

GOOD BEGINNINGS NEVER END

N.C. Child Care Health & Safety Resource Center • 1-800-246-6732

March 1999

Key Points

Children from ages 1-5 will usually:

- Eat if they are hungry
- Eat small amounts of food more often. Growth and appetite slow down after a child's first birthday.
- Learn by watching and imitating others. If you eat a variety of foods, the children in your care are more likely to try more foods.
- Try new foods when served with a favorite food.
- Stay healthier when they exercise and have active play every day.

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Eric Hewell, Jillian Lucas, and Alyssa Schuster enjoy preparing peach turnovers with the help of providers Frances (left) and Kerry (right) Burke

Cooking With Children

Cooking with children is fun! Cooking appeals to all of the senses. It provides opportunities for tasting, smelling, touching, seeing, and hearing.

Children can be involved in all aspects of cooking; gathering the ingredients, "reading" the recipe, measuring, cutting, stirring, serving, and eating. Cooking is very sociable and a good opportunity for children to learn how to work with others as well as increasing their self-confidence by being actively involved in food preparation.

Cooking helps children learn about many different things. Keep these ideas in mind as you cook with children.

COOKING IS SCIENCE

- Show how different ingredients are combined to make something new.
- Talk about how our bodies use food.
- Plant a vegetable garden.
- Mention health facts, such as "milk makes bones grow strong," as you work.

COOKING IS MATH

- Decide on amounts of ingredients and measure, weigh, count, sort, and estimate.
- Keep time with a clock or timer.
- Identify shapes of foods.
- Divide one food, such as an apple, into equal parts.

COOKING IS SOCIAL STUDIES

- Learn about different countries and cultures from the foods they eat.
- Ask families to send in favorite foods or recipes from home.
- Learn to share meals or snacks with others.
- Visit a farm or farmers' market to understand how foods are grown.

COOKING IS READING

- Use new words, especially action words, of cooking.
- Read recipes and books with pictures about cooking.
- Describe each step of the food preparation.
- Ask children to recall and recite the recipe steps.



At Your Service

1-800-CHOOSE-1 North Carolina Child Care Health & Safety Resource Center

Providing Training, Consultation & Resources for North Carolina's Child Care Community

FEBRUARY CALL STATISTICS

Total Number of Calls	1053
Number of Calls from Family Child Care Providers . . .	198
Primary Reason for Calling:	
Asthma	42
Immunization	13
Choking	11
Lice	5
Handwashing	18
Nutrition	12
ABC Book	20
First Aid	13
Infant Brain Development	10
Other	54

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The Resource Center is here to help you get information to make your child care program a healthy and safe environment. We are open 9-5, Monday through Friday, except state holidays. If you cannot call us during those hours, leave a message on our voice mail and we will return your call!



Training Opportunities

April TBA

Asthma Series Training,
Rocky Mount
252-985-4300

April TBA

Activities for the Inclusion of
Children with Special Needs,
Southern Pines
910-692-3005

April 13

Bloodborne Pathogens, Chapel Hill
919-964-3272

April 13

Brain Development Research
(Infant/Toddler Staff), Gastonia
4H STAR sponsored
704-922-0301

April 15 & 22

Attention Deficit Disorder: An
Overview (T36), Raleigh
919-856-7804

April 15

Communication between Parents,
Providers & Children, Lillington
910-893-7597

April 17

1999 Child Care Conference,
Edgecombe Community College,
Rocky Mount
252-985-4300

April 20

An Ounce of Prevention (Health &
Safety), Gastonia
704-867-0333

April 20

The Food Pyramid: Necessary
Nutrients, Southern Pines
910-692-3005

April 22

Supporting the Adopted Child,
Cary
919-677-1400

April 23

Gardening with Young Children
(T37)
919-856-7804

April 24

Whole Child Curriculum & Parent-
Teacher Conferences, Ashe Co
336-246-4070

Health and Safety Alert

Prevent Choking!

Every 5 days a child in the U.S. dies from choking on food. The foods that are most commonly choked on are:

- Hot dogs sliced in rounds
- Whole grapes
- Hard candy
- Nuts

Do not serve these foods to children under the age of 4:

- hot dogs – whole or sliced in rounds
- mini-marshmallows
- spoonfuls of peanut butter
- large chunks of meat
- nuts, seeds, or peanuts
- raw carrots in rounds
- whole grapes
- ice cubes
- chips
- hard candy
- fish with bones
- popcorn
- raw peas
- raisins, pretzels

Foods like these can cause choking because they are small enough and slippery enough to go down a child's throat before they are chewed and block the child's windpipe.

Remember that young children can sometimes choke on foods that are usually safe. Make sure that a care provider is always present when children are eating. This person should know how to perform rescue breathing and what to do if a child chokes.

The ABC's of Safe and Healthy Child Care...

