



Perfect Portions

PORTION SIZES in the United States are often a “super-size” making it hard for people to recognize what a healthy serving of food looks like. The “super-size” environment with ½ pound or double and triple patty hamburgers,



64-ounce beverages and heaping helpings at many popular restaurants is contributing to portion distortion and fueling the obesity epidemic. In addition, studies suggest the larger the portion served, the more consumed.

Caregivers are preparing and serving the foods children eat, so from time to time parents and child care providers

should visit or re-visit optimum portion sizes for children. Frequently foods are served in portion sizes larger than children need and this may lead to over eating and overweight. Conversely, there are occasions when very small portions are served to children with no “seconds” available. Under these circumstances children may have inadequate nutrient and calorie intakes which can lead to less-than-optimal growth. For children too young to ask for second helpings, offer more when they have eaten everything served. Appropriately sized portions should be served and more should be available for all children who are still hungry. Appetites will vary from child to child, and even from day to day.

To keep perspective on appropriate serving sizes for children, take a little time to learn just how much food a recommended serving size is and what that amount of food looks like. Go so far as to get out your measuring cups and spoons to determine if your meals have optimal portions, not too small and not too large. Measuring food may even turn out to be a fun activity for older children to explore. They can learn along with you what a normal helping should be.

(continued on page 2)

Cultural Cuisines



>The United Kingdom <

Origins & Roles of Food

The United Kingdom's four very different countries, England, Scotland, Wales and Northern Ireland, each have a rich and varied history and culture, which explains the diversity of their culinary traditions. Reflecting the cultural influence of the colonial era, the cuisine is highly influenced by Britain's location as an island nation off the coast of mainland Europe with access to seafood and seasonal changes of agricultural crops.

Food Customs/National Dishes

England: Fish and chips, Yorkshire pudding (a savory baked popover)

Scotland: Haggis (sheep's stomach filled with a meat pudding)

Wales: Welsh rarebit, Cowl (a stew of bacon, cabbage and leeks)

Northern Ireland: Shepard's pie, Irish stew (mutton, potatoes and onion)

Immigration has had a significant impact on Britain's cuisine. Chinese, Indian and Italian restaurants are so prevalent that chicken tikka masala—an all-time favorite curry among Brits—is commonly listed as the number one national dish.

Staple Foods

Staple foods include chicken, beef, pork, lamb, fish, potatoes, cabbage, barley as well as flour, butter, eggs and tea.

Dining Etiquette

Food culture in the UK is often centered around a social gathering and one of the first things you will be offered upon visiting a British home is a cup of tea.

Perfect Portions

— Continued from front page

Minimum serving sizes for the Child and Adult Care Food Program at lunch:

Age (in years):	1-2	3-5	6-12
Fruits/Vegetables	¼ cup	½ cup	¾ cup
Milk	½ cup	¾ cup	1 cup
Bread, rice, pasta, cereal portions equivalent to:	½ ounce	½ ounce	1 ounce
Meat, poultry, fish or cheese	1 ounce	1½ ounces	2 ounces
Peanut butter	2 Tbsp	3 Tbsp	4 Tbsp
Yogurt	½ cup	¾ cup	1 cup
Beans and lentils	¼ cup	¾ cup	½ cup

Common household objects can also help you visualize serving sizes without getting out the measuring spoons. A baseball can represent about one cup, a deck of cards about 3 ounces of meat, a ping-pong ball about one ounce or two tablespoons and four dice about one ounce of cheese. Another method for estimating proper serving sizes is by using your hand. The palm of your hand represents about 3-4 ounces of meat, your fist about 1 cup, your thumb about one tablespoon and a finger about 1 ounce of cheese.

By serving meals family style, in which small platters of each food are passed from child to child with adult supervision, children can learn to serve themselves appropriate portions. Encourage children to serve themselves and help children count out apple slices, crackers or scoops from a dish. By using small pitchers children can learn to pour themselves the amount of milk and water they would like and pass it to the next child. Have adequate amounts of food and milk available in case children want seconds. Keep in mind, for a meal, one half the plate should consist of fruits and vegetables, one-quarter healthy whole grains and one quarter lean protein. Serving family style meals can also help reduce food waste, as children will learn to take the amount they will eat.



TIPS FOR HEALTHY EATING

- Use small plates, cups and bowls. This will help child-sized portions look like the right amount to give a child.
- Be a good role model. Be sure your own portions are a healthy size.
- Do not encourage children to over-eat by insisting they clean their plate. Allow children to stop eating when they feel full.
- Teach children to serve themselves by serving meals family style. Encourage small first portions, reassuring children that they can have second helpings if they are still hungry.
- Insist children sit down for all meals and snacks and sit with them when possible.
- Allow children to choose from the healthy foods served and trust them to eat the right amount to grow as they were intended to.
- Ban eating any food straight from the original box, bag or carton. Serve all foods from a plate, bowl or cup.
- When eating out, plan to share large portions or take half home for another meal.
- Resist the urge to super-size when ordering out.

— Catherine Stafford
 Child Health and Nutrition Manager, CocoKids

KIDS' HEALTH & SAFETY

Disability Pride Month

JULY IS DISABILITY PRIDE MONTH. This month is all about celebrating individuals with disabilities, embracing each person's uniqueness and ending the stigma of having a disability. The disability community has been working diligently to change the perspective of disabilities to reflect the value each person adds to society. According to AmeriDisability, Disability Pride is defined as, "accepting and honoring each person's uniqueness, seeing it as a natural and beautiful part of human diversity, and connecting it to the more significant movement for disability justice." Disability Pride month is about more than just building awareness, it's about embracing each person's value and individuality.

