



Provider Appreciation Day May 12, 2023

We want to take this opportunity to thank every child care professional in our community and beyond. THANK YOU for taking such good care of our children, you are the unsung heroes of the day!

CHILD CARE PROVIDERS
Change the World
ONE CHILD AT A TIME



THINGS TO SHARE AND REMEMBER.COM

Cultural Cuisines



> Pacific Islanders <

Origins & Roles of Food

There are thousands of islands in the South Pacific Ocean where seafood has historically been a major source of protein. Seeds and livestock were brought to the islands from mainland Asia which introduced agriculture. Food represents prosperity, generosity and support within the community for Pacific Islanders and they are known for enormous feasts, especially for funerals or celebrations.

Food Customs

Food for feasts typically includes seafood (fish and shellfish), barbecued chicken or pork and root vegetables. Dinner is often prepared in a special underground oven shaped like a large pit. Stones are heated over a fire and food is wrapped in banana leaves and placed on the heated stones. More banana leaves are then layered on top to keep the heat in while cooking.

Staple Foods

Seafood, seaweed, starchy root vegetables (taro, sweet potatoes, yams) starchy fruits (cassava, green bananas, breadfruit) tropical fruits (pineapples, mangoes, papayas, plantains) coconut, seasonings (ginger, lime or lemon juice, garlic, scallions, soy sauce) are staple foods.

Dining Etiquette

Dining etiquette varies among the different ethnic groups of the Pacific Islands. During feasts, Pacific Islanders generally lay out food in bowls or baskets on mats or upon a layer of banana leaves.

INSIDE:

- Preventing Type 2 Diabetes in Kids
- Take Charge, Family Style
- Recipes
- Mother's Day Tropical Fruit Salad

Preventing Type 2 Diabetes in Kids

THERE'S A GROWING CONCERN for type 2 diabetes in our young people, but parents can help turn the tide with healthy changes that are good for the whole family. Until recently, young children and teens almost never developed type 2 diabetes, which is why it used to be called adult onset diabetes. Today, about one-third of American youth are overweight, which is closely related to the increase in childhood type 2 diabetes, with some children diagnosed as young as 10 years old.

WEIGHT MATTERS

People who are overweight, kids included—especially if they have excess belly fat—are more likely to have insulin resistance. Insulin resistance is a major risk factor for type 2 diabetes.

Insulin is a hormone made by the pancreas that acts like a key to let blood sugar into cells for use as energy. Because of heredity (traits inherited from family members) or lifestyle (eating too much and moving too little), cells can stop responding normally to insulin. That causes the pancreas to make more insulin to try to get cells to respond and take in blood sugar.

As long as enough insulin is produced, blood sugar levels remain normal. This can go on for several years, but eventually the pancreas can't keep up. Blood sugar starts to rise, first after meals and then all the time. Now the stage is set for type 2 diabetes.

Insulin resistance usually doesn't have any symptoms, though some kids develop patches of thickened, dark, velvety skin called acanthosis nigricans, usually in body creases and folds such as the back of the neck or armpits. They may also have other conditions related to insulin resistance, including high blood pressure, high cholesterol and polycystic ovary syndrome.

ACTIVITY MATTERS

Being physically active lowers the risk for type 2 diabetes because it helps the body use insulin better, decreasing insulin resistance. Physical activity improves health in lots of other ways, too, from controlling blood pressure to boosting mental health.

AGE MATTERS

Children who develop type 2 diabetes are usually diagnosed in their early teens. One reason is that hormones



On Your Way to Preventing Type 2 Diabetes



present during puberty make it harder for the body to use insulin, especially for girls, who are more likely than boys to develop type 2 diabetes. That's an important reason to help your kids take charge of their health while they're young.

MORE RISK FACTORS

These factors also increase children's risk for type 2 diabetes:

- Having a family member with type 2 diabetes.
- Being born to a mom with gestational diabetes (diabetes while pregnant).
- Being African American, Hispanic/Latino, Native American/Alaska Native, Asian American or Pacific Islander.
- Having one or more conditions related to insulin resistance.

If your child is overweight and has any two of the risk factors listed above, talk to your doctor about getting their blood sugar tested. Testing typically begins at 10 years old or when puberty starts, whichever is first and then is repeated every 3 years.

— *Centers for Disease Control and Prevention*

KIDS' HEALTH & SAFETY

Take Charge, Family Style

PARENTS CAN DO A LOT to help prevent type 2 diabetes in their children. Set a new normal as a family—healthy changes become habits more easily when everyone does them together. Here are some tips to get started:

MEALTIME MAKEOVERS

- Drink more water and fewer sugary drinks.
- Eat more fruits and vegetables.
- Make favorite foods healthier.
- Get kids involved in making healthier meals.
- Eat slowly—it takes at least 20 minutes to start feeling full.
- Eat at the dinner table only, not in front of the TV or computer.
- Shop for food together.
- Shop on a full stomach so you're not tempted to buy unhealthy food.
- Teach your kids to read food labels to understand which foods are healthiest.
- Have meals together as a family as often as you can.
- Don't insist kids clean their plates.
- Serve small portions; let kids ask for seconds.
- Reward kids with praise instead of food.

