



Colors lead the way in springtime

Our readers know that fruits and vegetables are colorful and tasty and make healthy meals and snacks.

But did you know that the colors in vegetables and fruits have meanings for good health? The red in an apple and orange in a carrot help our bodies stay healthy in special ways.

We know there is no single fruit or vegetable that gives our bodies everything we need to be strong and healthy. Different fruits and vegetables help us in many different ways.

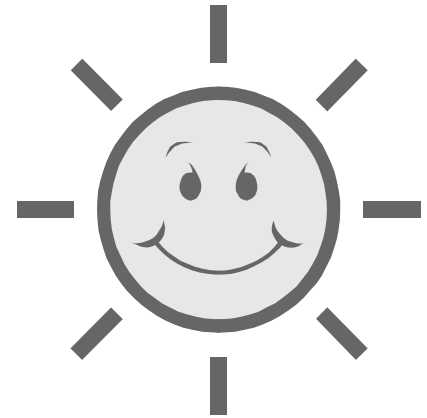
That is why it is important to taste and try many vegetables, fruits and other healthy foods.

The activity in this issue can

help children sample new fruits and vegetables in a fun, no-pressure setting. It is important that parents and teachers show children a good example by trying new foods.

Invite and encourage the children to taste, but don't pressure. Talk about the smell, taste, texture and appearance of the new food. Children who try this activity can be congratulated.

Remind the group that sometimes they will not like a new taste, and that's okay. What is important is for children to be "food tasters" and to always give nutritious foods a try.



Question of the month

True or False:

It can take up to 8-10 exposures to an unfamiliar food before a child is willing to taste it. *Answer elsewhere in this issue.*

Make a tasting face!

