

Raising Great Kids



MARCH

Candy and Tooth Decay

Children see candy on TV, watch other children eating candy and see the candy placed at a child's eye level in many stores. So, how do we handle the major battles that arise over eating candy?

Do not treat candy as a reward, a treat, or a bribe. Treat candy as you would any other food and you will avoid the battles.

Remember – your job as a parent is to provide the right food at the right time. Your child controls whether he eats a certain food and how much to eat.!

It is the sugar in candy that attacks the enamel on teeth causing tooth decay. The longer sugar remains in the mouth and the more often sugar is given, the more tooth decay.

Candy that is eaten quickly does less harm than a sucker that a

child sucks on all day. Chewy candy is most harmful because small parts stick between the teeth and stay there until the next brushing.



☞ Choose candy that dissolves fast such as chocolate or sugar wafers.

☞ Follow the candy with a tooth brushing as soon as possible or at least offer a drink of water. 🦋

Source: Nutrition & Health Newsletter, October 2000.



Safety Scoop

Handwashing is a real lifesaver!

Annually, it is estimated that 40 million Americans get sick from germs transmitted on dirty hands. Teach children when to wash their hands:

- ☞ Before eating snacks and meals.
- ☞ After using the restroom
- ☞ After touching animals
- ☞ After sneezing or coughing.
- ☞ When you or someone around you is ill.
- ☞ When hands are dirty.

So, Wash Those Hands



Did You Know?

Did you know you can get the best price for nutritious foods like macaroni, beans and rice if you buy them in bulk?

Pasta and rice can be stored for up to 2 years, and dried beans for up to a year. Store them in a cool dry place – in containers or sealed bags to keep them fresh.

Making the Most of Family Mealtimes

Children learn important lessons and skills during family mealtimes, including viewing food as nourishment for active and healthy bodies. Eating meals together also helps children develop social skills in a comfortable setting. Establishing positive eating habits in childhood years helps children build skills that last a lifetime. Make the most of your family mealtime by trying these ideas.

🔊 Turn off the TV or radio so everyone can focus on the conversation without distraction.

🔊 Let the answering machine pick up phone calls or turn off the phone ringer to avoid dinner interruptions.

🔊 Discuss positive events of the day or upcoming family activities.



Cabbage Patch Pasta (makes 10 servings)

8 ounces wide egg noodles
or fettuccine
1 tablespoon margarine
2 cups shredded cabbage

Cook pasta according to directions. Drain, rinse and set aside. Melt margarine in skillet. Add cabbage and saute until tender, yet still crisp. Add cooked pasta and heat 3 to 5 minutes. 🦋

Source: Healthy Snacks, 1994.

Kids Can Help

Children can bring and measure ingredients. An adult needs to operate the stovetop.

All children must be supervised when they are in the kitchen.



🔊 Remember that children often take more time to eat than adults. Take your time through dinner and enjoy the extra few minutes sitting at the table.

🔊 Offer a variety of choices from all food groups. Do not label food as good or bad, healthy food or junk food. You can set up a situation where children may feel deprived of certain foods. Then they may find other ways to sneak them in. If you offer all types of foods with a trusting atmosphere, children will choose a nutritious variety. 🦋

Source: www.eatright.org.

Is there anything that will make food more appealing to children who are picky eaters?



Cooking with kids almost always helps. Most children love to eat their own creation, even spinach! Getting kids cooking will also help children who must be on a special food plan to control diabetes, kidney disease, cancer, weight or other problems. 🦋

Palm Beach County Extension ~ University of Florida/IFAS ~ Family & Consumer Sciences
559 North Military Trail ~ West Palm Beach, FL 33415-1311

561-233-1742 ~ pbcgov.com/coopext/FACS

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