

# Helping Kids Eat Healthy

## By Letting Them Help You In The Kitchen

Courtesy of Family Features

It's never too early to start teaching children about cooking. Involving kids in meal preparation encourages healthy eating habits and introduces them to the value and importance of nutritious, balanced meals.

Elizabeth Pivonka, Ph.D., R.D., heads Produce for Better Health Foundation, the nonprofit entity behind the Fruits & Veggies — More Matters national public health initiative. Pivonka says the kitchen can be a great place to stir up some fun while teaching healthy eating habits.

As a working mother of two, Pivonka understands that getting kids to eat healthy fruits and vegetables can sometimes be a challenge. "Involving children in cooking is an important step in getting kids interested in fruits and vegetables and getting them more excited about eating them," she says. "Kids can help by measuring, mixing or gathering ingredients while you cook. If kids help with the cooking, they are more inclined to eat what's on the table. At my house, we make meal planning and preparation a family activity."

Let toddlers help you "cook" by using toy food, pots, pans, bowls and spoons to copy what you're doing. Preschoolers can help by measuring ingredients and stirring. Grade school kids can make simple, no-bake recipes or use the microwave with proper supervision. Remember to use child-size tools and, if the counter is too high, use a sturdy step stool or have children sit at the kitchen table while they help.

Pivonka says taking a little extra time at the grocery store to interact with kids and single out fruits and vegetables as important is another way to persuade kids to give them another try.

"Kids like to have fun with their food, so one way to get them to eat something is to offer it with a dip," Pivonka says. "Once children turn about two years old, they can really get

into dipping and might try things they wouldn't otherwise if they're served with some kind of dip."

She offers some dipping suggestions like low-fat ranch dressing, mild salsa, guacamole, or hummus for dipping vegetables, or any flavor of low-fat yogurt or peanut butter for dipping fruit. Pear Ka-bobs with Strawberry Dipping Sauce and Pear Party Salsa are two fun recipes that let children dip their food.

"Make sure their snacks are just as nutritious as their meals. If you're looking for a 100-calorie snack, don't reach for a prepackaged processed item. One medium-sized fresh pear is a portable, single serving that tops out at 100 calories with no fat, sodium or cholesterol. Fresh pears, tomatoes, and other fruits and veggies are now available all year round. Their versatility and nutritional value make them very popular with people of all ages. They're budget friendly and good for your health."

Parents interested in tips for getting kids to eat fruits and vegetables, and delicious recipe ideas for dishes that children will willingly eat are encouraged to visit the Fruits & Veggies—More Matters website, [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org). The website also features some materials to make taking your child food shopping with you an educational experience. The Take Your Child to the Supermarket materials are available to everyone online, free of charge. Just print them out and plan a trip to the store.

For more information about pears, including family-friendly recipes, tips for kids, and even online games featuring fresh USA Pears grown in Oregon and Washington, visit [www.usapears.org](http://www.usapears.org). For information about the other ingredients featured in these recipes, visit [www.florida-agriculture.com](http://www.florida-agriculture.com).



### FAMILY PEAR ACTIVITY

With several varieties of pears to choose from, including the Green Anjou, the brown Bosc, the red-freckled Forelle and the yellow Bartlett, USA Pears come in a wide range of colors, flavors and textures to please even the most finicky palate. Take home one of each variety you find at the store and conduct a pear tasting where every family member gets a slice of each type of pear. Then have everyone vote for their favorite. You can repeat this activity with other types of fruits and veggies too. Compare the flavors of different colors of cauliflower or carrots, or different tomato or citrus fruit varieties; there are so many from which to choose.

### PEAR PARTY SALSA

Preparation Time: 10 minutes  
Serves 4

- 1 Comice USA Pear, cored and finely chopped
- 1 apple, cored and finely chopped
- 2 kiwi, peeled and finely chopped
- 1 orange, peeled and finely chopped
- 2 tablespoons honey
- 1 teaspoon lemon juice
- Cinnamon graham crackers or sliced fresh fruit and veggies

Combine pear, apple, kiwi and orange in a medium sized bowl. Pour honey and lemon juice over fruit and gently toss. Scoop up mouthfuls of fruit salsa using cinnamon graham crackers or sliced fresh fruit and veggies.