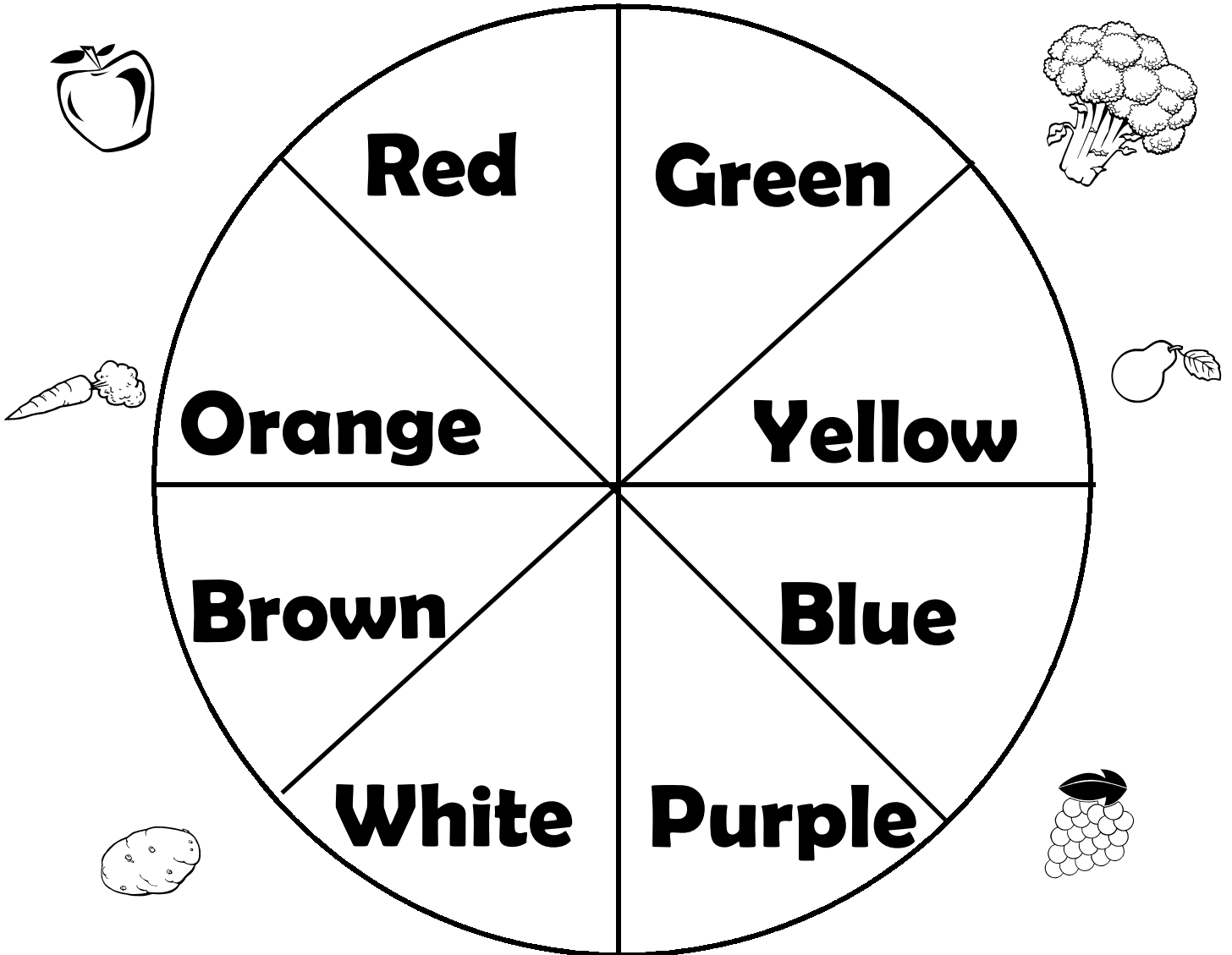
1. Prepare a thick paper or plastic plate and a small dish of plain or vanilla yogurt for each child. Collect and prepare at least four of the following ingredients and place on individual plates with serving spoons: shredded red/purple cabbage, shredded carrots, quartered cherry tomatoes, quartered red or green grapes, quartered canned pineapple rings, raisins, thawed frozen peas, orange segments (cut in chunks), thin slices of banana cut in quarters (in lemon juice), small broccoli florets, Cheerios cereal or granola. Try to have many different colors and textures.
2. Show children the different foods and ask them to call out the names (Plates can be labeled for emphasis). Talk about each food's color, and ask what it can be used for to make a face— like eyes, nose or hair.
3. Children may use fingers or a wide brush to paint a face on the plate with yogurt.
4. Have children use different foods to decorate their face. The leader role models by making his/her own.
5. After children have decorated, the leader models tasting the different items on the plate.
6. Hold a crunch test. Have children try each item while they listen. Ask which is noisy and which is quietest.

When a child is taught from an early age to eat right and exercise, the benefits last a lifetime!

Take a Spin on Nature's Color Wheel!

In spring, nature begins to wake up from the long, cold winter. Plants grow as the snow melts, and we see more animals and birds outside. Now is a great time to explore our parks and playgrounds. Interesting things are waiting to be discovered, if you take the time to look. Try playing this game as you take a walk. Remember, physical activity helps you stay healthy and energized.

Have your child color the color wheel, and take it with you on your walk. Have your child find at least one thing of each color outdoors. The color may be marked as each item is found. Repeat after your child to stress the color and the name of the object found. For more fun, name a fruit or vegetable for each color,



ANSWER: TRUE! It can take 12 to 15 exposures for a child to accept a new food. It is best to continue to offer, not force, new foods.

We want to hear from you!

Dear Parents and Childcare Providers: Let us know how you encourage a healthy lifestyle in your home or daycare. We want to share your ideas with the rest of Bergen County in future issues.

Please contact Kathy Andrusz, Increase Physical Activity and Improve Nutrition Goal Team Liaison, Bergen County Department of Health Services, at 201-634-2694 or email: kandrusz@co.bergen.nj.us

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