

FOOD FOR THOUGHT

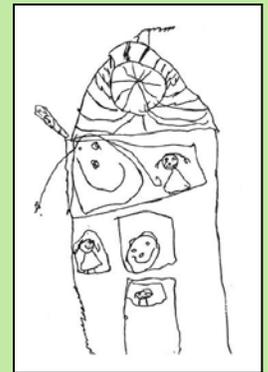
It may be cold outside, but the Calvin Hill kitchens are warm and inviting with tasty new recipes made in each of the classrooms. Whether it's cornbread in the Preschool, guacamole in the Three's Room, or pickles in the Kindergarten, there is no better place to come in from the cold to enjoy healthy, fun snacks!

FOOD NEWS

Three's Room: On a Fruit-Tasting Mission

Children in the Three's Room are on a fruit-tasting mission! Their task is to make their way through the list of fruits pictured on their classroom poster (pictured right). Recently, the children tasted and enjoyed eating kiwis and avocados. The classroom also made delicious guacamole using 4 avocados, 1 cup of salsa, and a splash of lemon juice. The children loved it! The children then used the avocado pits for observations, and are now attempting to root the pits before planting them (pictured bottom right).

Pictured below: Brennen and Lejla mash the avocados for the guacamole. Pictured right, Swarna shows that kiwis are clearly favored over crusts!



Preschool: Kid-Inspired Applesauce and Cornbread

The Preschool children recently asked their teachers how applesauce is made. What better way to answer that question than to make a delicious batch of applesauce! Pictured below is Linda preparing applesauce with Kurt, Samantha, Camilla, Garretson, Kian and Arda.



After trying corn bread for the first time at the Preschool Thanksgiving Feast last fall, John liked it so much that he decided to make it for his birthday treat in class. Pictured below, John pours the milk into the bowl with his father and Stefanie.



Corn Bread Recipe (as posted in the Preschool!)

- 2 cups cornmeal
- 2 cups sifted flour
- ½ cup sugar
- 6 tsp baking powder
- ½ cup oil
- 2 cups milk
- 2 eggs, beaten

Mix all ingredients.
Preheat oven to
425 degrees.

Bake for about
20 minutes.

Kindergarten: Open for Business!

The kindergarten class has been very busy creating their new restaurant. The children set up tables with tablecloths and dishes, and invited other classmates to come to the restaurant (pictured below). All kindergarten customers were given menus (complete with prices!), were served their order, and were presented with a bill at the end of their meal. They also made their own cloth aprons (pictured right on Tamar and Lorelei), as well as plates, cups, and teapots out of clay.



Pickle Recipe

6 cups thinly sliced cucumbers
2 small onions, sliced
1 3/4 cup sugar
1 cup white or cider vinegar
2 tablespoons salt
4-5 sprigs of fresh dill

In glass container, layer cucumbers, onions, and dill.

Heat remaining ingredients until sugar is dissolved.
Cool and pour over vegetables.

Cover and refrigerate at least 24 hours (but no longer than 2 weeks).

The Kindergarten class has been making lots of new recipes including mashed potatoes, and recently – pickles! Check out the beautiful jar of sweet pickles (pictured left) made by the class. Their special recipe is also included here for those who want to try it at home (you can also add carrots, zucchini, or other favorite veggies).

Veggie Recipes

It can be challenging to find creative, appetizing ways to encourage kids to eat a variety of vegetables. Even if you're the lucky parent of a child who loves veggies, it's still helpful to introduce new (and fun) ways to eat them.

Here are a few ideas:

Edible Veggie Bowl (http://kidshealth.org/kid/recipes/recipes/veggie_bowls.html)

Ingredients:

- 1 green, yellow, or red pepper, washed
- 1 bunch of celery, washed
- 1 carrot, washed and peeled
- Your favorite low-fat salad dressing (or hummus)

Directions:

1. Cut the pepper in half (from side to side). Clean out the seeds from the inside. Now you have two pieces. One will be your pepper-shaped bowl.
2. Cut the other half of the pepper into skinny slices.
3. Cut the carrot into skinny sticks about 4" long.
4. Cut celery into skinny sticks so each one is about 4" long.
5. Put a little salad dressing in the bottom of your pepper bowl.
6. Put celery sticks, carrot sticks, and pepper slices into the pepper bowl.
7. Now you've got a portable veggie treat! You can pull out the veggies and eat them with a little dressing. Then when you're finished with the veggies, it's time to eat the bowl!



