



# Encourage Your Child to Eat Smart and Move More

## BE PATIENT

Young children may not be interested in trying new foods. Offer a new food more than once. It sometimes takes up to ten tries before a child will like a new food.

## BE A PLANNER

Most children need a snack or two in addition to three regular daily meals. Plan and schedule meals and snacks so that children have a routine.

## BE ADVENTUROUS

At the grocery store or farmers' market, ask your child to choose a new vegetable or fruit. At home let them help wash and prepare the food. Encourage all family members to enjoy a variety of foods.

## LET CHILDREN HELP

Get your children involved in food preparation. Children are more likely to try new foods if they help get them to the table.

## BE A GOOD ROLE MODEL

What you do can mean more than what you say. Your child learns from you about what to eat and how to move. Eat meals with your children whenever possible. Walk, run, and play with your children, don't just sit on the side lines. A family that is physically active together has lots of fun!

## LIMIT SCREEN TIME

Recreational use of screen time (TV, phones, tablets, computers) can be entertaining, but too much can result in your child not getting enough physical activity during the day. Up until the age of 18 months, limit screen time to video chatting with an adult. For children, ages 2 to 5, limit screen time to about 1 hour per day. For children older than 5, help your child adopt healthy habits that include limits on screen time. Decide on "screen free" times such as mealtime and one hour prior to bedtime. Encourage your children to be physically active and when you do watch TV, watch together and take breaks to move around, stretch, or dance.

Source: [www.aacap.org/AACAP/Families\\_and\\_Youth/Facts\\_for\\_Families/FFF-Guide/Children-And-Watching-TV-054.aspx](http://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Children-And-Watching-TV-054.aspx)


## MAKE IT FUN!


Being physically active should be fun. Physical activity can be as simple as moving around, dancing, or just free play. Help your child find some form of activity they enjoy and help them do it or better yet, do it with them. Make family time active time. Plan activities together such as a walk after dinner or a trip to the park.



# Quick Pizza

Makes 4 servings | Serving Size: 1 piece

 **Look for Local:** Using small sliced veggies as a pizza topping is an easy way to introduce new veggies to your young child. Choose a fresh, in-season veggie of your choice to add as a topping to this pizza.

 **Tip:** Fill freezer tray with pineapple juice and use for a delicious, flavored water.

## Nutrition information

### Per Serving

270 calories

Total Fat	6 g
Saturated Fat	2.5 g
Protein	12 g
Total Carbohydrate	40 g
Dietary Fiber	9 g
Sodium	390 mg

 Excellent Source of Vitamin C

 Good Source of Calcium

 Good Source of Iron

## Ingredients

- 4 slices whole-wheat bread or 2 English muffins, halved
- 1/2 cup low-sodium, low-sugar spaghetti sauce
- 1/2 cup pineapple tidbits in 100% juice, drained
- 1/2 cup lean diced ham
- 1/2 cup reduced-fat mozzarella cheese, shredded

## Directions

1. Toast bread or muffin until very lightly browned.
2. Preheat oven to 350°F.
3. Place toasted bread or muffin on a baking sheet.
4. Spread 1/4 of the spaghetti sauce onto each slice of bread or muffin half.
5. Place 1/4 of the pineapple tidbits and 1/4 of the diced ham on top of the spaghetti sauce on each slice of bread or muffin half.
6. Sprinkle 2 tablespoons of cheese on top of pineapple and ham on each slice of bread or muffin half.
7. Bake at 350°F for 4-6 minutes or until cheese melts and bread or muffins are thoroughly heated.

## Suggestions

Create delicious pizza varieties by replacing the pineapple and ham in this recipe with other vegetables and lean meat choices.

Serve with a salad on the side for more vegetables.



# Dance Creation

Put on some good music and dance! Let your child create a new dance and give it a name. You could create one together and name it after your family. Take one day this week to create a new dance.