

# 4C

## Food Program

# Healthy Habits: Nutrient Rich Foods

Nutrient Rich Foods are foods that are high in vitamins and minerals and low in calories.



Child care providers have a unique opportunity to shape young children's healthy development,

through promoting physical activity, screen time limitations, good nutrition, and healthy sleep practices.<sup>1</sup> The 4-C Food Program Tots at the Table initiative, funded by the ConAgra Foods Foundation, is designed to encourage child care providers to focus on promoting child wellness through setting personal goals related to child nutrition and physical activity.

<sup>1</sup> U.S. Department of Health and Human Services. The Surgeon General's Vision for a Healthy and Fit Nation. Rockville, MD: U.S. Department of Health and Human Services, Office of the Surgeon General, January 2010.

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**ConAgra  
Foods**  
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Make the nutrient rich switch! Fruits and vegetables are very good examples of nutrient rich foods. The opposite of nutrient rich foods, low nutrient foods, are also thought of as junk foods. This includes many of the foods found in the center of the grocery store.

This packet includes activities you can do to involve your children in making healthier meals, offer some ideas for healthier menu choices, and give you information to share with families.

The 2005 Dietary Guidelines include five key recommendations for Young Children:

- At least half the grains consumed by children should be **whole grains**.
- Children aged two to eight should drink two cups a day of **fat-free or low-fat milk** or equivalent milk products.
- Children aged two and older should eat sufficient amounts of **fruits and vegetables**.
- Children aged two to three should **limit their total fat intake** to 30 to 35 percent of calories; Children aged four and older should consume between 25 to 35 percent of calories from fat, with most fats coming from sources of polyunsaturated and monounsaturated fatty acids.
- Children should get at least 60 minutes of **physical activity** on most, preferably all, days of the week.

**The opposite of nutrient rich foods...includes many of the foods found in the center of the grocery store.**

For more information on Dietary Guidelines and up to date news on the 2010 Dietary Guidelines, check out [www.dietaryguidelines.gov](http://www.dietaryguidelines.gov)

### Best Practices:

- **Grains:** Serve whole grain breads, cereals, and pastas
- **Vegetables:** Dark green, orange, and deep yellow vegetables offer the most vitamins and minerals.
- **Fruits:** Eating a variety of whole fruits offers the most nutritional value
- **Meat or Meat Alternate:** Go lean with protein!
- **Oils:** Choose olive oil or safflower oil and avoid trans fats, saturated fats, and fried foods.
- **Sugar/Salt:** Avoid concentrated sweets (such as candy, sodas, and flavored milks) and limit salty foods.

## Contact Us

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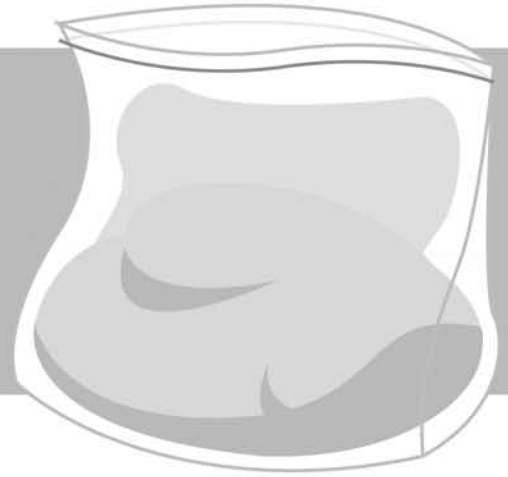
# Activities

## Bun in a Bag

This activity is great for young children!

### Per serving:

- |                              |                      |
|------------------------------|----------------------|
| ½ t Rapid Rise Yeast*        | ½ t. vegetable oil   |
| ½ t. sugar                   | vegetable oil spray  |
| 2 T + 1 t. whole wheat flour | 1 t. very warm water |
- Quart size Zip-lock bag



Let each child measure yeast, sugar, and 2 level tablespoons of flour into a Zip-lock bag. Zip the top and shake or otherwise mix the ingredients. Let each child measure very warm water and oil into their bag. Zip the top and begin to mix the ingredients well. Children will develop their own style of mixing, squishing, rolling. Bread dough is best when well kneaded and mixed. Add about 1 teaspoon more flour, if needed. When the dough seems to come together in a ball, place all of the balls of dough together in a round pie pan. Do not make the balls too compact or they will not rise properly. Allow to rise in a warm place until dough has risen to the top of the pie pan (about 15 to 30 minutes). Bake at 350 degrees for 10-15 minutes or until golden brown.

