

# Kids in the Kitchen

*Together we can prevent diabetes!*

**C**ooking together as a family helps children learn basic kitchen skills. Kitchen time is also a great time to learn about your child's day and is a good way to spend more time with your child at home. Kids are more likely to try new fruits and veggies if they help make them. Below are some ideas for what your child can do to help in the kitchen.

## Remember:

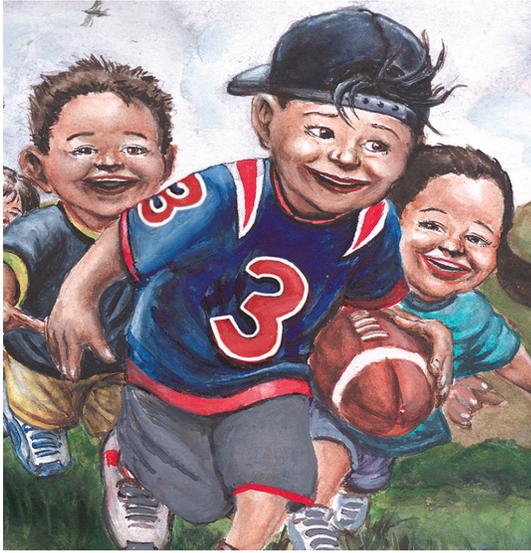
- Wash hands before touching food.
- Watch children when they are using sharp kitchen items: knives, box graters, blenders or hand mixers.
- Watch children when they use the stove top or oven.

## Ways Your Child Can Help in the Kitchen

2 Years	3 Years	4 to 6 Years	7 Years
<ul style="list-style-type: none"> <li>• Wash fruits and veggies</li> <li>• Tear lettuce</li> <li>• Snap green beans</li> <li>• Make "faces" out of fruits and veggies</li> </ul>	<ul style="list-style-type: none"> <li>• Add ingredients to bowls</li> <li>• Knead dough</li> <li>• Spread peanut butter</li> <li>• Stir</li> <li>• Shake closed containers</li> </ul>	<ul style="list-style-type: none"> <li>• Peel fruits and veggies</li> <li>• Cut soft fruits</li> <li>• Mash beans and veggies</li> <li>• Measure dry ingredients</li> <li>• Clean up counters</li> </ul>	<ul style="list-style-type: none"> <li>• Pre-heat oven</li> <li>• Measure wet ingredients</li> <li>• Microwave</li> <li>• Crack eggs</li> </ul>

Information adapted from [www.ChooseMyplate.gov](http://www.ChooseMyplate.gov)





# Cheap, Easy and Fun Ways to Move as a Family

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## **Children need 60 minutes or more of physical activity each day to prevent diabetes.**

Children learn to be active by watching their parents. Show children how much you care about their health by setting a good example.

Children love playing with their parents. Ask your child to go outside and play with you instead of watching TV and playing video or computer games. Any moving activity is better than none.

Try some of these cheap, easy and fun ways to move more with your children.

### *Housework Help!*

Ask your child to sweep the floor, vacuum or dust. Make chore time fun and see who can fold clothes and put them away the fastest.

### *Walk and Seek!*

Ask your child to help you find the greenest leaf in your yard or neighborhood. Go to the park and look for flowers or take your child on an early evening frog walk. You are sure to find frogs near street lights.

### *Ready, Set, Go!*

Take any chance to challenge your child to a race. You can race from one street light to the next, race to your car or a tree in your yard.

### *Dance Time!*

Turn on the radio or play an upbeat CD. Show your child your best dance moves. Ask them to try out your moves. Make it a contest to see who has the best moves.

