

**Attachment Y: Stimulus: Sample
Illustrations for Use in Nibbles for
Health Newsletters**

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RETAIN FOR YOUR RECORDS

**Attachment Y: Stimulus: Sample
Illustrations for use in Nibbles for Health
Newsletters**

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United States Department of Agriculture

Nibbles for Health



**Nutrition Newsletters
for Parents of Young Children**



Learning About Handwashing

Hand washing is one of the most important things to do to prevent getting sick. At child care, your child is learning that germs can be on your hands even if they do not look dirty. Washing with soap and water helps get rid of the germs so they don't make you or others sick.

Here are some other things the children have learned about hand washing.

When Should I Wash My Hands?

Before:

- Preparing or serving food
- Eating



After:

- Preparing or serving food
- Using the bathroom
- Touching a pet
- Coughing or sneezing
- Styling hair
- Blowing your nose
- Touching garbage

Practicing at Home

Ask your child to show how he or she has learned to wash hands. Here are the steps that we practice at child care. Review them at home too.



Wet hands with clean, running water.



Add soap and rub hands together.



Scrub hands for at least 20 seconds.



Need a timer? Hum the Alphabet song from beginning to end. Be sure to wash the backs of your hands, between your fingers, your palms and wrists, and under your nails.



Rinse hands under clean, running water.



Dry hands using a clean towel or air-dry them.

Active Play Everyday

At child care, we give children lots of active playtime.

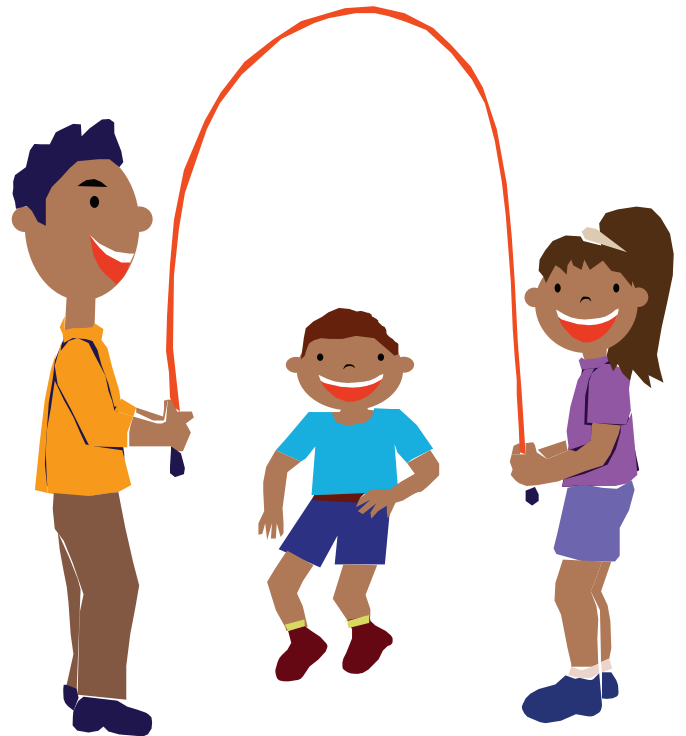
Active play gets kids moving and their hearts beating faster. Examples are games and play where children run, climb, dance, skip, or jump. Children love active play and have fun! It is also good for children in lots of ways.

Active play helps children:

- Learn to get along with others and share.
- Use their imagination.
- Build confidence as they try new activities.

Tip

Dress your child for active play! Remember sneakers and clothes that allow for movement.



Active play helps kids be healthy by:

- Reducing stress and sleeping better.
- Building strong hearts, bones, and muscles.
- Lowering the risk of diseases like heart disease and Type 2 diabetes.

Active Play Ideas

Active play is fun for kids.

Check out these easy games you can play together:

Ball games: Practice throwing, catching, and kicking with soft balls. Toss newspaper balls or sock balls into an empty laundry basket together.

Follow the leader: Ask your child to follow as you pretend to be animals, superheroes, and other characters. Then, give your child the chance to lead.

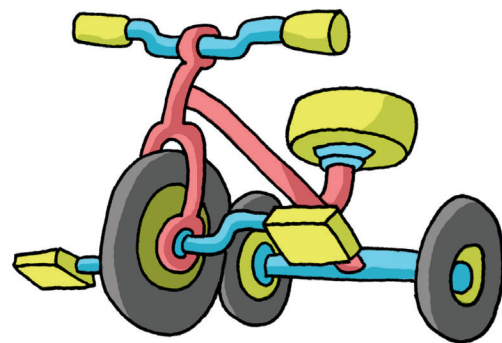
Obstacle courses: Crawl through an indoor or outdoor obstacle made from pillows, empty boxes, and plastic hoops. Make sure you supervise the activity.