### Serving size:

1 bun counts as a Bread/Bread Alternate at any meal or snack for 3 to 6 year old children.

\*One package of yeast makes approximately 5 rolls.



## Children in the Kitchen

Participating in the kitchen is a great way to involve children in making (and eating) healthier foods. Remember that children at different ages have different skills and abilities in the kitchen.

@2years	@3years	@4years	@5years
<ul style="list-style-type: none"><li>• Wipe tables</li><li>• Hand items to adult to put away</li><li>• Place things in trash</li><li>• Tear lettuce or greens</li><li>• Help “read” a cookbook by turning the pages</li><li>• Make “faces” out of pieces of fruit and vegetables</li><li>• Rinse vegetables or fruits</li><li>• Snap green beans</li></ul>	<p>All that a 2 year old can do, plus:</p> <ul style="list-style-type: none"><li>• Add ingredients</li><li>• Talk about cooking</li><li>• Scoop or mash potatoes</li><li>• Squeeze citrus fruits</li><li>• Stir pancake batter</li><li>• Knead and shape dough</li><li>• Name and count foods</li><li>• Help assemble a pizza</li></ul>	<p>All that a 3 year old can do, plus:</p> <ul style="list-style-type: none"><li>• Peel eggs and some fruits, such as oranges and bananas</li><li>• Set the table</li><li>• Crack eggs</li><li>• Help measure dry ingredients</li><li>• Help make sandwiches and tossed salads</li></ul>	<p>All that a 4 year old can do, plus:</p> <ul style="list-style-type: none"><li>• Measure liquids</li><li>• Cut soft fruits with a dull knife</li><li>• Use an egg beater</li></ul>

### Resources:

<http://www.eatsmartmovemorenc.com/>

<http://www.mypyramid.gov>

<http://www.teamnutrition.usda.gov>

## Make the Nutrient Rich Switch

	Instead of...	Replace it with...
<b>MILK GROUP</b>	Sweetened fruit yogurt Whole Milk Sour cream or cream cheese based dips	Plain yogurt with fresh fruit, nuts, and whole grain cereals Lowfat or fat-free milk Plain yogurt based dips
<b>MEAT GROUP</b>	Ground beef Processed meats	90 - 95% lean beef or Ground turkey Lean beef, poultry, ham, eggs, tuna, peanut butter, lentils, or cooked or canned beans
<b>GRAIN GROUP</b>	Sweetened cereals Pasta with cheese sauce Pasta with white sauce (alfredo) White bread, doughnuts, or toaster pastries White rice	Unsweetened whole grain cereals with fruit Whole wheat pasta with vegetables (primavera) Whole wheat pasta with red sauce (marinara) Whole grain, iron-fortified, and fiber rich toast or bread Brown rice
<b>FRUIT &amp; VEGGIE GROUP</b>	Apple or berry pie Sweetened applesauce Canned fruit packed in syrup Deep fried French fries Baked potato with cheese sauce Canned or Fried vegetables	Fresh apple or berries Unsweetened applesauce or fresh apples Fresh or frozen brightly colored fruits Oven baked "French fries" Baked potato with salsa Seasonal fresh or frozen vibrant colored vegetables

## Oven-Baked Chicken Nuggets

Preheat oven to 400 degrees. Whisk the egg and milk together in a small mixing bowl with a fork. Place cereal in a plastic bag; crush. Dip chicken pieces in egg mixture, then shake with cereal to cover. Put coated chicken on a baking sheet greased with nonstick vegetable cooking spray. Bake for 15 minutes. Serve chicken nuggets with barbecue, ketchup, or mustard dipping sauce.<sup>1</sup>

