



Nutrition Edition

Your Guide to Child Health and Nutrition



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CACFPRoundtable.org

Pandemic Gardening with Kids 101

DURING COVID-19, gardening is a great way to get the little ones out for some fresh air, forging a connection with the earth and contributing to the family's meals. Below are ideas for engaged learning in the garden.

Sprout some potatoes. Cut up potatoes so each chunk has at least one eye. Put them into wood ashes to prevent rotting. Have the children place these into an egg carton. The "eyes" should be face up. Keep the egg carton open and watch as the potatoes start to sprout. Once they have developed sprouts, plant the potatoes in your garden.

Shell some beans. Small children love repeated motions like shelling beans and prying corn kernels off corn cobs. With that in mind, plant a stand of lima beans or a teepee of pole beans (my faves are scarlet runner beans). These beans are easy to find seed for and grow indoors—simply plant dried beans from the grocery store in yogurt containers (first poke holes into the bottom for drainage and fill with potting soil). Water daily until beans germinate. Transplant to garden beds

or into a bigger pot as the bean plants get their first true leaves. Bush beans will grow without staking, but you'll want to provide a trellis for pole beans to scramble up. It's a special treat to wait for the beans to flower and then set small beans. Young pods can be eaten or let the beans grow



and dry out before harvesting. Allow children to collect the beans for next year's harvest by setting up a bean-shelling station; a basket containing the dried beans and a jar in which to place shelled beans. It's so satisfying to hear the little *kerplunk, kerplunk* of shelling beans.

Have an herbal tea party. Little kids love tea parties, especially when the

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Cultural Cuisines

> Vietnam <



Origins & Roles of Food

Vietnamese cuisine has many similarities with Chinese cuisine due to centuries of Chinese rule. The five elements of balance in Vietnamese cuisine are reflected in the five taste senses: spicy, sour, bitter, salty and sweet. They correspond to the five organs: gallbladder, small intestine, large intestine, stomach and urinary bladder. They also correspond with colors, our other senses and nutrients.

Food Customs

Typical family meals include cooked white rice, fresh green vegetables, phở pronounced "fuh," (a broth with rice noodles, meat, chicken or seafood), dipping sauces—usually both sweet and sour, small dishes of pickled vegetables and desserts (fresh fruits, drinks or sweets). Apart from individual rice bowls, all dishes are shared.

Staple Foods

Vegetables such as bok choy, cabbage, carrot, bitter melon, cucumber, swamp spinach, radish, jicama, and watercress. Fruits such as papaya, coconut, longan, lychee, rambutan, jackfruit, guava, star fruit, durian, pitaya and plum. Herbs such as coriander, ginger, mint, Thai basil and lemongrass.

Dining Etiquette

People invite others, from oldest to youngest, to the table to enjoy the meal. Picking up food for each other is a way to show care. You must not begin eating or drinking before the oldest person present has begun their meal.

INSIDE:

- Frugal and Creative Seed Starting
- Mealtime Moves and Countermoves

- Recipes
- Fuel & Fitness

Pandemic Gardening with Kids 101

— Continued from front page

tea is plucked from a nearby mint plant! Mints, which include peppermint, spearmint and chocolate mint, are among the easiest herbs to grow. In fact, they will become invasive in your garden, so it's actually best to grow them in a pot. Have the children gather the mint and put it into a teapot. Adults should pour boiling water over the mint and let it infuse for three minutes

before letting the kids pour their tea. Buy herb starts at the hardware store or nursery or get a cutting with some roots from a neighbor.

— Novella Carpenter, Author of *Farm City: The Education of an Urban Farmer* and *The Essential Urban Farmer*.

Frugal and Creative Seed Starting

SAVE SOME MONEY (AND THE ENVIRONMENT!) by using these creative ideas for seed starting containers, rather than plastic pots.

POTS FROM NEWSPAPER

Fold a sheet of newspaper in half so that it is about the length of a can of soda and then just roll it up. Fold in one end of the newspaper to make the bottom and you have a quick and cheap pot for starting seeds. Plus, when the time comes you can just plant the whole thing in the ground.

UPCYCLED TOILET PAPER ROLLS

Tubes can be cut in half and it's easy to plug the bottom end of the tube. Just cut slits and fold in the edges to form a bottom.

DON'T THROW OUT YOUR EGGSHELLS

You can plant seedlings right in an empty eggshell "cup" and plant the whole shell right into the ground after sprouting. Eggshell bits can also be smashed up very small and sprinkled around plants in the garden. The eggshells provide nutrients to the plants and

the sharp edges keep the slugs away. Cardboard egg cartons make a convenient holder for the eggshell pots and alternatively can be used for a seed starter, just cut up the carton when ready to transplant and plant each cup.

TOMATO SEED SAVER HACK

One of the easiest ways to save your own tomato seeds is to scrape the seeds, goo and all, from a fresh tomato and spread it out onto a paper towel. Let it dry and when you are ready to sow, just plant bits of the paper towel.



Kids are fascinated by watching things grow—from the seeds just starting to sprout, to the first leaf, to the blossoms and finally the

vegetable growing and changing color. The best part is, when they are invested in the plants, they are more apt to want to EAT the fruits of their labor.

