

Pre-School Pages



A newsletter for parents of pre-schoolers
 packed with food, facts & fun
 from your local county extension office

Cooperative Extension Service

(Your) County
 Street address
 City KY zip-speed
 (000) 000-0000
 Fax: (000) 000-0000
 extension.ca.uky.edu

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Celebrate

National Nutrition Month®

National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

The theme for 2017 is "Put Your Best Fork Forward", which acts as a reminder that each bite counts. Making just small shifts in our food choices, can add up over time. The theme inspires us to start with small changes in our eating habits – one forkful at a time. So whether you are planning meals to prepare at home or making selections when eating out, *Put Your Best Fork Forward* to help find your healthy eating style.



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LEXINGTON, KY 40546

Let's Eat

Breakfast

Did you know that people who eat a healthy breakfast of lean protein and/or whole grains are more likely to be at a healthy weight than those who skip it? A healthy breakfast revs up your metabolism and keeps you from overeating later in the day. Kids also benefit from eating breakfast. Children who eat breakfast perform better in the classroom and on the playground. When you eat breakfast, you become a good role model for your kids.

Cinnamon Roll Oatmeal

Hot oatmeal is a great morning comfort food. This recipe uses cinnamon, brown sugar, and vanilla to create the flavor of a cinnamon roll.

INGREDIENTS:

½ cup water
 Pinch of salt
 1 ½ cups old-fashioned oats
 1 teaspoon ground cinnamon
 ¼ teaspoon ground nutmeg
 2 tablespoons brown sugar
 ½ teaspoon vanilla extract
 1 ½ cups low-fat milk



Disabilities
 accommodated
 with prior notification.

Directions:

STOVETOP:

In a medium saucepan, bring water and salt to a boil. Stir in oats, cinnamon, nutmeg, brown sugar, vanilla extract, and milk. Reduce heat and simmer, uncovered, for 5 minutes, stirring occasionally.

MICROWAVE:

In a microwave safe bowl, stir together oats, cinnamon, nutmeg, brown sugar, and salt. Stir in water, vanilla extract and milk until well combined. Microwave about 3-5 minutes or until oats are desired consistency.

Makes 4 servings, $\frac{3}{4}$ cup each. Per serving: 180 calories, 2.5g fat, 0mg cholesterol, 50mg sodium, 32g carbohydrates, 3g fiber, 11g sugar, 9g protein.

Let's Play

Preschoolers need quiet time but make sure your preschooler is not inactive for too long. Limit TV and screen time to less than 2 hours daily, as recommended by the American Academy of Pediatrics.

- Encourage reading or crafts rather than TV time.
- Quiet time is best before naps or bed.
- Be a role model and limit your own inactivity. Your preschooler will learn that being physically active is part of a healthy life. Manage the time you spend watching TV or using mobile devices.
- Look for childcare settings that engage children in active play and regular physical activity. After 60 minutes of inactivity (such as watching TV) your child should be encouraged to be active.
- Avoid having the TV on during mealtimes.
- Only put TVs in family rooms. Don't put a TV in your child's bedroom.



Here are some ideas of how to be active with your child.

Indoor play:

- Act out a story
- Turn up the music and dance
- Walk inside a shopping mall
- Play games, such as duck-duck-goose, hide and seek, follow the leader, Simon says

Your family ideas:

Outdoor play:

- Family walks after dinner
- Play catch
- Take a nature hike
- Games in the yard or park
- Kick a ball



Your family ideas:

For more great tips on these and other subjects, go to:

ChooseMyPlate.gov/preschoolers/

Sincerely,

Cecelia Hostilo
County Extension Agent for
Family & Consumer Sciences Education



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