

## Importance of keeping your children healthy



### Kids Are Ready

Families and caregivers often help children with their ABC's and 123s to prepare for kindergarten, but making sure their children have a healthy body is just as important. Healthy eating can stabilize children's energy, sharpen their minds, and even out their moods.

By encouraging healthy eating habits now, families can make a huge impact on their children's lifelong relationship with food and give them the best opportunity to grow into healthy adults. You can make sure your children's diet is nutritious and wholesome, even while allowing for some of their favorite treats.

It's important you act as a role model for your kids. Families, early care and education providers, school staff and community partners must work together to provide environments and experiences that promote growth and learning to ensure that all children in Kentucky enter school eager and excited to learn.

Sources: <http://blog.childtrends.org>, <https://www.childwelfare.gov/pubs/guide2014/guide.pdf>



### Help Kids Develop Healthy Eating Habits

Aim to eat foods that provide adequate nutrition and an appropriate number of calories. You can help children learn to be aware of what they eat by looking for ways to make favorite dishes healthier.

- Provide plenty of vegetables, fruits, and whole-grain products.
- Include low-fat or non-fat milk or dairy products.
- Choose lean meats, poultry, fish, lentils, and beans for protein.
- Serve reasonably-sized portions.
- Encourage your family to drink lots of water.
- Limit sugar-sweetened beverages.
- Limit consumption of sugar and saturated fat.

Remember that small changes every day can lead to a recipe for success! For more information about nutrition, visit [ChooseMyPlate.gov](http://ChooseMyPlate.gov).

## Add physical activity to your daily routine!



### Help Kids Stay Active

Most children should be active daily for an amount of time that is appropriate based on age and abilities. Regular physical activity has many health benefits, including:

- Strengthening bones
- Decreasing blood pressure
- Reducing stress and anxiety
- Increasing self-esteem
- Helping with weight management

Start adding physical activity to your own daily routine and encourage your child to join you.



### Activities For The Family

Some examples of moderate intensity physical activity include:

- Brisk walking
- Playing tag
- Jumping rope
- Playing soccer
- Swimming
- Dancing
- Hiking
- Riding bicycles

Sources: [http://www.helpguide.org/life/healthy\\_eating\\_children\\_teens.htm](http://www.helpguide.org/life/healthy_eating_children_teens.htm), <http://www.cdc.gov/healthyweight/children/>

## Tiny Pizzas

Prep time: about 15 minutes

### Ingredients:

- 1 standard-sized bagel, cut in half
- tomato sauce
- shredded mozzarella cheese
- toppings like diced green pepper, chopped onion, or chopped tomato (whatever you like)
- seasonings like oregano, basil, and pepper

### Utensils:

- oven (you'll need help from your adult assistant)
- knife (you'll need help from your adult assistant)
- baking sheet

### Directions:

1. Preheat the oven to 325° F.
2. Spread tomato sauce on each bagel half.
3. Sprinkle the shredded cheese all over the tomato sauce on each half.
4. Add your favorite toppings.
5. Put a light sprinkling of seasonings on each half.
6. Put your bagel halves on the baking sheet.
7. Bake in the oven on low heat for about 5 to 8 minutes. You'll know they're done when the cheese is bubbly.
8. Let cool for a minute, then enjoy your tiny pizzas!

Serves: 1

Serving size: 2 tiny pizzas

## Applesauce

Prep time: 10 minutes

### Ingredients:

- 2 small red apples
- 2 tbsp. lemon juice
- 2 tsp. sugar
- 2 pinches of cinnamon

### Utensils:

- knife (you'll need help from your adult assistant)
- blender or food processor
- measuring spoons
- serving bowls

### Directions:

1. Peel the apples and cut them into small pieces. Throw out the core.
2. Put the apple pieces and lemon juice into the blender or food processor. Blend until the mixture is very smooth.
3. Pour the mixture into two small bowls and stir in the sugar and cinnamon.

*Easy and healthy recipes for kids to try with their families!*

## Frozen Yogurt Pops

Prep time: about 1 to 2 hours

### Ingredients:

- 1 8-oz. container of your favorite flavor of yogurt

### Utensils:

- small paper cups
- wooden popsicle sticks (available in craft stores)
- plastic wrap

### Directions:

1. Pour yogurt into paper cups. Fill them almost to the top.
2. Stretch a small piece of plastic wrap across the top of each cup.
3. Using the popsicle stick, poke a hole in the plastic wrap. Stand the stick straight up in the center of the cup.
4. Put the cups in the freezer until the yogurt is frozen solid.
5. Remove the plastic wrap, peel away the paper cup, and eat your pop!

Serves: 3 to 4

Serving size: 1 pop

## Simple Snack Mix

Note: Use single-serving bags or containers to take this snack on the go.

Prep time: 5 minutes

### What you need:

- 1 cup whole grain cereal (squares or Os work best)
- ¼ cup dried fruit of your choice
- ¼ cup nuts, such as walnut pieces, slivered almonds, or pistachios
- ¼ cup small, whole-grain snack crackers or pretzels

### Equipment and supplies:

- Large bowl
- Measuring cups
- Large spoon

### What to do:

1. Measure out ingredients.
2. Combine in large bowl.

How much does this recipe make?  
Three to four ½-cup servings