Jumping games: Place a rope on the ground in a line and jump over it together. Tape, string, or a broom can be used for the line too. Use rope or string for traditional jump rope.

Musical games: Play music and dance. Download this free song. Follow the lyrics to stomp your feet, fly like a plane, and more: <https://www.fns.usda.gov/multimedia/kindergarten.mp3>.

This week at child care we tried:

- Chasing bubbles
- Dancing to music
- Playing on the playground
- Throwing a ball
- Hide-and-seek
- Riding a tricycle
- Other: _____



Healthy Celebrations

Birthdays, celebrations, and seasonal events are a great time to include healthful foods and active play.

At child care, we make healthy habits part of the fun. We serve nutritious foods that fit the theme. We also plan non-food activities such as music, art, and games.

Here’s how parents are bringing smiles and giggles to special occasions at home, while teaching healthy habits:

- 1. Create fun food.** Use cookie cutters to cut fruits, low-fat cheese, or breads into shapes that fit the theme (such as hearts, flowers, or pumpkins).
- 2. Get moving.** Plan activities like soccer, obstacle courses, tag, dancing, ball tosses, or jump rope.



- 3. Get colorful.** Choose fruits and vegetables that fit the festivities, such as red fruits like watermelon or strawberries for Valentine’s Day.
- 4. Go simple with drinks.** Water and low-fat (1%) or fat-free milk are good choices. Serve drinks in colorful cups that match the event theme.
- 5. Make decorations.** Kids love to create centerpieces, signs, and garlands using basic arts and craft supplies.



Ideas for Healthy Celebrations

Ways to make kids feel special

- Let your child wear a special crown or button all day.
- Give a special card or note sharing your love.
- Take your child to a park, playground, or museum as a special treat.
- Make time for a special walk or game, just for the two of you.
- Give hugs and high fives.

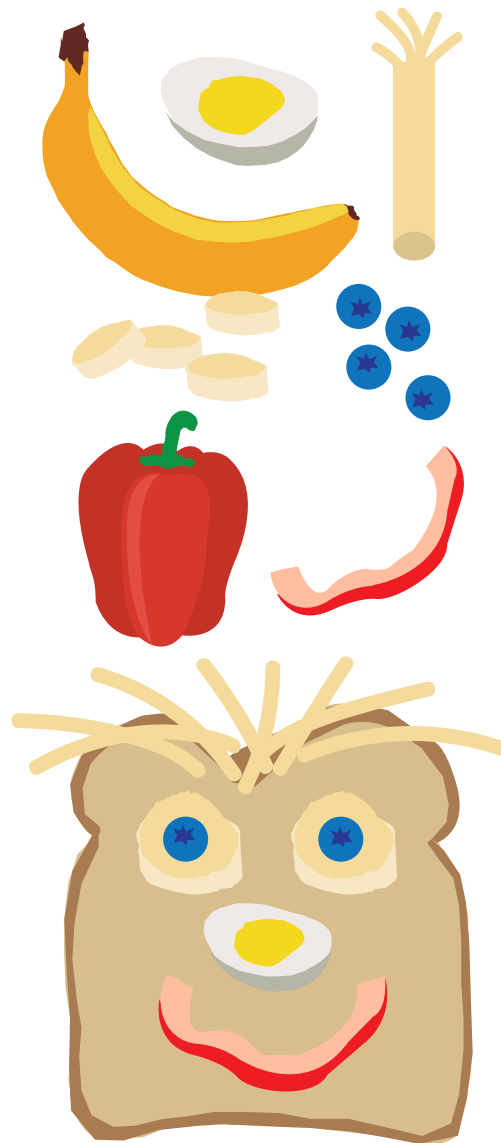
Celebrate with fun food activities

Add simple food activities to your celebration with these fun Look and Cook Recipes:

<https://www.fns.usda.gov/tn/discover-myplate-look-and-cook-recipes>

- Friendship Pocket
- Crunchy Rainbow Wrap
- Fruit-a-licious Breakfast Cup
- Food Group Friend

Make your own Food Group Friend using these healthy foods.





Whole Grains Make a Difference

Start them early with whole grains.

It's easy to get your child in the habit of eating and enjoying whole grains if you start when they are young. Whole grains provide B vitamins, minerals, and fiber to help them be strong and healthy.

Kids, like adults, need whole grains every day as part of a healthy diet. At child care, we include whole grains in meals and snacks. Ask your child about new whole grains he or she has tried.

