slice hard-boiled eggs in half lengthwise. Scoop out the yolk and mash with mayonnaise. Spoon yolk mix back into the egg whites. Cut each slice of cheese into 4 small squares. Make a sail by sliding a toothpick through a square of cheese, and place it in the center of an egg half. Repeat. Serves 2.

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Power Up! Power Down!

Screens may be everywhere these days, but that doesn't mean your child needs one to have fun! In fact, your youngster can have even more fun—and stay healthier—by powering down the screens and powering up the physical activity. Here's how.



Tip #1: Keep a log

With this poster, family members will see at a glance how much time they spend being active vs. in front of a screen. Let your child divide a poster board into two columns: "Active time" and "Screen time." For every 15 minutes a family member does something like badminton or yoga, he can draw a picture in the first column (birdie, yoga pose). And for every 15 minutes spent on a screen, he should draw the device used (TV, laptop, video game, smartphone) in the second column. Help your youngster tally up your totals once a week. If your family had more screen time than active time, aim to improve by at least 15 minutes the following week.

Tip #2: Promote playtime

Encourage your child to play actively for at least 60 minutes every day. Chances are she'll get so caught up in playing, she'll forget all about screens. Try this: Make a "play door." You and your youngster could write ideas for active play on sticky notes ("fly a kite," "juggle balls"). Place these notes on her bedroom door or inside the front door. When she has free time, she can pick an activity—or think of a new one to add.

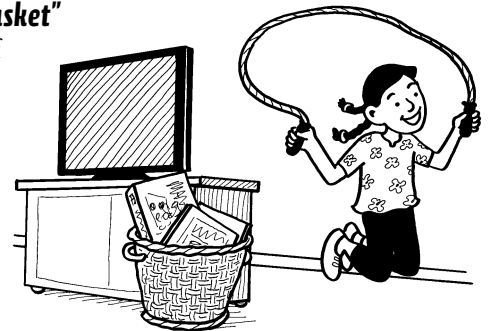
Tip #3: Find your niche

Your child can't play a video game if he's climbing an indoor rock wall or tumbling across a mat! Give him healthy ways to

use his time by letting him take a class or join a team. Check out classes and groups at community centers, after-school programs, or places of worship. He can try various activities until he finds ones he likes. He might decide on rock climbing, running, gymnastics, or even pickleball.

Tip #4: Fill a "TV basket"

Keep a basket of your youngster's toys near the TV. Then, instead of watching shows, she gets to play with something from the basket. Switch up the contents each week to keep things interesting. Include a Twister game, a jump rope, or a library book of children's poems to act out, for instance.



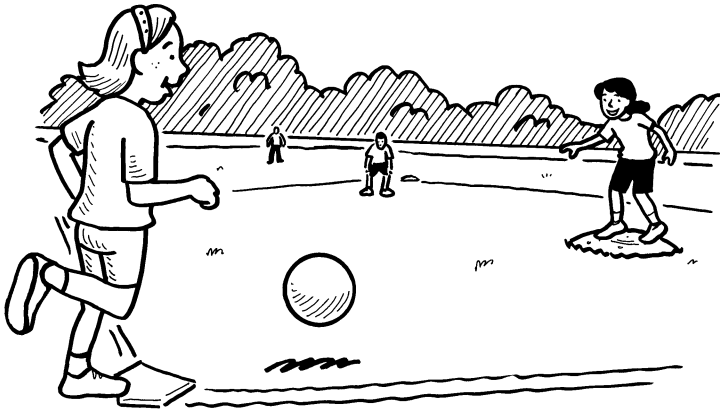
Active alternatives

Here are 10 quick, easy, and screen-free activities your youngster can enjoy indoors or outdoors.

1. Form a marching band with toy instruments (or pots, pans, and wooden spoons).
2. Play leapfrog.
3. See which foot you can balance on the longest.
4. Form a conga line—stand in a row, hold onto the shoulders of the person in front of you, and "snake" through the house or yard.



5. Make up and perform cheers.
6. Hold a limbo contest.
7. Tape down a long piece of yarn as a "tightrope," and walk on it.
8. Do the hokey-pokey.
9. Have an egg-and-spoon relay race—hard-boil the eggs first!
10. Play hopscotch.

