

# Kids Cafe Newsletter

December  
2024

Happy Healthy  
**HOLIDAYS**



## Nutrition Notes

Children want to eat. They also want sweets. At birth, infants are able to distinguish between only two tastes: sweet and bitter. They prefer sweet to bitter, and sometimes, that preference sticks with them into toddlerhood, childhood, and even adulthood. How can you foster a healthy relationship with all food when all they want is sweets?

**Serve fruits and vegetables often.** The more exposure a child gets to foods, the more likely they are to try them. So if you want your child to eat more fruits and vegetables, serve them at least two or three times a day.

**Set an example.** Your child models the behaviors they learn from their parents and caregivers. If you want them to eat a variety of foods, sit down and eat with them. Let them see you eating a variety of different foods.

**Make all food equal.** Serve your child one serving of dessert alongside their meal. Allow them to eat it first, in the middle, or at the end. This shows your child that all foods can fit into a well-rounded diet.



"It's okay to play with your food." -Emeril Lagasse



## Movement Matters

Movement builds immunity, relieves stress, improves sleep, and fosters creativity. In the winter months, it might sound more difficult to promote movement if you're limited to indoor activities, but it doesn't have to be. Recycle your holiday boxes, bags, and wrapping paper rolls and make an indoor activity course. Let your children help create the course by setting up boxes to crawl through, wrapping paper rolls to jump over, and gift bags to weave around. Then set a timer and see which member of your family can complete the obstacle course first!





## Exploring Pomegranate

Pomegranates are in season this time of year, and they are beautiful both inside and out. Their royal red color and beautiful crown make them an eye appealing addition to a table decoration, and the inside contains beautiful pearls called arils that are packed with vitamins, minerals, and antioxidants. Grab one during your next trip to the grocery store. Allow your child to touch, feel, and smell the whole pomegranate. Then cut the top and bottom off. Inside, you will find white lines, called veins. Cut along the white veins, and slowly start to pull the pomegranate apart. Allow your child to help you gently remove the arils. Allow them to feel, touch, smell, and taste the arils as they explore and learn more about this new, beautiful fruit!

## Recipe of the Month

### *Pomegranate Smoothie*

#### Ingredients:

- 1/2 cup Zucchini
- 1/2 cup Mango
- 1/2 Banana (frozen or fresh)
- 1/2 cup Frozen raspberries
- 1/2 cup 100% Pomegranate juice
- 1/4 cup plain, Greek yogurt
- 1 Tbsp Chia Seeds
- 1 tsp Vanilla

#### Instructions:

1. Cube zucchini, mangos, and bananas.
2. Place all ingredients in a blender.
3. Blend until smooth.



## Kids in the Kitchen

Fostering a healthy relationship with food starts in the kitchen. Give your child age-appropriate tasks in the kitchen to help them develop fine motor skills and learn more about the food you will be serving. Here's a few things your toddler can do in the kitchen:

1. Allow them to wipe down tables
2. Teach them how to set the table
3. Help them pour in or stir together ingredients
4. Have them peel oranges or boiled eggs

For questions or information, contact your Head Start Dietitian, Lori Boyd at [westexrd@gmail.com](mailto:westexrd@gmail.com)