— Adapted from *A Cultivated Nest*

Mealtime Moves and Countermoves

Even if your child agrees to the rules ahead of time, he will experiment to be sure the rules are really the rules. Your reaction can pull you into being controlling; into trying to do his part with the division of responsibility. At that point,

your child is likely to become contrary and eat poorly. This table gives some ideas for how to stick to the division of responsibility in response to your child's experiments.



Your CHILD'S Move	YOUR Move
He says, "I am not hungry."	You say, "You do not have to eat; just sit with us for a while."
She is too worked up and busy to eat.	Spend a few minutes with her just before the meal reading a book or washing hands. Set a 5-minute timer.
He cannot take time to eat.	Arrange for him to be hungry by not letting him eat between times.
She is too hungry to wait for meals.	Have sit-down snacks between meals.
He is messy. He drops, throws, or smears food for fun or to get a rise out of you.	Give him one warning, then have him leave the meal. Don't let him come back.
She does not want to stay at the meal until you finish eating.	Let her leave when she gets full. She will stay at the table longer as she gets older and learns to enjoy conversation.
He is naughty or otherwise disruptive at the meal.	Have him leave. He is full or he would eat—and behave!
She comes back right after the meal, begging for a food handout.	Don't give her food until snack time. Ignore any tantrums. Give her a time-out if she persists.
He gets down, but wants your attention, to sit on your lap, to eat off your plate.	Pat him on the head and send him away. Teach him to play quietly while you eat.
She does not eat "enough" at mealtime.	Only she knows how much is enough. Don't let her eat or drink, except for water. Plan a snack for a set time and stick to it.
He says, "Can I get the peanut butter? I can put peanut butter on my bread."	You say, "No, that is like making a separate meal. You do not have to eat anything if you do not want to, but you do have to settle for this meal."
"Why or why not?"	"Because those are the rules."

For more about the division of responsibility, see Ellyn Satter's *Feeding with Love and Good Sense: 18 months through 6 years*, Kelcy Press, 2014. See www.EllynSatterInstitute.org to review other resources. ©2014 by Ellyn Satter. You may reproduce this article if you don't charge for it or change the content and if you include the "for more about" and "copyright" statements. Please email notifications@ellynsatterinstitute.org about how and where you use it (include a link if applicable).



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Parmesan Roasted Carrots

Carrots, baby	2 pounds	Panko or regular	
Olive oil	¼ cup	breadcrumbs	2 Tbsp
Garlic cloves, minced	4	Salt and pepper	to taste
Parmesan cheese, grated	¼ cup	Parsley, fresh, chopped (optional)	

1. Preheat oven to 400°F. Lightly grease a baking sheet with cooking oil or spray.
2. Place carrots on baking sheet. Add oil, garlic, Parmesan, breadcrumbs, salt and pepper. Toss together until carrots are coated.
3. Spread out and bake for 20–25 minutes or until tender. Toss with a spatula halfway through.
4. Remove from the oven and serve. Top with parsley if desired.

Yield: 11 servings

Meets requirement for vegetable

— *Cafedelites.com*

Vietnamese Pork Patties

Ground pork	1 pound	Shallot, minced	1
Sugar	1 Tbsp	Sesame oil	1 tsp
Oyster sauce	2 Tbsp	Garlic cloves, minced	4 large
Chicken stock powder	1 Tbsp	Vegetable oil	2 Tbsp

1. Marinate ground pork with sugar, oyster sauce, chicken stock powder, shallot, garlic and sesame oil for at least 30 minutes or overnight in fridge. Divide the pork into 10 even patties.
2. Coat the bottom of a large skillet with vegetable oil. Fry each side for about 3 minutes. Serve with steamed rice, cucumbers and other vegetables for a complete meal.

Yield: 5 servings

Meats requirement for meat/meat alternate

— *vickypham.com*

April Fool's Day Cookies

Mashed potatoes
Black beans, canned, drained

Stir black beans into mashed potatoes. Place spoonfuls on a cookie sheet and bake at 350° until golden brown, about 20 minutes. Serve warm.



Fuel & Fitness

LITTLE BODIES NEED TO MOVE!

Unfortunately, most kids don't move their bodies enough; in fact, only about 25% of children get a healthy amount of physical activity. It is critical to make time for moderate to vigorous activity daily, as the benefits are significant:

- Helps prevent obesity, heart disease and diabetes
- Helps focus in school
- Builds strong bones and muscles
- Increases flexibility
- Diffuses stress and improves sleep
- Boosts self-esteem and improves an overall sense of well-being

Encouraging children to be active can help make exercise into a lifelong habit.

- Use a workout video at home.
- Include kids in household chores such as washing the car, raking, sweeping and washing windows.
- Dance to favorite music.
- Play outside with jump ropes, balls and hula hoops.
- Get up and move during commercials, try jumping jacks and yoga moves.
- Sign up for after-school programs.

Find activities everyone can enjoy together...
Let your inner child out!

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Food Q. What do you call a nervous zucchini?
Funny A. An edgy veggie!