### Ingredients:

1 pound boneless, skinless chicken breast, cut into nugget-sized pieces  
1 large egg  
3 ½ cups of flaked corn cereal, crushed  
Nonstick vegetable cooking spray  
2 tablespoons of milk



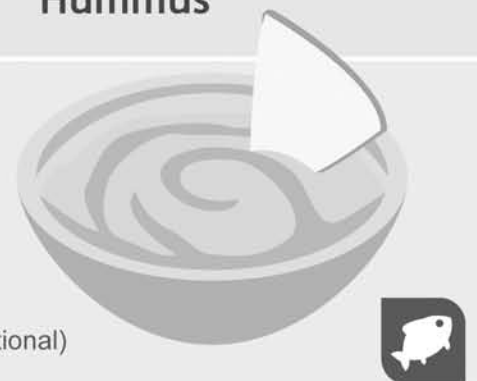
<sup>1</sup> [www.colormehealthy.com/0\\_docs/ChickenNuggets.pdf](http://www.colormehealthy.com/0_docs/ChickenNuggets.pdf)

## Hummus

Process all of the ingredients in a food processor or blender until smooth. Transfer to a serving bowl and chill until the flavors have blended. About 30 minutes.

### Ingredients:

1 15-ounce can garbanzo beans (rinsed and drained)  
¼ cup tahini\* (sesame paste) or peanut butter  
¼ cup lemon juice  
2 cloves garlic, minced  
2 T. olive oil  
¾ t. salt  
1 t. cumin (optional)  
pinch of cayenne pepper (optional)



\*You can make your own tahini using your coffee grinder by combining sesame seeds and a bit of olive oil.

# Family Information

## What to Say

The messages that you send to your children, through what you say and how you say it, can have a big impact on your child's eating behavior. YOU can help develop your child's healthy eating habits. As a child care provider, you spend a great deal of time with the children in your care - share this information with the children's families to encourage healthy eating at home too!

PHRASES THAT HINDER	PHRASES THAT HELP
<b>Instead of saying...</b>	<b>Try Saying...</b>
<b>Eat that for me.</b> <b>If you do not eat one more bite, I will be mad.</b>  Phrases like these teach your child to eat for your approval and love. This can lead your child to have unhealthy behaviors, attitudes, and beliefs about food and about themselves.	<b>This is kiwi fruit; it's sweet like a strawberry.</b> <b>These radishes are very crunchy!</b>  Phrases like these help to point out the sensory qualities of food. They encourage your child to try new foods.
<b>You're such a big girl; you finished all your peas.</b> <b>You have to take one more bite before you leave the table.</b>  Phrases like these teach your child to ignore fullness. It is better for kids to stop eating when full or satisfied than when all of the food has been eaten.	<b>Is your stomach telling you that you're full?</b> <b>Is your stomach still making its hungry growling noise?</b>  Phrases like these help your child to recognize when he or she is full. This can prevent overeating.
<b>No dessert until you eat your vegetables.</b> <b>Stop crying and I will give you a cookie.</b>  Offering some foods, like dessert, in reward for finishing others, like vegetable, makes some foods seem better than others. Getting a food treat when upset teaches your child to eat to feel better. This can lead to overeating.	<b>We can try these vegetables again another time. Next time would you like to try them raw instead of cooked?</b> <b>I am sorry you are sad. Come here and let me give you a big hug.</b>  Reward your child with attention and kind words. Comfort him or her with hugs and talks. Show love by spending time and having fun together.

## Role modeling...

Children learn from your role modeling. One way to role model healthy eating behaviors is to eat family meals together. Encourage your children to help with age appropriate tasks in meal preparation. And make the meals enjoyable!

- Talk about fun and happy things. Try to make meals a stress-free time.
- Encourage your child to try foods. But, don't lecture or force your child to eat.
- Involve your child in conversation. Ask questions like:
  - What made you feel really happy today?
  - What is your favorite veggie? Why?
  - What is one thing you learned today?