

NUTRITION KNOWLEDGE

Greater Opportunities of the Permian Basin Head Start

NOVEMBER 2020

MOVEMENT MATTERS

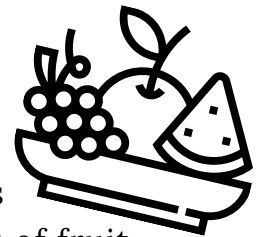
Outdoor exploration is a fun way to promote movement and learning with your little ones, and research shows that being outdoors can help strengthen the immune system.

This year, turn your Turkey Day into an artistic adventure. Take children outside and allow them to collect leaves, rocks, twigs, and grass. Then, help them to create an turkey using the materials they gathered.

Thanksgiving marks the beginning of a month filled with food and family. Holiday gatherings may also mean an abundance of sweets available at your little one's fingertips. What can you do to support healthy eating on party days?

Maintain a normal eating schedule before the "big" meal. Keep breakfast, lunch, and snacks at the same time as you normally would and offer a balance of fruits, veggies, proteins, and whole grains.

Offer to bring the fruit bowl. Many holiday parties are filled with savory sides and scrumptious desserts, but forget colorful bowls of fruit. Mix together a variety of fresh, frozen, or canned fruit for a colorful, lower calorie option.



Give your child options. Assist your child in making his or her plate at the party, but allow them to decide *what* they want you to put on it. Include the dessert table as part of these options.

Keep a "kitchen closed" policy after the meal. After your child has eaten, remind him or her that unlimited snacking between meals is off limits, but there will be more food options at the next meal.

"Enjoy your own
vegetables. Your
child assumes,
'Someday I will
eat them to.'
-Ellyn Satter

STEM IN THE KITCHEN: Calcium and Turkey Bones

Bones are an important part of our body. They keep us upright, help us move, and protect our organs. We need calcium from milk, cheese, and yogurts to keep our bones strong. Without calcium, our bones can become soft.

Save the turkey leg bones and repurpose them into a science experiment to show children what happens to bones when they don't get enough calcium. First, clean the bones. Then submerge them in a bowl of vinegar. Wait 3 days. On the third day, pull the bones out of the vinegar and observe what happened to them.

KID-FRIENDLY RECIPE

Oatmeal Pumpkin Balls

By: Amy Halfmann, RD, LD

- 1 c Old Fashioned Oats
- 1/4 c Chia Seeds
- 1 c Dates, pitted (about 10)
- 1/2 c Pumpkin Puree
- 1/2 tsp Salt
- Optional Topping:
 - 1/2 tsp Pumpkin Pie Spice
 - 2 Tbsp Granulate Sugar

1. Place oats in a food processor and turn on high for 1 to 2 minutes or until oats are crushed.
2. Add chia seeds and dates, and process for 1 minute until combined.
3. Add pumpkin purée and salt and process for 20 to 30 seconds until combined.
4. Using a number 40 scoop (can also use a 2 Tbsp measure), scoop mixture, and then place in hand and roll into uniform balls.
5. Place in a cookie sheet lined with parchment paper.
6. Optional: Combine pumpkin pie spice and granulated sugar in a small bowl. Roll balls in the mixture before placing on lined cookie sheet.
7. Store in the refrigerator in an air tight container for up to 1 week



KIDS IN THE KITCHEN

When children are allowed to help in the kitchen, they have a sense of ownership and are much more likely to try new foods. Let little ones help you make these Oatmeal Pumpkin Balls by:

- Letting them pour the ingredients into the blender
- Letting them help roll out the balls

For questions or information, contact your Head Start dietitian, Amy Halfmann at amy@amyhalfmannnutrition.com