GETTING PHYSICAL

- Aim for your child to get 60 minutes of physical activity a day, in several 10 or 15-minute sessions or all at once.
- Start slow and build up.
- Keep it positive—focus on progress.
- Take parent and child fitness classes together.
- Make physical activity more fun; try new things.
- Ask kids what activities they like best—everyone is different.
- Encourage kids to join a sports team.



- Have a “Fit kit” available—a jump rope, hand weights, resistance bands.
- Limit screen time to 2 hours a day.
- Plan active outings, like hiking or biking.
- Take walks together.
- Move more in and out of the house—vacuuming, raking leaves, gardening.
- Turn chores into games, like racing to see how fast you can clean the house.

A recent study showed that when the amount of TV kids watched was limited, they lost weight—but not because they were more active when they weren't watching. The difference was snacking, kids ate more when they were watching TV than when doing other activities, even sedentary (not physically active) ones. Encourage your kids to reach for fruit, the original fast food.

Young kids and teens are still growing, so if they're overweight the goal is to slow down weight gain while allowing normal growth and development. Don't put them on a weight loss diet without talking to their doctor.

— *Centers for Disease Control and Prevention*

Asparagus Sticks

Asparagus, medium spears .. 1 pound	Italian herbs 1 Tbsp
All-purpose flour ¼ cup	Salt ½ tsp
Eggs 2	Garlic powder ½ tsp
Panko 1 cup	Tomato sauce for dipping (optional)

1. Preheat oven to 450°F. Trim ends of asparagus, rinse and pat dry. Coat a large baking sheet with cooking spray.
2. Place flour on a plate. Whisk eggs in a shallow bowl. Mix together panko, herbs, salt and garlic powder in another shallow bowl.
3. Dip each asparagus spear into flour, egg and then panko mixture. Arrange on baking sheet so they are not touching. Spray lightly with oil. Bake 30-35 minutes or until golden. Serve warm with tomato sauce or other dipping sauce.

Yield: 2-3 servings

Meets requirement for vegetable

— *parade.com*

Fish Suruwa (Fijian Fish Curry)

Vegetable oil 3 Tbsp	Fish, firm white 1 pound
Onion, diced 1	(cod, haddock, sole, snapper, tilapia, mahi-mahi)
Cinnamon ½ tsp	Lemon, juiced 1
Garlic, minced 3 cloves	Coconut milk 1 2/3 cup
Red chili, seeds removed, minced 1	Salt to taste
Garam masala 1 ½ tsp	Brown rice, cooked 4 cups
Cumin 1 tsp	Cilantro, chopped for garnish (optional)
Turmeric 1 tsp	
Tomatoes, finely diced 2	

1. In a large skillet, heat oil over medium heat. Add the onion and cinnamon, sautéing until the onion begins to soften, then mix in the garlic and chili. Cook until fragrant and stir in the garam masala, cumin and turmeric.
2. Add the tomatoes and cook, stirring occasionally, until the tomatoes start to break down, about 15 minutes.
3. Tuck the fish pieces into the tomato mixture and drizzle the lemon juice over the top. Cook for a couple of minutes and then flip the fish to the other side.
4. Gently mix in the coconut milk and simmer just until the fish is cooked through, about 5 minutes. Season to taste with salt and serve immediately over warm rice with cilantro.

Yield: 8 servings. Meets requirement for whole grain-rich and meat/meat alternate

— *Tara's Multicultural Table*



Fuel & Fitness

MOTHER'S DAY TROPICAL FRUIT SALAD

For a special Mother's Day treat involve children in the preparation of a healthy and delicious tropical fruit salad. Buy as many different types of tropical fruits as possible, a lemon or lime and shredded coconut.



Find tasks for each child that suits their age and development. Include: rinsing, peeling, scooping, chopping*, measuring, pouring, squeezing and mixing.

*For chopping use child safe cutting tools.

Tropical fruit suggestions: Mango, papaya, pineapple, passion fruit, guava, banana, tangerine and melon.

Mix cut fruit with the juice of a lemon or lime and gently fold in shredded coconut. Serve chilled.

Alternatively, layer fruit in individual glasses with yogurt and top with the shredded coconut for a tropical parfait.



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Food Q. What do young lemons learn in preschool?
Funny A. Nursery rinds!