

BE ACTIVE KIDS®

For Parents and Families *Volume 11, Summer*



Welcome to *Be Active Kids*, an innovative, interactive nutrition, physical activity, and food safety curriculum for children ages four and five. Find out more information at www.beactivekids.org.



Have You Heard?

Summer is a great time to stock up on fresh fruits and vegetables! A wide variety of fruits and veggies are in season during the summer and contain nutrients essential for your child's growth. Try shopping at your local Farmer's Market. You will find produce that is in season and grown locally so it is generally fresher than your grocery store and often cheaper as well!

Sizing It Up!

Not sure if your child is eating enough fruits & veggies *every* day? Read the following recommendations from MyPyramid for Kids to find out!

Fruits are good sources of fiber, vitamin A and C, potassium, and lots of super nutrients. The recommended daily amount of fruit for children ages 4-5 is 1 - 1/2 cups.



What counts as a serving of fruit?

- 1 piece of fruit or melon wedge
- 1 cup of 100% fruit juice
- 1 cup of canned fruit
- 1/2 cup of dried fruit



Vegetables provide carbohydrates, vitamins, fiber, and minerals. The recommended daily amount of veggies for children ages 4-5 is 1 1/2 - 2 cups.



What counts as a serving of vegetables?

- 1 cup of chopped raw or cooked vegetables
- 1 cup of vegetable juice
- 2 cups of raw leafy greens



Helpful Tips

- Your child will more likely eat whole fruits, like bananas, apples, and oranges, when they are cut up into smaller pieces or fun shapes.
- Try not to serve fruit juice, even 100% fruit juice, as your child's only source of fruit as it lacks the fiber that whole fruit contains.
- Children ages 4 and 5 prefer raw veggies to cooked ones. Served chopped up celery, carrots, cucumbers, and cherry tomatoes with low-fat or fat-free ranch dressing for a healthy snack.
- Start small. Try serving just a couple of apple slices or celery sticks with a little peanut butter at first. Your child will tell you if they are still hungry and it is normal for them to leave food on their plate if they are full.
- Don't give up! It can take up to 10 different tries for your child to like a new food, including fruits and vegetables.
- Be a positive role model by eating a variety of fruits and vegetables with your child.

Physical Activities for Be Active Kids

There are so many ways to be active in the summer! Here are some simple activities for you to enjoy with your child both outdoors and indoors.

- **Cool off with Water Sports!** Enroll your child in swimming lessons or teach them how to swim yourself. Swimming is a valuable life skill and a great way to be active. Floatation devices can help minimize your child's fear of the water, and they can be helpful when you are teaching your child new skills.
- **Enjoy Physical Activity as a Family!** Take a walk or go for a bike ride. YOU are the greatest role model for your child! If your child sees you having fun while being physically active, they will likely continue to be active and enjoy exercise as they grow older. Make it a part of your lifestyle.
- **Turn OFF the TV and Turn UP the Music!** Your child should not be sitting down for more than 30 minutes at a time! Turn on some upbeat music and encourage your child to explore different kinds of movement. Dancing is a great activity that will enhance your child's strength and flexibility. Get involved by playing the role of the dance teacher and having your child mimic your movements, then reverse

Fun Food Safety



Wash Your Produce! Fresh fruits and vegetable are grown outside and may come in contact with bacteria and pesticides. Most of these bacteria are harmless, but it is important for your child to realize that fresh fruits and vegetables should be washed thoroughly under running water before you consume them.

(www.ncagr.com)



Sun Safety for Be Active Kids

- **Always Apply Sunscreen!** Remember – your child can still get a sunburn on a cloudy day. Look for a waterproof sunscreen that says UVA/UVB on the label and has an SPF of at least 15 for your child. Don't forget to *reapply* every hour!
- **Stay Hydrated!** Bring a cooler filled with water bottles when you go to the pool, beach, park, etc. Fruit also has a high water content, so pack some grapes and orange slices too!
- **Skip the Sodas!** Beverages with caffeine and/or carbonation, like sodas, will actually cause dehydration. You should also be limiting the amount of sugar and caffeine that your child takes in.
- **Know When to Call it a Day!** In extremely high temperatures, watch your child carefully and moderate their activity by calling for frequent breaks in the shade. If it is just too hot outside, don't stop playing - bring the activities indoors!

