

University of California Cooperative Extension, Alameda County

Tips for Parents of Preschool Children



“S” is for Summer Squash!

- Summer squash is a warm-season crop
- Zucchini is the most popular type of summer squash. It can be found in dark, medium, and light green colors as well as yellow-orange
- Other summer squashes include: yellow straightneck, yellow crookneck, and scallop squashes.
- They are a good source of fiber, vitamin C and vitamin B6.
- Eat them raw, steamed, baked, or grilled

Seasonal Recipe Picadillo

Makes 6 servings. ½ cup per serving

INGREDIENTS

- 1 pound of ground turkey
- 1 onion, chopped
- 5 small carrots, diced
- 2 medium zucchini or other squash
- 2 medium potatoes, diced
- 1 teaspoon salt
- Black pepper to taste
- ½ teaspoon cumin
- 10 ½ ounces tomato sauce (Mexican style), canned



PREPARATION

1. Brown ground turkey in a nonstick frying pan.
2. Add onions, carrots, squash, potatoes, salt, pepper, and cumin. Sauté for about 5 minutes.
3. Add tomato sauce and just enough water to cover.
4. Bring to a boil, then lower heat to a simmer. Leave uncovered until vegetables are tender.

Nutrition information per serving:

Calories 229, Carbohydrate 12g, Dietary fiber 3g, Protein 22g, Total fat 10g, Saturated fat 3g, Trans Fat 0g, Cholesterol 76mg, Sodium 725mg

Recipe adapted from:

Network for a Healthy California
<http://www.cachampionforchange.net>

Buying and Storage Tips

- There are two categories of squash: winter and summer.
- Squash blossoms are edible flowers that may be eaten raw or cooked.
- Keep squash refrigerated in a plastic bag for no more than five days.
- The best way to preserve squash for the winter is to freeze it.

What Should Parents Know About Children?

- Learning about health and wellness during early childhood can make an impact into adulthood.
- Parents can select a good childcare center where a child develops their social and cognitive skills.
- Meet regularly with his/her teacher and ask about the everyday school activities and how you can help or support your child at home.
- Keep regular doctor visits to check his/her health.
- Offer children more fruits and vegetables available in the market at an affordable price

UNIVERSITY of CALIFORNIA
 cal fresh 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

Families and childcare providers help children grow up healthy. They can also help them get ready for school. By growing up with healthy habits, your child will be able to actively participate in school, be social, active and get along with others. This will develop their language skills, and help them know letters, numbers, and shapes.

Produce of the Season

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- The squash plant needs full sunlight (at least 4 - 6 hours a day).



Ideas to Help My Child

You might be surprised to learn that your child is already writing when he/she begins scribbling on a piece of paper with crayons, markers or pencils.

Parents can help by:

- Providing lots of paper of various sizes and types, pencils, crayons, and washable markers for your child to use every day.
- Writing down a story about food, cooking, and physical activities, then have your child illustrate it.
- Making some labels listing objects around your kitchen and see if your child can match the words with the objects.
- Talking with their child about the things they are writing on their shopping list. Take children shopping with you and have them cross off items on the list after you have selected them.



Photos: Network for a Healthy California

What My Child Learned In School

Summer squash is a warm-season crop. Your child learned about how to identify different types of textures and practice his/her language skills. You can help your child practice some of what he/she has learned by practicing his/her language skills using the tips we recommend above.

Enjoy Your Time With Your Child.

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