

NUTRITION KNOWLEDGE

Greater Opportunities of the Permian Basin Head Start

JULY 2021

MOVEMENT MATTERS

Summer is a great season for you and your family to focus on physical activity. The weather is warmer making outdoor activities desirable.

Encourage physical activity at your next social gathering by planning games that take no or minimal equipment and are fun for all ages! Here are a few ideas to get you started:

- Frisbee
- Outdoor Volleyball
- Tag
- Bubbles- kids love chasing and popping bubbles!
- Capture the Flag
- Hide and Seek
- Jump Rope



Have you enjoyed an outdoor picnic or backyard barbeque this summer? Did you know that anytime food is present at one of these events so is an uninvited guest called bacteria?

All food contains some degree of bacteria that can make us sick if not handled properly. Perishable foods, like meat, dairy, and produce, need more care than non-perishable foods, like canned goods, and dried meats and fruit.

When enjoying meals outdoors, fight bacteria growth in foods by keeping foods at the proper temperature. Here's a few pointers to help keep you and your family safe:

- Keep cold foods refrigerated at 40 °F or below until ready to use
- Never let raw meats, eggs, cooked foods, or cut fresh fruits or vegetables sit at room temperature more than two hours before putting them in the refrigerator or freezer (one hour when the temperature is above 90 °F)
- Defrost meat on the bottom shelf of the refrigerator, not on the counter at room temperature
- Marinate foods in the refrigerator, not at room temperature

STEM IN THE KITCHEN: Keeping Food Safe

In this fun STEM experiment, you can show your children why it's important to keep perishable foods in the refrigerator. Although toddlers may not fully understand this concept, they'll have fun watching the change that happens.

What you'll need:

- 2 pieces of bread
- 2 sealable plastic bags (ex: Ziploc bag)
- Spray bottle with water
- Marker or pen

What to do:

Have your child place one piece of bread in each plastic bag. Help him or her squirt 4 or 5 squirts of water into each bag. Seal the bags tightly. Write "COOL" on one bag, and place it in the refrigerator. Write "WARM" on the other bag, and place it in a room temperature location, such as the pantry. Observe the bags daily for changes. Compare the "WARM" and "COOL" bread after one week by looking at and smelling the pieces.

What to say:

Bacteria and viruses grow best in moist, warm environments. This is why it is important to store cooked foods, meat, eggs, dairy, and cut produce in the refrigerator. Food that looks and smells like the "WARM" bread can make us sick. Sometimes bacteria and viruses are so small that we cannot see them, but we can smell them. Foods with mold growing on them or foods that smell spoiled should not be eaten, because they can make us sick.

KID-FRIENDLY RECIPE

Watermelon Coolers

By: Amy Halfmann, RD, LD

2 cups cubed watermelon

1 cup blueberries

1. Place watermelon in blender, and blend until smooth.
2. Pour blended melon evenly into 12 popsicle molds or clear, plastic cups.
3. Drop 1/4 cup of blueberries into each mold.
4. Place in the freezer for at least 60 minutes. Then place one popsicle stick in the middle of each mold. Freeze for at least one more hour or overnight.



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