Crunchy Veggie Wrap

(Courtesy of http://kidshealth.org/kid/recipes/vegetarian/v_wrap.html)

Ingredients:

- ½ cup fat-free cream cheese
- 4 8-inch flour tortillas
- 1/3 cup carrots, grated
- 2/3 cup romaine lettuce, shredded
- ¼ cup grated cheese
- 1 red tomato, diced
- 2/3 cup red cabbage, shredded

Directions:

1. Spread 2 tbsp. cream cheese over one side of each tortilla.
2. Divide remaining ingredients evenly among tortillas.
3. Roll up each tortilla.
4. Cut each rolled wrap in half diagonally.

Serves: 4

Variations: Use a variety of vegetables, or try flavored cream cheese.



Food Marketing to Children: What are the Facts?

Did you know?

- The average preschooler sees 642 cereal ads per year just on television, almost all for high-sugar cereals with the worst nutrition ratings.
- Compared to cereals marketed to adults, those marketed to children have 85% more sugar, 65% less fiber, and 60% more sodium.
- Cereal companies together spend more than \$156 million per year marketing to children.

Food marketing to children and adolescents is a major public health concern. The food industry spends over \$1.6 billion per year in the U.S. to market their products directly to youth. The overwhelming majority of these ads are for unhealthy products, high in calories, sugar, fat, and/or sodium.

On television alone the average American child sees 15 food commercials every day, or approximately 5,500 commercials a year. The food products advertised most extensively to children include high-sugar breakfast cereals, fast food, soft drinks, candy, and snack foods. In comparison, children see fewer than 100 ads per year for healthy foods such as fruits and vegetables.

The messages in children's food advertisements encourage children to pester their parents to buy the products (known as “pester power”), promote snacking between meals, increase preference for advertised foods, and increase consumption of advertised foods. To children it appears cool, fun, and exciting to eat these unhealthy products anytime, anywhere.



So, What Can Parents Do at Home?

We know that Calvin Hill parents are among those who know and understand healthy nutrition and the marketplace, as well as the role that advertising can play in the food choices children ask you to make. Being educated consumers as you are is the first step in teaching children about how to eat well and stay healthy. However, we thought it would be useful to share some of the following information and resources:

Limit your child's television viewing. The American Pediatric Association recommends that parents limit their children's screen time to less than 2 hours a day, to reduce sedentary behavior and exposure to advertising. Children under the age of 7 or 8 are unable to understand the persuasive intent of advertising, so television commercials have an even greater influence over them.

Set a good example for your children by eating healthy yourself, and by keeping nutritious, unprocessed foods (like fruits and vegetables, lean meats, low fat dairy) in the home. Highly advertised food is typically high in sugar, fat and/or sodium, so avoid these foods when possible.

Teach your children about marketing as your child becomes old enough to notice it or ask you about it. Tell them about tactics that are used to entice them to buy, like animated characters and free toys. Let them know that seeing should not always be believing.

Become informed:

Center on Media and Child Health (CMCH): Harvard School of Medicine. Research and other resources on a variety of topics related to media and children's health.

<http://www.cmch.tv/>

Campaign for a Commercial Free Childhood (CCFC): Information about the exploitation of children by corporate marketers and ways that parents can make a difference.

<http://www.commercialexploitation.org/>

Turn Off Your TV.Com: Helpful tips on how to reduce the amount of time your children spend watching television. <http://www.turnoffyourtv.com/>

Cereal Facts: Reveals marketing techniques aimed at children and the nutrition quality of popular children's cereals. <http://www.cerealfacts.org/consumers.aspx>

