

University of California Cooperative Extension, Alameda County

Tips for Parents of Preschool Children



“P” is for Peaches!

- Peaches are a good source of vitamins A & C, and fiber.
- Peaches are available in both white and yellow varieties.
- Keep in mind that the color of the peach tells more about its variety than its maturity or ripeness.
- The best peach should be sweetly fragrant. Give the peach a gentle squeeze and if it is not hard, it is ready to eat.

Seasonal Recipe Good Morning Cobbler



Makes 4 adult servings. 1 cup per serving

INGREDIENTS

- 2 fresh, sliced medium peaches or 1 (15 ounces) can of sliced peaches*
- 1 (15 ounces) canned pear halves*
- ¼ teaspoon almond extract
- ¾ cup low-fat granola
- ¼ teaspoon cinnamon

* Canned fruit packed in 100% fruit juice

PREPARATION

1. Combine peaches, pears, cinnamon, and almond extract in a microwave-safe bowl
2. Top fruit mixture with granola
3. Microwave on high for 5 minutes. Let cool for 2 minutes
4. Spoon into bowl and serve warm

Nutrition information per serving:

Calories 153, Carbohydrate 36g, Dietary fiber 4g, Protein 3g, Total fat 1g, Saturated fat 0g, Trans Fat 1g, Cholesterol 0mg, Sodium 44mg

Recipe adapted from:

Harvest of the Month www.harvestofthemonth.com

Buying and Storage Tips

- Look for firm and plump peaches that yield to gentle pressure.
- Avoid green, extra-hard, bruised, or blemished fruit.
- Ripen fruit at room temperature.
- Refrigerate ripe fruit in an unsealed plastic bag and use within 2-3 days.

Source: Network for a Healthy California <http://www.harvestofthemonth.cdph.ca.gov/>

What Should Parents Know About Children?

- Every child has their own unique nutritional needs based on their age, gender, size, activity level, allergies, and preferences.
- Kids need a lot of play and to be active to have stronger muscles, bones, and sleep better.
- Kids who are active are able to keep up with the daily routine of running in the yard, walking, studying and doing their homework.

UNIVERSITY of CALIFORNIA
cal²fresh Nutrition Education

UC
CE

University of California
Agriculture and Natural Resources

Cooperative Extension, Alameda County
1131 Harbor Bay Parkway, Suite 131
Alameda, CA 94502
510-567-6812
<http://cealameda.ucanr.edu>

For food stamp information,
call 877-847-3663.

What I Can Do to Help My Child Be Active and Healthy at Home

Why It Matters

Playtime is integral in a child's development of language skills. Parents can help a child's development through play activities. A parent is the child's first teacher and should continue to be throughout their lives. Children are healthier and do better in school when their parents are involved.

Produce of the Season

- Different peach varieties come to harvest at different times of the summer. You should be able to find a ripe peach . of one variety or another . from late spring all the way to Halloween.
- There is no better way to pick a peach (and spend a day) than taste testing peaches at your local farmers market.



Ideas to Help My Child

Summer is an opportunity to be outdoors with your child. Whether you are at the park or farmer market you can use this opportunity to help your child develop language skills.

Take time to walk and not rush, look around, and encourage your child to do the same. Here are some simple things you can do when you are at the park or farmers market.

- Talk about what you are seeing; colors of the fruits, plants, butterflies, and colors of people's clothes.
- Describe relationships and events. For example, people and seasonal fruit. *People are tasting the fruit of the season.* Insect and flowers: *Bees are flying over the red flower and sucking the nectar.* Birds and flower relationships: *Hummingbird sucking the nectar of a flower.*
- Talk about the size of an item: small apple, short tree, tall plant
- Practice the use of verbs: eating, swallowing, tasting, running, walking

Teaching language skills to your child does not have to be expensive or time-consuming, and it allows you to spend quality time together.



Photos: Network for a Healthy California

What My Child Learned In School

Summer is a great opportunity to be outdoors with your family. It is a great opportunity to go out with your child and help develop their language skills. This month your child learned about peaches, their aromas, and their colors. They also learned about how to spell and sound some letters and words. They sang and stretched to the rhythm of the song.

Enjoy Your Time With Your Child!

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