

FIT KIDS!

ECEAP Parent Newsletter

Session 2

All About Apples!



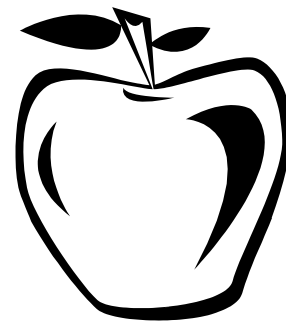
Focus on Fruits

MyPyramid wants families to eat fruit every day. All fruit counts—fresh, frozen, canned or dried. Go easy on juice though, no more than half a cup per day for preschool children. It's best to dilute juice with water, half and half

- Fruits are naturally low in calories and fat.
- Fruits have important nutrients like potassium, fiber, folate, vitamins A and C.
- Focus on fruits to get nutrients that are needed for good health.
- Different fruits have different vitamins and minerals. Keep a variety of fruits on hand so you get a variety of nutrients.

All About Apples!

Today your ECEAP student heard the story, *Apple Farmer Annie* by Monica Wellington. Annie picks and sorts apples in her own apple orchard. She makes applesauce, cider, and apple muffins. Then Annie takes her best apples to sell at the farmers market.



All students had a chance to touch and taste two different kinds of red apples, two different kinds of green apples, and unsweetened applesauce.

Ask your child about Apple Farmer Annie and her apples.

Parents Play Big Role in Children's Healthy Habits

Parents play a big role in helping their children learn healthy ways to eat. By setting an example and buying certain foods, parents teach children good eating habits. Eating habits start early in childhood and can last a lifetime – both good habits and bad ones! Try these tips to help your child learn healthy ways to eat:

- Buy fruits and vegetables often and keep them where they are easy to eat—like fruit in a basket.
- Save money. Only buy potato chips, soda pop, fruit flavored drinks, cookies, and other sweet and fatty foods once in a while. They cost a lot but do not have many vitamins and minerals that make a healthy body.
- Snack on fruits and veggies often.

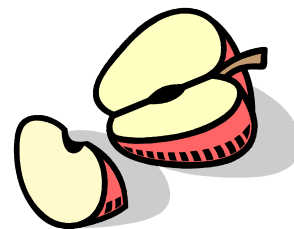
Give yourself and your child the gift of lifelong health: eat three well-balanced meals and a healthy snack or two each day. You'll feel better, and be a model of healthy eating for your whole family.

Tips from Laura Griner Hill, Ph.D. Washington State University – Department of Human Development.



Just Do It!

Together as a family, chart how much fruit you eat each day. Children ages 3-4 years old need about one to one and a half cups of fruit a day. Most adults need about 2 cups. Are you and your children eating enough fruit? Eat some fruit at breakfast and some at



Apple Farmer Annie's Applesauce

Here's a recipe from the book we read in class today.

Makes 4 servings

4 medium apples
½ cup water
¼ cup sugar, or less to taste
½ teaspoon cinnamon

Wash, peel, core, and slice 4 medium apples. Heat apples and ½ cup water to boiling, then reduce heat. Cover and cook slowly until tender and soft. Add sugar to taste (about ¼ cup). If you choose a sweeter variety of apple, you might need less sugar or no sugar at all. Continue cooking until sugar dissolves. For extra flavor, add about ½ teaspoon cinnamon. For a finer applesauce, pour the cooked mixture through a strainer or sieve.

Recipe from *Apple Farmer Annie* by Monica Wellington.