Nutrition Information per Serving of Salsa: calories: 120, total fat: <1g, saturated fat: <1g, protein: 1g, carbohydrates: 31g, cholesterol: 0mg, dietary fiber: 4g, sodium: 1mg

### PEAR KA-BOBS

Preparation Time: 15 minutes  
Serves 6

- 1 cup lowfat vanilla yogurt
- 4 tablespoons strawberry preserves
- 2 Anjou USA Pears, cored and cut into 1-inch cubes
- 2 bananas cut into 1-inch slices
- 1 8-ounce can pineapple chunks, drained
- 2 cups strawberries, stems removed
- 6 wooden skewers

In small bowl combine yogurt and strawberry preserves. Set aside. Thread fruits by alternating pears, bananas, pineapple and strawberries onto skewers. Serve fruit skewers with a dollop of the strawberry sauce on the side.

Nutrition Information per Serving: calories: 162, total fat: <1g, saturated fat: <1g, protein: 2.6g, carbohydrates: 39g, cholesterol: 2mg, dietary fiber: 4g, sodium: 24mg

# Proper Handling Of Fresh Foods And Vegetables Important

BY SHARON GUTHMILLER  
Extension Educator

We often hear about the importance of having fresh fruits and vegetables as part of a healthful diet for children, youth and adults. Fruits and vegetables provide vitamins, minerals and fiber to help keep your body healthy. Occasionally, fresh fruits and vegetables can become contaminated with harmful bacteria or viruses (also known as pathogens). We hear of food-borne outbreaks that happen with various fruits and vegetables. Examples of pathogens (disease causing microorganisms) that cause food-borne illnesses include Salmonella, e.Coli 0157:H7 and Hepatitis A. This contamination can occur at any point from the field to your table.

If eaten, contaminated fruit and vegetables can cause food-borne illness. Common signs of food-borne illness include nausea, vomiting, diarrhea, headaches and fever. These symptoms usually appear within 12 to 72 hours. Although food-borne illness can be serious, there are several easy steps you can take to help keep fresh fruits and vegetables safe to eat.

When shopping for fresh produce, avoid items that are bruised, damaged or moldy or show signs of insect damage. Bruises and cuts may allow pathogens to enter a fruit or vegetable. Damaged fruits and vegetables may also spoil faster. If



SHARON GUTHMILLER

good-quality fresh produce is not available, it may be better to choose canned or frozen fruits and vegetables. When shopping for pre-cut fresh fruits and vegetables, buy only those that are refrigerated or surrounded by ice. Avoid damaged items and open or torn packages. Keep fresh fruits and vegetables separate from raw beef, poultry, fish and seafood in the shopping cart. Place the raw meats in plastic bags. Blood and juice from raw meat may contain pathogens that could contaminate fresh fruits and vegetables. At the grocery checkout, bag raw meats separately from fresh fruits and vegetables. Also, keep fresh produce separate from household chemicals in the shopping cart and in grocery bags.

Once you have brought your produce home, it is important that you store it properly at room temperature and in the refrigerator to prevent food-borne illness. To store fruits and vegetables safely at room temperature: Do not wash fruits and vegetables before storage. Instead, wash them when you are ready to use them. If the produce is very dirty, rinse it and then dry it well before storing it. Keep storage areas clean and pest-free. Store

fruits and vegetables in bowls, bins or mesh bags off the floor. Keep the produce in a cool, dry, dark place. Do not store it near heat sources such as ovens, water heaters, hot water pipes or in direct sunlight. Heat causes food to spoil more quickly. Do not store fresh fruits and vegetables near household cleaning products. These products are poisonous. Check stored fruits and vegetables often. Dispose of items that show signs of spoilage such as mold or slime. When in doubt about the safety of a fruit or vegetable, throw it out.