Here are some of what whole grains provide:

Whole grains are good for digestion and overall health.

Whole grains have B vitamins for healthy red blood cells. They also help manage healthy blood glucose (sugar).

The fiber in whole-grain foods keeps your child feeling full longer. That can help with healthy body weight.

Whole grains fuel your child's day by providing and helping maintain energy.

The minerals in whole grains help maintain normal muscles, nerves, and a healthy immune system.



Trying Whole Grains at Home

How to Tell Which Foods are Whole Grain?

Make sure you buy the real thing. Some foods that seem to be whole grains may not be.

Here are tips to tell the difference:

- Choose foods that are naturally whole grains. Foods like oatmeal, brown rice, and wild rice, are always whole grains.
- Check the label. Buy bread, cereal, tortillas, and pasta with “100% Whole Grain” or “100% Whole Wheat” on the package.
- Foods with these words on the label are usually NOT 100% whole-grain products: 100% wheat, multi-grain, contains whole grain, 7 grains, cracked wheat, made with whole grains, made with whole wheat, bran.

Here is what whole-grains look like in an ingredient list:



Check the whole-grain ingredients you plan to try this week:

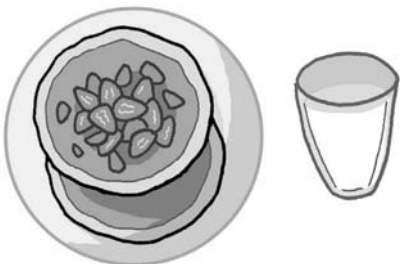
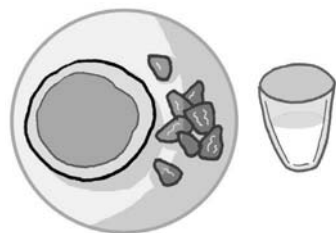


- | | |
|---------------------------------------|---|
| <input type="checkbox"/> brown rice | <input type="checkbox"/> whole-grain barley |
| <input type="checkbox"/> buckwheat | <input type="checkbox"/> whole-grain corn |
| <input type="checkbox"/> graham flour | <input type="checkbox"/> whole oats |
| <input type="checkbox"/> oatmeal | <input type="checkbox"/> whole rye |
| <input type="checkbox"/> quinoa | <input type="checkbox"/> whole wheat |
| <input type="checkbox"/> rolled oats | |

Portions for Preschoolers

At child care, the amount served at meals and snacks depends on the age of the child.

A reasonable portion for preschoolers is smaller than for teens or adults.

It may not look like a lot. But it is the right amount for preschoolers' small stomachs. The chart below shows how portions compare for adults and preschoolers.

Breakfast	
<p>Adult</p> 	<p>Preschooler</p> 
<p>1 whole-grain pancake 1/2 cup sliced strawberries 3/4 cup low-fat (1%) milk</p>	
Dinner	
<p>Adult</p> 	<p>Preschooler</p> 
<p>1/4 cup green beans 1/4 cup whole-grain pasta 1.5 oz lean ground beef 1/4 cup plums 3/4 cup low-fat (1%) milk</p>	

Teaching About Hunger and Fullness

Offer smaller portions. This teaches your child to pay attention to whether they feel hungry or full. Smaller amounts help make sure your child only eats what his or her body needs. When children are served smaller amounts, less food is wasted too.

Let your child serve themselves a smaller portion. If your child is still hungry, he or she can ask for more. Children's appetites can vary.