Food Allergies

About 5% of children under the age of 6 have a food allergy. Symptoms usually appear within seconds to 2 hours after eating a food. Symptoms can be different for every child. Some of the common symptoms of food allergies are:

- Skin irritation such as hives and eczema
- Stomach problems such as nausea, diarrhea, or vomiting
- Swelling around the lips or throat
- Sneezing, runny nose or shortness of breath

The most common food allergies for children are to:

- Cow's milk
- Fish
- Tree nuts
- Eggs
- Peanuts
- Wheat
- Soy



Allergic reactions to milk, eggs, soy, and wheat are usually outgrown between 2-5 years of age. However, allergies to peanuts, tree nuts, and fish usually do not go away. Some children are highly allergic and can have life threatening reactions called anaphylaxis. If a child has a food allergy, they should strictly avoid that food or any food that contains it. Read food labels to determine if the food is safe. For example, if a child is allergic to peanuts he should **always** avoid peanuts, peanut butter, peanut flour, mixed nuts, and any other food that contains peanuts. Children with food allergies need your help to ensure that their diet is safe.

Quick Breakfast Ideas

Breakfast Pizza: Top English muffins or bagel halves with cheese, turkey sausage and tomato sauce. Bake in the oven. Serve with lowfat milk and fresh fruit.

Breakfast Soft Taco: Microwave mozzarella cheese and salsa on a corn tortilla. Serve with hot chocolate and melon slices.

Pita Egg Pocket: Stuff shredded cheese and scrambled eggs into a pita bread pocket. Serve with lowfat milk and fresh fruit.

Terrific Turkey Melt: Microwave turkey and mozzarella cheese slices on whole-grain bread. Serve with lowfat milk and fruit.

Tortilla Roll-ups: Choose any favorite filling such as peanut butter and bananas and roll it up in a whole wheat tortilla. Serve with fruit and lowfat milk to complete the meal.



Child and Adult Care Food Program



\$(CACFP) supports caregivers in providing quality care by making monthly payments to child care providers who serve meals that meet nutrition requirements. Providers must serve meals that follow a pattern based on nutrition guidelines for children. The meal reimbursement or payment rate is based upon the provider's income or the income of the children in her care. The amount paid each month is based on the total number of children served at each meal in that month. The money helps providers buy nutritious, high quality foods for children. To find out how to participate in the CACFP call 1-800-CHOOSE-1.

Food, Fun, Nutrition and Books

Look for these titles at your local library to read to your preschool children:

Over Under in the Garden: An Alphabet Book, by Pat Schories, 1996 (Farrar, Straus, and Giroux)

Growing Vegetable Soup, by Lois Ehlert, 1987 (Harcourt Brace Jovanovich) (also available in Spanish)

Oliver's Vegetables, by Vivian French, 1995 (Orchard Books)

Grandpa's Garden Lunch, by Judith Caseley, 1991 (Greenwillow Books)

Potluck, by Anne Shelby, 1991 (Orchard Paperbooks)

Test Your Knowledge

Rosa is looking over some snack recipes for the children in her care. Which recipe below is **not** a safe snack for children under 4?

Call us at 1-800-CHOOSE-1 with your answer. If you are among the first 100 callers with the correct answer you will win a **FREE** set of measuring spoons and cups.

Trail Mix

Mix together 1 cup of each of the following:

shredded coconut peanuts
0-shaped oat cereal raisins
sunflower seeds

Fruit Shake

Combine the following in a blender and blend until mixture is smooth:

1 ripe banana
1 cup fresh or frozen strawberries
2 cups orange juice
1/2 cup plain or vanilla yogurt
6 ice cubes



Quesadilla Quickie

- 1) Place 2 tablespoons grated Cheddar cheese on a corn tortilla.
- 2) Heat tortilla in a frying pan over medium heat until cheese melts.
- 3) Top with 2 tablespoons chopped tomatoes. Fold and serve.

Mini-Pizzas

- 1) Place wheat or rye whole-grain crackers in a single layer on a baking sheet.
- 2) Spread each cracker with 1/2 to 1 teaspoon pizza sauce.
- 3) Sprinkle with mozzarella cheese and Italian seasonings (if desired).
- 4) Bake at 350 for 5 minutes or until cheese melts.

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FOR MORE INFORMATION

or if you would like to send suggestions or comments

WRITE:

NC Child Care Health and Safety
Resource Center
Post Office Box 12509
Raleigh, NC 27605

OR CALL:

1-800-246-6732

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Health and safety must be considered first when you cook with children

Here are some points to remember:

1. Wash your hands and the children's hands before you begin.
2. Sanitize working space and eating tables.
3. Check each child's record for food allergies and avoid these foods.
4. Children with signs or symptoms of illness should not participate.
5. Children should keep their hands out of their mouths while cooking.
6. Hot foods should be thoroughly cooked and leftovers refrigerated within 2 hours.
7. Food should be fresh and of good quality.
8. Store all utensils out of children's reach.
9. Demonstrate, and then let children practice using utensils such as measuring spoons, rolling pins, mixing spoons, and measuring cups.
10. Electrical appliances and stoves should be used only by adults. Keep cords out of reach of children.

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