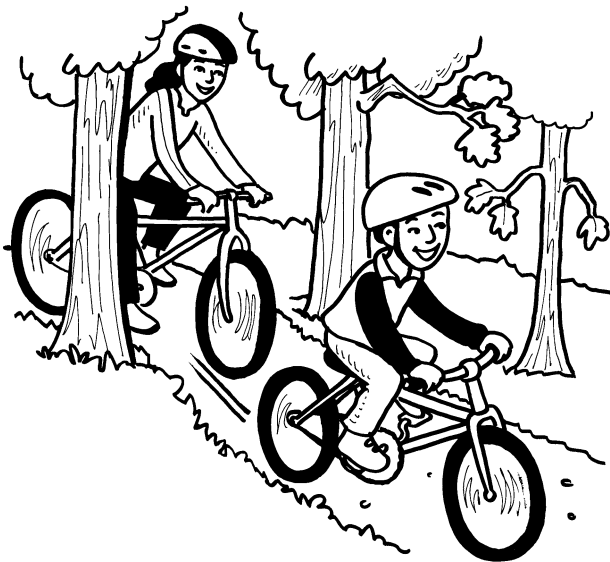


Tip #5: Start a club

Suggest that your child launch a “Fitness Club” with her friends. Members should agree on a time to meet and take turns hosting. Each week’s host gets to choose the activity. One week they might play follow the leader through a sprinkler, while another week they could organize a kickball game. *Idea:* Mix things up by offering to take them on field trips for activities they haven’t tried—say, to play volleyball at a sand volleyball pit in the park.

Tip #6: Enjoy the outdoors

There’s so much to discover outside. Look for active ways to enjoy nature together. For instance, your youngster could take a blank notebook on a family walk and draw pictures of the trees and plants. Or you might ride bikes on a path you haven’t explored before. Gardening is good exercise, too—and you’ll boost your family’s health even more by eating the vegetables and herbs you and your child grow.



Tip #7: Be the star

Challenge your youngster to develop her own active versions of favorite TV shows or video games. If she enjoys a reality dance program, she and her friends might put on music and make up dance routines. Or if she likes a video game with an obstacle course, she could set up her own course in the backyard to race over, under, around, and through with friends.

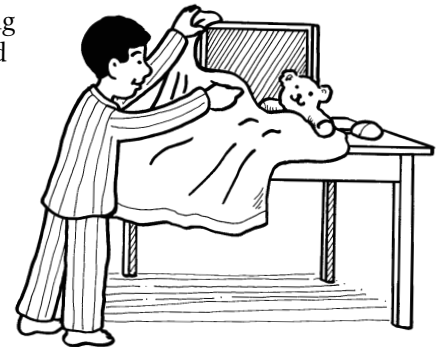
Tip #8: Volunteer to help others

Look for a place in your community where you can volunteer as a family. Check the parks and recreation department and your local United Way for active ideas. Perhaps you’ll find a playground cleanup day or a trail-clearing event. Or train for a “fun run” or a 5K to support a good cause. Another idea is to help neighbors in need, perhaps ones who are older, have new babies, or are ill. You could offer to do yardwork, wash cars, or walk dogs.

Give screens a break

It’s easier to avoid watching TV or using your phone if you plan ahead. Consider these ways to manage screen time for the whole family:

- Set a “screen bedtime” at least an hour before your youngster’s bedtime. Your child may enjoy “tucking in” the TV or computer for the night by covering it with a blanket and placing a stuffed animal beside it.
- Keep TVs and other devices out of your youngster’s bedroom. He’ll have less screen time, and it’ll be easier for you to supervise his activities.
- Switch off computers, video game systems, and TVs when you’re not using them. After your family watches a show, turn off the TV rather than channel surfing to find more programs. And if your laptop is off, you’ll be less tempted to constantly check work email or social networks.
- Turn your car into a screen-free zone. Make a point of showing your child how you put your phone in your bag or glove compartment before you start the car. Then, enjoy time together by talking about the scenery, counting cars of a specific color, or singing songs.



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