

FIT KIDS!

ECEAP Parent Newsletter

Session 5

Vegetables Are Good to Eat!

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Today your child discovered the names and colors of many delightful vegetables. Students also played "Pass the Vegetables!" game.

Vegetables are rich in vitamin A, which helps keep eyes, skin and bones healthy. Vegetables are a good source of fiber and potassium too—both important for a healthy body.

It's a good idea for your child to eat about 1 to 1-1/2 cups of vegetables every day. A portion of vegetables for young children is one tablespoon per year of age. An older child or adult's portion size is:

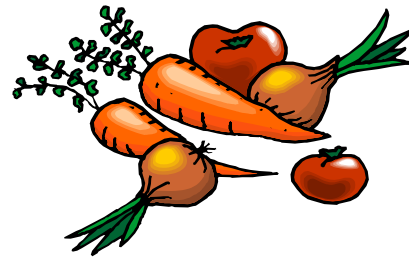


- one-half cup cut up vegetables (canned, fresh or frozen)
- one-cup of leafy vegetables, like lettuce
- 1 cup of vegetable juice

Vegetables Taste Great!

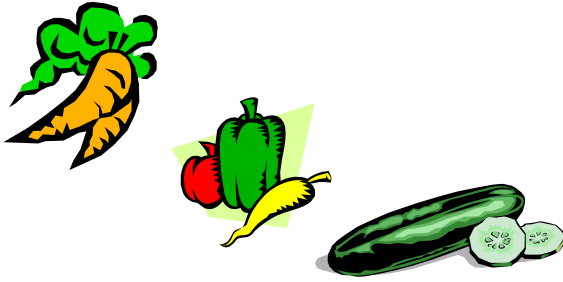
Today students had the chance to try several vegetables. Ask your child if he or she tried the vegetables and what they thought about them. Find out if your child can remember the name of the vegetables and their colors.

Add flavor to lightly cooked vegetables with a no-salt seasoning, such as Mrs. Dash, and a sprinkle of lemon juice. Or make a dip out of plain yogurt and dried onion soup mix or ranch dressing mix. Or drizzle a favorite salad dressing over them. Vegetables taste great!



Did You Know?

Children learn what they see. When your kids see you eating and enjoying vegetables, they will too! If you say "Yuck," your child will too. Set a good example—maybe you'll start to like a few new vegetables yourself! Yumm!



Just Do It!

Try these ideas for making vegetables an interesting snack.

- Wash veggies such as broccoli, bell peppers and cauliflower. Cut into strips or pieces. Add a few baby carrots. Put this colorful mixture in small plastic baggies. Put in the refrigerator where kids will see and grab them for a snack. (Prepare the vegetables in a way that does not pose a choking risk—e.g. no carrot rounds. For younger children, lightly cook the vegetables to make them soft.)
- Put cucumber slices on a whole wheat cracker such as Triscuit or Rye Crisp, along with a slice of reduced-fat cheese.



Families On The Move!

Regular physical activity makes your child healthier in these ways:

- ✓ Helps build and maintain healthy bones, muscles, and joints.
- ✓ Helps control weight.
- ✓ Builds healthy muscles.
- ✓ Reduces body fat.
- ✓ Keeps blood pressure normal.
- ✓ Keeps blood sugar levels more stable

Make sure your child has a safe place to play and be active. Aim for 60 minutes or more of active play every day for children, (and 30 to 90 minutes of physical activity for adults).



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I love veggies!

Information provided by Washington State University Extension's *Food Sense*. This material funded in part by USDA-Food Stamp Program, state and local government agencies. *Basic Food* assistance helps people with low incomes. To find out more, contact your local DSHS-Community Service office. Extension programs are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension Office.