

Healthy Kids



Enjoy the benefits
of healthy children!

Children who eat

well and are

physically active

have improved

concentration,

enhanced social

skills, and sleep

better at night.

Healthy children

feel good mentally

and physically!

Healthy Habits

Habits develop early in a child's life. A child's family members are the primary influence on the habits they form. Help your child develop healthy habits early in their lives.

10 healthy habits to encourage!

- ☺ **Be active!** Encourage your young child to be active for 60 minutes each day. Be active with your child.
- ☺ **Drink fat-free or low-fat milk.** After the age of 2 years old, children can make the switch from whole-milk to low-fat or skim-milk.
- ☺ **Eat a variety of colorful vegetables and fruits.** Choose dark green and orange vegetables. Choose berries and colorful fruits for snacks.
- ☺ **Choose more whole grain foods—** whole grain bread, crackers, cereals, rice and pasta. Eat $\frac{1}{2}$ of your grain products as whole grain.
- ☺ **Eat lean protein foods.** Choose low fat meats, chicken, turkey and fish. Eat more dry beans—bean burritos, bean soup, bean casseroles.
- ☺ **Drink water.** Choose water as your beverage of choice between meals.
- ☺ **Try healthy new foods.** If a food is "good" for you, try it with your family. Let your child learn that trying new foods is fun.
- ☺ **Eat nutritious snacks.** Limit sweet foods and drinks.
- ☺ **Have family meals.** Expect your child to come to the table and eat with the family.
- ☺ **Help your child tune into his hunger and fullness signals.**



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A healthy life starts in childhood, you are your child's first and most important teacher!

Shopping with kids

- ☺ **Shop when your children are not hungry.** Plan your trips to the store after eating at home.
- ☺ **Shop when your children are not tired.** Don't shop during nap time. It's also easier to shop with children when you are not tired.
- ☺ **Limit the shopping time!** Small children usually do not like to shop for long periods of time. You know best how much time your child can tolerate. Don't shop too long!
- ☺ **Don't bribe your child with food or treats to shop!** Let your child learn that shopping is a fun family time. If you bribe your child to shop, he will learn that shopping is an awful time that needs to be forced to do.
- ☺ **Prevent begging!** Bring a shopping list and stick to it.



Cheese Quesadillas

Serve as a snack or serve with soup or salad for lunch or dinner. Add cooked chicken chunks and make "chicken quesadillas".



- 4 (10 inch) flour tortillas
- $\frac{1}{2}$ cup shredded mozzarella, cheddar or Monterey jack cheese
- $\frac{1}{2}$ cup taco sauce
- $\frac{1}{2}$ cup canned green chilies (optional)

Mix shredded cheese, taco sauce and chilies together in a bowl. Spread cheese mixture on 2 tortillas. Top each with another tortilla.

Spray skillet with vegetable cooking spray. Heat quesadilla for 4 minutes or until cheese is melted, turning once.

Cut each quesadilla into 4 wedges. Serve.

Children just want to play

Active play helps your child be creative! Play games together!

Follow the Leader
Marching Band
Ring around the Rosy
Hide and Seek
Musical Chairs
Kickball
Hopscotch



Children just want to have fun! Enjoy the outdoors with your child!

- ◇ Go for a walk together.
- ◇ Play with sand—in a sand box or beach.
- ◇ Go for a ride—ride a tricycle or bike, pull a wagon. Jog or walk with your child while he rides his tricycle.
- ◇ Weed, water or rake your garden.
- ◇ Play with a ball—kick, throw and catch soft balls.
- ◇ Play with a Frisbee.
- ◇ Find a playground—swing, climb, slide and jump.
- ◇ Find other children to play with!