### *Fun and Easy!*

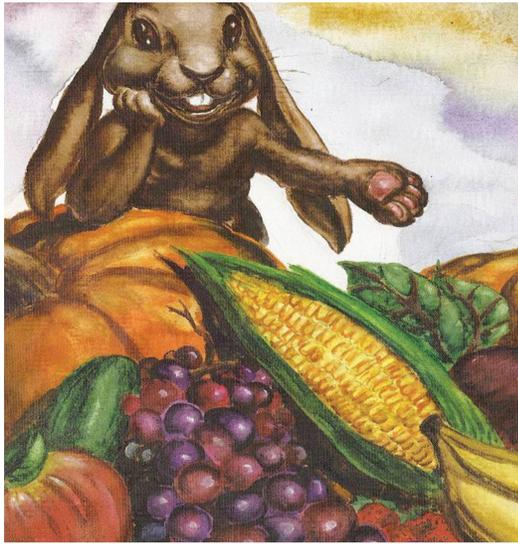
Write each of these activities on a small piece of paper: 30 jumping jacks, 15 sit-ups, bend and touch your toes 10 times, run in place for 30 seconds, go on a walk. Fold each and put it in a bowl. Let your child pick out a square each day and do the activity together. Think of more activities you can do each week and add them to your bowl.

### *Routine!*

Ask your child to remind you to do a moving activity each day. Your child's future health depends on you.

*Information adapted from UMass Extension Nutrition Education Program. Fitness Squares.*





# COLOR is the Key to Healthy Kids

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## Snack Ready!

Keep a bowl of fruit on the counter or in the fridge for kids to eat when they get home from school.

## Wallet Friendly!

Buy fruits and veggies that are dried, frozen, canned (in water or juice) or fresh. Compare costs and choose budget-friendly options.

## Mix it Up!

Vary your veggie choices to keep meals fun. Frozen veggies are quick microwavable dishes.

## Fast & Easy!

Buy pre-cut and pre-washed packs of fruits and veggies for a healthy snack in seconds.

## Schedule Ready!

Cut fruits and veggies when you have free time. Keep refrigerated and have ready for meals and snacks.

Help your child “Eat a Rainbow” of fruits and veggies.

Produce	Cost	What can you buy for \$2
<b>APPLES</b>	\$1.15 per pound	5 apples
<b>TOMATOES</b>	\$1 per pound	6 tomatoes
<b>ORANGES</b>	\$0.68 each	3 oranges
<b>CARROTS</b>	\$0.80 per pound	22 carrots
<b>BANANAS</b>	\$0.49 per pound	12 bananas
<b>CAULIFLOWER</b>	\$1.10 per pound	About 5 cups cauliflower
<b>KIWIFRUIT</b>	\$0.33 each	6 kiwifruit
<b>BROCCOLI</b>	\$1.50 per bunch	About 5 cups broccoli
<b>PURPLE GRAPES</b>	\$1.86 per pound	About 6 cups purple grapes
<b>EGGPLANT</b>	\$1.74 per pound	1 eggplant

Table adapted from Iowa State University Extension handout: Fruit and Vegetables - Try for More; revised 9/09 - Information adapted from MyPlate and Fruit & Veggies More Matters. - Additional information can be found at: <http://www.ChooseMyPlate.gov> <http://www.FruitsAndVeggies.org>.



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For more information, visit [www.GetFreshCooking.com/EagleAdventure](http://www.GetFreshCooking.com/EagleAdventure).



# Healthy Fruit and Veggie Snack Ideas

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## Crunchy Snacks

## Crunchy Snack List

Carrot sticks  
Celery sticks  
Cucumber slices  
Apple slices

## Cold & Juicy Snacks

## Cold & Juicy Snack List

Frozen fruit bar  
100% fruit juice  
Frozen grapes

## Sweet Snacks

## Sweet Snack List

Cherry tomatoes  
Fresh or canned fruit  
Dried fruit  
Fruit yogurt

**A**s parents, you know how hard it can be to come up with healthy snacks your child will eat. Fruits and veggies make great snacks and come in many forms.

Try to set a good example for children by eating fruits and veggies with them at snack time.

Children who eat healthy snacks do better in school and stay focused longer. Healthy snacks are the key to good nutrition and your child's health.

Look at the list to the left, and then make your own fruit and veggie snack list with your child.

Remember to take this list to the store the next time you go. Ask your child to help find the foods on the list.

*Information adapted from Sheri Barke, Midnight Mini Meals & Afternoon Power Snacks To Beat Grazing, Arthur Ashe Student Health & Wellness Center, 2002.*

