

KidFood

Healthy Eating for Today's Kids!



Cornell University
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Winter Fruits

Children love the fresh sweet taste of oranges and tangerines.

Parents love the vitamin C that helps keep children healthy during the long winter months.

Enjoy winter fruits
when they taste the best!

Oranges and tangerines have their peak season during January, February and March. These are the months when they taste the best and are the cheapest!

Sweet Treats:

Peel tangerine or oranges and break into pieces.

- Add tangerine or orange pieces to coleslaw or cottage cheese.
- Add tangerine or orange pieces to tuna salad or chicken salad.
- Toss orange or tangerine pieces into a lettuce salad.
- Dip orange or tangerine pieces in flavored yogurt.
- Sprinkle orange pieces with brown sugar and cinnamon. Broil in your oven until the sugar melts. Serve on ice cream.

Slice an orange
in half
eat with a spoon.



Clementines

Clementines are a special treat during the winter. They are smaller than an orange which can be a perfect size for small children. They are very easy for little hands to peel. *And they are so sweet!*

Clementines are often sold in a crate of 24 small fruit. If the crate costs \$5.00, each fruit will cost only 21¢.

A great buy for a snack!

How much Fruit should I offer my child each day?

2 year old boys and girls
3 year old girls
Offer 1 cup fruit each day

3 year old boys
4 year old and 5 year old boys and girls
Offer 1 ½ cups fruit each day

Serve child size portions -
Let your child ask for more

Let your child decide
how much he will eat.

Child Size Portions

How much should your small child eat?
Your child's appetite can change from day to day.

It may seem difficult to know how much to serve your child at mealtimes. The best way to feed a child is to allow your child to eat to his appetite.

Let your child learn to listen to his body.

Your child will learn to eat when he feels hungry and stop eating when he feels full.

Don't force your child to eat.
Don't stop your hungry child from eating.

What can a parent do?

- ❄ **Offer 3 nutritious meals each day.**
Plan a breakfast, lunch and dinner.
Meals can be simple and healthy.
- ❄ **Offer 2 to 3 snacks each day.**
Offer small amounts of healthy foods.
- ❄ **Eat with your child.**
Your child learns by watching you.

❄ **Serve child size portions.**
Offer about ½ adult serving to your child.
Let your child ask for more if he is hungry.

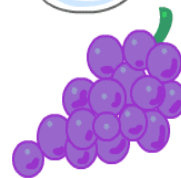
❄ **Avoid large portions of food.**
Small children can learn to overeat if large portions of food are served on their plate.

❄ **Don't talk about how much your child is eating.**
Your small child may learn to control you by eating more or less food.

❄ **Expect your child to sit at the table when eating.**
Turn off the television.

❄ **Let your child leave the table when everyone is finished eating.**
Don't force a small child to stay at the table.

❄ **Allow your child to decide how much he will eat.**
Don't reward, bribe or push your child to eat.



Small children can help make this salad.

Your child can:

- ✂ Slice bananas with a plastic knife.
(Don't use a sharp knife)
- ✂ Pour fruit into the bowl.
- ✂ Help stir fruit together.



Easy Fruit Salad

Canned Mandarin Oranges have lots of vitamin C!

1 can (15 ounces) fruit cocktail, packed in juice
1 can (10 ounces) mandarin oranges, packed in light syrup
2 bananas, peeled and sliced

- 1 Drain syrup off mandarin oranges
- 2 Combine fruit cocktail, mandarin oranges and bananas in bowl.
- 3 Chill and serve!

8 servings (1/2 cup serving) – 60 calories, 0 grams of fat, 0% calories from fat and 1 gram of fiber in a serving.

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