



Nutrition Edition

Your Guide to Child Health and Nutrition



Nutrition Edition
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GRATITUDE NATURE SCAVENGER HUNT

LOOK FOR SOMETHING IN NATURE THAT...

- MAKES YOU SMILE
- IS YOUR FAVORITE COLOR
- WOULD MAKE A FRIEND HAPPY
- MAKES A PRETTY SOUND
- YOU ARE THANKFUL FOR
- IS FUN TO PLAY WITH
- SMELLS LOVELY
- IS INTERESTING TO LOOK AT
- FEELS SOFT TO TOUCH
- IS FUN TO CLIMB ON
- YOU WOULD LIKE TO DRAW A PICTURE OF
- CAN BE USED TO BUILD WITH
- IS FUN TO WATCH MOVE AROUND
- IS BEAUTIFUL
- YOU COULD USE TO MAKE A HEART SHAPE
- IS THE PERFECT RESTING SPOT

ALLNATURALADVENTURES.COM

Cultural Cuisines

> Colombia <



Origins & Roles of Food

Colombian cuisine is as rich and diverse as its geographic and cultural regions, comprised of foods from the sea, the rainforest and the mountains. It blends influences of the native Indigenous Colombians, Spanish and African cuisines.

Food Customs

Lunch is the most substantial meal, many people take a two-hour break each day to return home, have lunch with their families and some may even have a small siesta (nap) before returning to work. The meal often consists of three courses: a soup, a main dish—meat, rice and potatoes, salad or plantains—served with fresh fruit juice and a small dessert like brevas (figs) or rice pudding, plus a tinto (small portion of black coffee).

Staple Foods

Coffee is the national beverage of the country and even children start drinking it early in life. Corn, potatoes, avocado, plantains, yucca root, greens, white rice, meats, seafood and fruits such as cape gooseberry, feijoa, dragon fruit, mangostino, granadilla, papaya, guava, soursop, lulo, passion fruit, blackberry and mango are staple foods.

Dining Etiquette

After a delicious meal the saying “barriga llena, corazón contento” (full belly, happy heart) expresses gratitude and contentment.

INSIDE:

- Nurturing Gratitude
- Gratitude Toss Game

- Family Style Meals
- Recipes

Nurturing Gratitude

RESEARCH FROM THE GREATER GOOD SCIENCE CENTER reveals that gratitude blocks toxic emotions and allows us to celebrate the present. Grateful people are happier, more stress-resistant and have a higher sense of self-worth.

Ideas for modeling gratitude and creating family traditions that focus on values of thankfulness and generosity:

SHOW APPRECIATION TO CHILDREN

Slow down and observe more closely. You'll see things you appreciate about your kids—then tell them! Sharing appreciation is a strong way to feel connected to one another. As your kids grow, they may forget what you say, but they won't forget how you made them feel.

MODEL APPRECIATION FOR OTHERS

Never underestimate the power of your words and actions. Your children are paying attention to the way you treat others, whether it's friends, neighbors, a teacher or the cashier at the market. You set a great example when you model kindness, generosity and gratefulness in your own everyday interactions.

START A GRATITUDE JAR

Teach what this new word, "gratitude" means. Simply place an empty jar next to some scratch paper and markers in a centrally located place. Explain that being grateful is noticing something in your life that makes you happy. "I'm grateful that it's sunny today because it was stormy yesterday." Mention gratitude when you're doing an everyday pleasant activity, like hanging out at the playground. Pause to say, "Wow, this is fun! This goes in the gratitude jar." On New Year's eve sit as a family and review all the moments of gratitude.

EMPHASIZE PRESENCE OVER PRESENTS

Some people endorse the "no gifts" approach to their children's parties. An alternative is to opt for a book swap or ask for donations to a local food bank or animal shelter. You can also make it a habit to give the gift of time and activities—like a birthday picnic or trip to a local park—as opposed to "stuff".



CREATE A THANKFUL TREE

Using construction paper, cut and tape a tree trunk to the wall. Add some twigs for branches and cut leaves from colorful paper. Tell children whenever they think of something they are thankful for to write it on a leaf and tape it to a branch.

SHARE A CULTURE OF GIVING

You don't have to have a lot of money to make a difference. Donate your time to a favorite cause and share this with your children. When donating money explain "We're giving some money to help animals that don't have homes." As children grow up, they will eventually see that helping and giving are part of your family's culture.

SHARE "ROSES AND THORNS."

Even young children can talk about what went well (Roses) and what was challenging about their day (Thorns). It gives everyone a chance to vent a frustration and focus on what is good in life.

Fostering feelings of gratitude can transform our outlook on life. Like anything else worthwhile, gratitude requires practice. Sharing the appreciation we feel and actively looking for things that make us happy can "retrain" our brains toward attitudes of gratitude. A new perspective will help you see the best in your kids and the world and will teach them to do the same.