We often think about disabilities from a medical perspective, but people with disabilities are more than just their disability. In addition to their disability, keep in mind that there are other characteristics and strengths an individual has that identify and honor who they are.

BRIEF HISTORY OF DISABILITY PRIDE MONTH

On July 26, 1990, the Americans with Disabilities Act (ADA) was passed, a federal civil rights law prohibiting discrimination against people with disabilities in everyday activities, including employment, purchasing of goods and services, and participation in state and local programs. Prior to the signing of the ADA, many worked tirelessly behind the scenes for the rights of individuals with disabilities. In 1990, Disability Pride Day was declared in Boston. In 2015, the Mayor of New York City declared July as Disability Pride Month. More cities each year participate in Disability Pride Month.

HOW IS THIS IMPORTANT FOR EARLY CHILDHOOD EDUCATION?

Currently, the rate of children being identified with disabilities is increasing. This is due to multiple factors, including access to more information (knowledge is power!).

According to the Centers for Disease Control and Prevention (CDC), about one in six children in the U.S. have one or more developmental disabilities. This means that as a parent/caregiver and/or early care provider, you are likely supporting or have previously supported a child with a diagnosed or undiagnosed disability.

Child care providers are an integral part of Disabilities Pride Month and the changing of systemic barriers. Through hard work and dedication, caregivers can help children of all abilities to thrive by embracing each child's uniqueness and



supporting them in realizing the value they add. If you have experience supporting children with disabilities, share your knowledge and insights with others. Support and encourage each other to destigmatize what it means to have a disability. The disability justice movement is about more than just people with disabilities because it is so closely connected to the justice movement for race, class, gender, age, religion and more!

You don't have to do this work alone. Community resources are available if you would like support for a child or family in your care who has a diagnosed or undiagnosed disability or behavior challenges.

Reach out to your local Family Resource Center.

Reach out to your local Resource & Referral Agency to inquire about community inclusion services.

— *Megan Miccio, M.A.*
Inclusion Specialist, CocoKids

Cottage Pie (Shepherd's Pie with beef instead of lamb)

MASHED POTATO TOPPING

Potatoes, peeled and chopped	4 large
Milk	½ cup
Butter	4 Tbsp
Salt and pepper	to taste

MEAT MIXTURE

Vegetable oil	2 Tbsp
Onion, chopped	1
Ground beef	1½ pounds

MEAT MIXTURE (CONTINUED)

Mixed vegetables (carrot, corn and peas)	2 cups
Tomato Paste	2 Tbsp
Garlic, minced	2 cloves
Worcestershire sauce	1 Tbsp
Thyme	1 tsp
Flour	2 Tbsp
Beef broth	1 cup
Cheddar cheese, shredded	¾ cup

- Place the potatoes in a pot, cover with salted water and bring to a boil. Reduce to a simmer and cook until tender, about 20 minutes. Drain potatoes and return to pan. Add butter and mash with potato masher until smooth. Season to taste with salt and pepper. Set aside.
- Preheat oven to 375°F. Sauté onion in oil until soft. Add ground beef and continue cooking until meat is browned. Add mixed vegetables and continue cooking until softened.
- Add tomato paste, Worcestershire sauce and thyme, mixing well. Sprinkle mixture with flour then add beef broth. Bring to a boil and then reduce to a simmer and cook until thickened. Season to taste with salt and pepper.
- Pour the mixture into a 9x13" pan which has been sprayed with vegetable oil. Spread mashed potatoes over the meat mixture, covering completely. Top with cheese. Bake in preheated oven for 30-35 minutes until bubbly.

Yield: 10 servings

Meets requirement for vegetable and meat/meat alternate

— Adapted from *Spaceships and Laser Beams*

Cranberry Pear Chicken Salad

DRESSING:

Greek yogurt, plain	¼ cup
Mayonnaise	¼ cup
Dijon mustard	2 Tbsp
Pure maple syrup	1½ Tbsp
Balsamic vinegar	1 Tbsp
Salt	½ tsp
Pepper	½ tsp

SALAD:

Chicken, cooked	2 cups
Pear, diced	1
Red grapes, halved	1 cup
Dried cranberries, unsweetened	1 cup
Celery, diced	2 stalks
Pecans, chopped	½ cup
Green onions, sliced	2

- In a large bowl, whisk together dressing ingredients. Fold in remaining ingredients.
- Serve immediately or chill before serving.

Yield: 8 servings; Meets requirement for meat/meat alternate and fruit



Fuel & Fitness

GRILLED PATRIOTIC PIZZA

Combine two all-time favorites, grilling and pizza, with this fun red, white and blue pizza!



Use fresh dough, flat bread, pre-made crust, naan, focaccia or French bread and add on the colorful toppings for an awesome Fourth of July themed meal.

Roast and slice some blue potatoes, cut up fresh or roasted red bell peppers into star shapes (a small cookie cutter works great) and use rounds of fresh mozzarella or goat cheese for a colorful and visually appealing fresh pizza.

Each pizza bread gets a quick grill on one side, then flip, add choice of sauce and the toppings. Then put the lid on the grill for 4-5 minutes to cook the pizza through. Grill over indirect heat so you don't burn the bottom.

— pastrychefonline.com



Child Health & Nutrition Program
1035 Detroit Avenue, Suite 200
Concord, CA 94518
(925) 676-6117 (Fax) 676-5829

Co-Editor Donna Green
Manager, Co-Editor..... Catherine Stafford
Graphic Designer..... Abe Cruz

CHILD HEALTH & NUTRITION SPECIALISTS
Co-Editor Rachel O'Neal
..... Alejandra Marín Santos
..... Cecilia Sequeira
..... Vicki Leslie
..... Xiuling Goble

Food **Q.** Why is it dangerous to be an apple?
Funny **A.** They're always out on a limb!