

University of California Cooperative Extension, Alameda County

# Tips for Parents of Preschool Children



## “S” is for Strawberries!

- Strawberries are red delicious fruit
- Strawberries have Vitamin C
- Vitamin C helps gums to stay healthy
- Use strawberries in a spinach salad
- Blend fresh/frozen strawberries with lowfat yogurt and ice to make and smoothie

## Seasonal Recipe

# Spinach Salad with Strawberries

Makes 6 servings. 1 cup per serving

### INGREDIENTS

- 2 cups of raw spinach
- ¾ cup of sliced strawberries
- ¼ of cup of olive oil (regular oil)
- 2¼ teaspoon of red wine vinegar
- ¼ teaspoon of salt
- ⅛ teaspoon of pepper
- 1 teaspoon of Dijon mustard
- Optional: 1¼ cup croutons

### DRESSING PREPARATION – VINAIGRETTE

1. Make dressing at least one day in advance for maximum flavor. Mix olive oil, vinegar, mustard, salt, and pepper in a jar with a lid. Shake vigorously.
2. Alternative: Italian Salad Dressing Mix- balsamic instead of red wine vinegar, regular oil instead of olive oil, and ¼ teaspoon of strawberry sugar-free preserves

### PREPARATION

1. Rinse spinach and strawberries under running water, dry thoroughly, and tear into bite-sized pieces.
2. Combine spinach with sliced strawberries.
3. Pour salad dressing over salad and mix thoroughly

**Nutrition information per serving:** Calories 92, Carbohydrate 2g, Dietary fiber 0g, Protein 0g, Total fat 10g, Saturated fat 1g, Trans Fat 0g, Cholesterol 0mg, Sodium 13mg

**Recipe from:** Healthy Meals Resource System, Team Nutrition. <http://healthymeals.nal.usda.gov/>

## Buying and Storage Tips

- Look for plump strawberries with a natural shine, rich red color, and sweet smell. The caps should be attached and look fresh.
- Keep strawberries in the refrigerator for up to three days.
- Wash strawberries just before eating
- Strawberries are bountiful in summer time

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

## What Should Parents Know About Children?

- Expose children to a variety of foods early in life
- Lead by example. Eat fruits and vegetables with meals or as snack
- Children should eat at least 1- 1½ cups of colorful fruit per day
- Children love to move. Moving and being active helps your child stay healthy, sleep better, and grow strong

UNIVERSITY of CALIFORNIA  
cal<sup>fresh</sup> 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

Children learn by exploring and investigating. They discover the world around them by seeing, touching, tasting, smelling, hearing, and feeling. Parents can help children develop language and social skills using simple everyday activities.

## Produce of the Season

- Strawberries are Spring fruits like other berries such as raspberries and blueberries.
- Strawberries are easy to grow in the garden. The "day -neutral" or as they are also called, "everbearers" produce fruit all year round.
- Strawberries have more flavor when grown in sunny areas with cool nights
- Visit a farmer with your child and taste strawberries

Source: Growing Strawberries for the Home. Master Garden Program Santa Clara County. <http://mastergardeners.org/picks/growingStrawberries.html>



## Ideas to Help My Child

*Children are better prepared for school when parents create a learning environment at home.*

1. **Gives yourself time to talk to your child.** Using language with children is often important. You can talk about your feelings about eating some new foods, giving directions on how to help you cook.
2. **Demonstrate to your child to comply with rules and expectations.** Parents and caregivers should set rules that reduce "screen time" by limiting the amount of time children spend on the computer, watching TV and playing video games. The time spent in front of the screen could be better spent being more physically active.
3. **Give Your Child Directions:** Try giving your child simple directions and routines. Wash your hands everyday with soap and water can be a routine.
4. **Be a role model.** Read magazines/newspapers in front of your child. You can look for food ads to buy what is seasonal and less expensive. Read the labels with your child.



*Photos: Network for a Healthy California*

## What My Child Learned In School

Spring is here and markets display an array of colorful fruits and vegetables. Your child has learned about Strawberries. Strawberry is the *Harvest of the Month* in the school cafeteria. In the classroom, children prepared Lady Bugs for snack. They also learned about street safety.

## Enjoy Your Time With Your Child.

It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities (Complete nondiscrimination policy statement can be found at <http://ucanr.edu/sites/anrstaff/files/169224.pdf>)

Inquiries regarding ANR's nondiscrimination policies may be directed to Linda Marie Manton, Affirmative Action Contact, University of California, Davis, Agriculture and Natural Resources, One Shields Avenue, Davis, CA 95616, (530) 752-0495.