— *Adapted from Zero to Three, Rebecca Parlakian and Sarah Barclay Hoffman*

KIDS' HEALTH & SAFETY

Family Style Meals

FAMILY STYLE DINING in a child care setting enriches learning as no other activity can. When children are able to serve themselves the amount they want to eat, they are learning good habits that support healthy growth and development. By giving children the opportunity to pour, pass, serve and share food they not only learn language and fine motor skills, they also feel empowered and build self-esteem from the opportunities to make decisions and take responsibility.

Positive social interactions with peers and adults will naturally develop around mealtime when children are encouraged to fully participate. A relaxed conversation style should be initiated by caregivers, following children's leads. This type of dialogue coupled with meal service participation strengthens language and social skills.

During family style meals children are testing many new skills which is why it's so important for caregivers to sit and eat with the children. Adults will be modeling good manners, the use of utensils, pleasant conversation and trying all foods. This will create a supportive, nurturing atmosphere where children can fully participate and succeed!

- Make mealtimes pleasant and relaxing. Turn off the television, turn down loud music and plan for plenty of table time so that children are not rushed. The child who enjoys mealtime is often more willing to try new foods and is more likely to develop healthy eating habits.
- Energetic youngsters need small servings of food throughout the day. Provide nutritious meals and snacks to reinforce healthy eating habits.
- Use mealtimes as learning opportunities to practice conversation and social skills, talk about nutrition and reinforce basic concepts (colors of the food, shapes of the plates and napkins, etc.)
- Use appropriately sized tables and chairs so children can sit comfortably with their feet on the floor. Child-size dishes, serving pieces, flatware, pitchers and glasses are easier for small hands to handle and encourage young children to serve themselves appropriate amounts.
- Toddlers are focused on gaining independence, so choosing what/how much they would like to eat is a way of asserting control. Try not to turn this new independence



into a power struggle. Do not force children to eat all of the food offered or to eat specific things.

- Toddlers are not readily able to discern personal space or respect other's property. For more peaceful mealtimes, children need to be well-spaced. The use of placemats gives visual cues to individual space.
- Learning opportunities are created when children help in mealtime preparation and clean up. Let children help with simple "cooking"—pouring milk, spreading butter, mixing a fruit salad and setting and clearing the table.
- Using see-through pitchers and glasses helps children develop logic and math skills. Spatial awareness comes with a visual picture of how much they've poured and allows children to recognize less and more.
- Promoting self-help skills involves spills! There's just no way around it. Caregivers must be patient and willing to deal with messy situations. Have paper towels close by and support children in their efforts to help clean up.
- Relaxing and enjoying mealtime is often a challenge for caregivers, who may be feeling the bustle of the day, but it is so important! Organization can help. Have all dishes, food and utensils close by. Have a quiet activity available for early finishers who wish to leave the table.

Patient caregivers who come to the table relaxed and prepared enhance opportunities for young children to learn independence, social skills and healthy eating habits while enjoying a nutritious meal. Be sure to share the successes of family style dining with all the families.

Colombian Arepas

Water	1 cup
Arepa flour (pre-cooked whole grain white corn meal)*	1 cup
Mozzarella cheese, shredded	1 cup
Butter	1 Tbsp
Salt	1/2 tsp

- Mix water, corn meal, mozzarella cheese, butter, and salt together in a large bowl. Knead until mixed well and the dough has a soft consistency. Form dough into 5 balls and place them between 2 sheets of plastic wrap. Flatten with a rolling pin to your desired thickness.
- Coat a griddle or skillet with cooking spray and heat to medium-high. Add arepas and grill until golden brown, about 5 minutes per side. Serve immediately.

*Arepa flour is precooked corn flour, not to be confused with masa harina. Sometimes sold as masarepa or harina precocida, it can be found in Latin markets and some supermarkets.

Delicious served with beans and avocado or with eggs for breakfast!

Yield: 5 servings

Meets requirement for whole grain-rich

— *Allrecipes.com*

Leftover Turkey Quesadillas

Olive oil spray	
Whole wheat tortillas	4
Cranberry sauce	1/2 cup
Turkey meat, chopped	1 cup
Cheese, shredded	1 cup
Sage leaves, fresh (optional)	1/4 cup

- Spray a large skillet with oil and heat.
- Spread 2 tortillas with 2 Tbsp cranberry sauce each. Place one tortilla in the pan. Top with half the turkey, cheese, sage leaves and the second tortilla.
- Cook on both sides about 5 minutes, until cheese is melted.
- Repeat for the second quesadilla. Cut each in half and serve.

Yield: 4 servings

Meets requirement for whole grain-rich and meat/meat alternate

— *Thecookierookie.com*



Fuel & Fitness

GRATITUDE TOSS GAME

This feel-good game of thanks is similar to an old favorite, Hot Potato. After the holiday dinner, or any meal, toss a ball around the room (a soft one that won't break anything, or go outside with heavier balls). Whoever catches the ball says something they are grateful for.



You can add a little competition by playing music and stopping it at intervals or setting a timer. Whoever ends up with the ball when the music stops or the time is up, says something nice about another player. Children will appreciate the opportunity to move around after sitting at the table for what will probably feel to them like a long time.

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and is produced by:



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Food **Q.** How can you divide 6 apples among 7 people?
Funny **A.** Make applesauce.