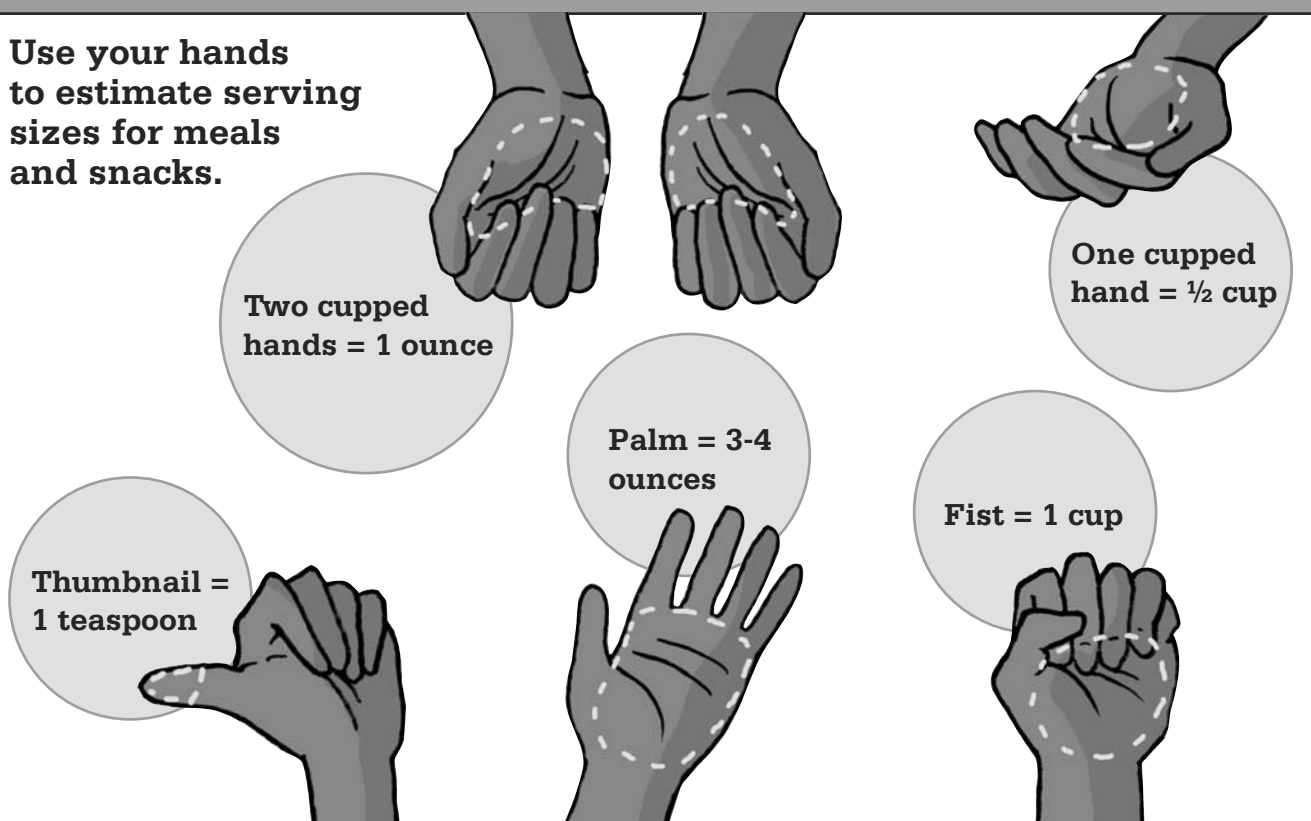
Sometimes, they won't eat a lot. Other times they eat more.

Helpful tips:

- Use smaller bowls, plates, and cups for smaller portions.
- Let your child decide how much to eat.
- Do not force children to finish everything on their plate.

Helping Hands to Size Portions

Use your hands to estimate serving sizes for meals and snacks.





Let's Cook Together!

Little hands can help prepare meals and snacks!

Cooking builds self-esteem. Letting your child help in the kitchen builds confidence and early skills of independence. Most children feel proud and important when they help prepare food.

Children are natural kitchen helpers. They can share tasks like food shopping and picking foods for meals. They enjoy preparing and serving food for the family.



Cooking teaches

Kitchen tasks give your child a chance to measure, count, tell time, and follow instructions. Small motor skills develop too. Talk about the food and what you are doing.

Children learn about fruits and vegetables when they help make them. Kids like to try foods they help make. It's a great trick for helping a "picky eater" try fruits and vegetables.

Have your child help with clean up. It teaches responsibility. It is also part of the many creative, messy things we do.

Cooking together is fun family time!

Cooking together creates lifelong memories. It's learning time that you share together.



Make Meals and Memories Together

Helpful kitchen safety tips:

- Wear clean clothes, maybe with short sleeves. Wear a clean apron if you have one!
- Start with hand washing and clearing and cleaning the table.
- Taste with a clean spoon. A licked spoon goes in the sink, not back in the bowl.
- Walk slowly. Carry food and utensils with care.
- Always supervise children in the kitchen.



Pick kitchen tasks that match your child's abilities. Here are activities for all ages!

Kitchen Tasks for Young Cooks

2-year olds

Make “faces” out of fruits and vegetables. Scrub vegetables or fruits. Tear lettuce or greens. Snap green beans.

3-year-olds

Add ingredients. Stir. Spread peanut butter or other spreads. Shake a drink in a sealed container. Knead bread dough.

4- to 5-year olds

Peel and mix some fruits and vegetables. Peel hard boiled eggs. Cut soft fruits with a plastic knife (only adults should use sharp knives). Wipe counters. Mash soft fruits, vegetables, and beans. Measure dry ingredients. Measure liquids with help.