All fruits and vegetables must be stored in the refrigerator once they are cut or peeled. Pre-cut fruits and vegetables bought at the store should also be refrigerated immediately. Do not wash whole fruits and vegetables before storing them. Be sure to store all

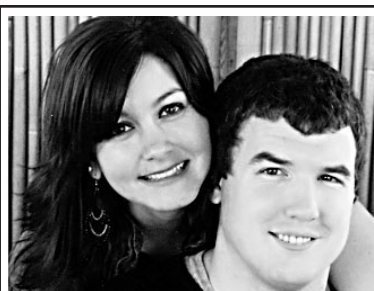
fruits and vegetables in the crisper or product drawer. Do not overload the crisper. It is best to buy only the amount of produce you will use within a few days. Cover cut fruits and vegetables tightly with plastic wrap. Or, store them in sealed plastic bags or clean, airtight containers. Keep fruits and vegetables separated from raw meats, poultry, fish and seafood in the refrigerator on the bottom shelf in a tray or pan. This will prevent blood or juices from dripping onto fresh produce. Do not place heavy items on top of fruits and vegetables. Keep the temperature of your refrigerator at 38-40°F. Use a refrigerator thermometer to measure the temperature. Clean the refrigerator as needed. Dispose of spoiled food and wipe up spills with hot, soapy water.

Wash all whole fruits and vegetables before preparing them

even if the skin or rind will not be eaten. This prevents pathogens being transferred from the rind or skin to the inside of the fruit or vegetable when it is cut. Wash fruits and vegetables in clean, running water. Do not use detergents, soaps or bleach to wash produce. These may change the taste and could be poisonous. If the fruits and vegetables are firm (such as potatoes or melons), scrub them with a clean sanitized fruit/vegetable brush. For soft fruits and vegetables (such as tomatoes), gently rub them with your hands to loosen dirt. Remove outer leaves of lettuce and cabbage before washing them. To wash berries, parsley and greens, place them in a clean colander and spray them with a

kitchen sink sprayer, or gently turn the produce as you hold it under running water. Be sure to turn and gently shake the colander as you wash the produce. Remember: To prevent food-borne illness, buy good-quality fruits and vegetables, store them properly and wash them thoroughly. (Source: Safe Handling of Fresh Fruits and Vegetables Fact Sheet: Texas Cooperative Extension Service)

Thought: Most people have five senses: sight, smell, taste, touch and hearing. The successful have two more: horse and common. Sharon Guthmiller is a Yankton County Extension educator specializing in family and consumer sciences.



Gordon-Smith

Tom and Judy Gordon of Scotland, SD, are proud to announce the engagement of their daughter, Tracy Lynn Gordon, to Nicholas James Smith, son of Jim Smith and Jody Smith of Scotland, SD.

Tracy is a 2002 graduate of Scotland High School and a 2007 graduate of the University of South Dakota. The bride is currently working as a Registered Nurse at Avera McKennan in Sioux Falls, SD, and working towards her Master's Degree in nursing. Nick is a 2001 graduate of Scotland, SD, and a 2007 graduate of the University of South Dakota. The groom is currently working at Flandreau Elementary teaching fourth grade. The couple is planning a June 19, 2010, wedding in Scotland, SD.



### GIVE SOMEONE YOU LOVE THE GIFT OF HEALTH, SAFETY OR MOBILITY WITH LIFT CHAIRS AND SCOOTERS

- OUR LIFT CHAIRS FEATURE...
- Multiple-Position Recline
  - Removable Cushions
  - Attractive Fabrics
  - Friendly Staff to Show You How
  - Delivery Available

- OUR SCOOTERS FEATURE...
- Elegant or Sporty Styles
  - Easy to Fold or Disassemble for Transportation
  - Three- and Four-Wheel Models
  - Repair Service and Parts

Ask us about other great gifts for health.

SALE! LIFT CHAIRS AND SCOOTERS DURING THE MONTH OF MAY

1001 WEST 9TH STREET • YANKTON, SD • (605) 665-1508 • TOLL FREE (800) 560-1508



Pride Lift Chairs and Mobility Products

**The 8AM Early Bird Saves the Most!**

## Schweser's Famous Early Bird Sale

**8am Saturday, May 15!**

**BIGGEST SALE of the Year! Doors open at 8AM!**

**70% OFF** **8 am to 9 am**  
our entire\* stock of new merchandise!

**65% OFF** **9 am to 10 am** SATURDAY

**60% OFF** **10 am to Noon** SATURDAY

**50% OFF** **Noon to 2 pm** SATURDAY

**40% OFF** Rest of the day on SATURDAY and all day on SUNDAY  
Maximum discount of 50% on Alfred Dunner.

**Shop at 8AM for the best prices!**

# Schweser's

www.schwesersstores.com  
fashion for less  
Yankton Mall

\*few exclusions may apply  
†ticketed price may not have resulted in sales