

Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured vegetable is **carrots**



Health and Learning Success Go Hand-in-Hand

Help your child do better on tests by serving a variety of colorful fruits and vegetables every day. With *Harvest of the Month*, your family can explore, taste, and learn about eating more fruits and vegetables and being active every day.

Produce Tips

- Carrots are always in season. You can find them fresh, frozen, or canned.
- Look for smooth, firm, and well-shaped carrots with an even color.
- Avoid carrots that feel soft, limp, or wilted.
- Refrigerate carrots in a plastic bag for up to two weeks.
- If you buy fresh carrots with the green tops, break off the tops before refrigerating. You can add the chopped green tops to soups for extra flavor.
- Look for low-sodium varieties of frozen or canned carrots.

Healthy Serving Ideas

- Carrots can be eaten whole, sliced into sticks, cut into rounds, chopped, shredded, and cooked.
- Add shredded carrots to salads and soups for a crunchy, sweet flavor.
- Have your child think of other ways to include carrots in family meals.
- Ask your child to tell you why eating fruits and vegetables is important.

SUPREME MASHED POTATOES

Makes 10 servings. $\frac{3}{4}$ cup per serving.
Total time: 55 minutes

Ingredients:

- 6 medium potatoes, peeled and cubed
- 2 large carrots, peeled and chopped
- 3 large cloves garlic, finely chopped
- $\frac{1}{2}$ cup low-sodium chicken broth
- 1 tablespoon butter

1. Combine potatoes and carrots in large pot. Fill with cold water. Bring to a boil and cook for 5 minutes.
2. Add garlic and reduce heat to simmer until vegetables are tender, about 35 minutes.
3. Drain pot and keep 1 cup of the cooking liquid.
4. Mash potatoes, carrots, and garlic with a hand masher.
5. In a small pan, heat chicken broth and butter over medium heat until butter melts.
6. Slowly stir broth mixture into the mashed potatoes.
7. If necessary, add the reserved cooking liquid until potatoes reach the desired thickness. Serve hot.

Nutrition information per serving:

Calories 104, Carbohydrate 22 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 1 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 51 mg

Adapted from: *Soulful Recipes: Building Healthy Traditions*, Network for a Healthy California, 2008.

Let's Get Physical!

- With spring testing, it is important that your child gets outside. Daily physical activity may help improve your child's focus and test performance.
- Take your child on a scavenger hunt at a local park. See how many different types of plants and trees your child can find.

For more ideas, visit:

www.cachampionsforchange.net

Nutrition Facts

Serving Size: $\frac{1}{2}$ cup carrots, sliced (61g)	
Calories 25	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Sugars 3g	
Protein 1g	
Vitamin A 204%	Calcium 2%
Vitamin C 6%	Iron 1%

How Much Do I Need?

- A $\frac{1}{2}$ cup of sliced carrots is about the same as one medium carrot or four baby carrots. This is about one cupped handful.
- A $\frac{1}{2}$ cup of carrots (fresh or cooked) provides more than 200% of the recommended Daily Value for vitamin A.
- Vitamin A is important because it helps keep your vision good and your skin healthy. It also helps your body fight infections.
- Frozen, canned, and cooked carrots are just as nutritious as fresh.

The amount of fruits and vegetables that is right for you depends on your age, gender, and physical activity level. Find out how much each person in your family needs. Help your family eat the recommended amount by serving a variety of colorful fruits and vegetables in meals and snacks throughout the day. It will help keep your family healthy.

Recommended Daily Amount of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2 $\frac{1}{2}$ - 5 cups per day	4 $\frac{1}{2}$ - 6 $\frac{1}{2}$ cups per day
Females	2 $\frac{1}{2}$ - 5 cups per day	3 $\frac{1}{2}$ - 5 cups per day

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

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Yuav Tsum Muaj Kev Kawm Thiab Kev Noj Qab Nyob Zoo Sib Nrawg Nroos.

Nyob rau lub caij nplooj ntoo hlaw lub xeev California yuav muab qhov kev xeev ntawv hu ua Standardized testing and Reporting (STAR) rau cov me nyuam kawm ntawv xeev. Lub caij ntawd nws yog ib qho tseem ceeb rau koj tus me nyuam uas yuav tsum tau noj tej zaub mov kom muaj txiaj ntsim zoo rau lub cev. Mus saib daim ntawv **Lub Hlis Sau Qoob** cov lus sau hais qhia txog khoom noj. Xyaum noj txiv hmab txiv ntoo thiab lwm yam zaub kom ntau ntxiv thiab tawm ncig taug kev txhua txhua hnuv. **Lub Hlis Sau Qoob** no yog qhia txog **Zaub Ntug Hauv Paus Daj** (Carrots).

Kev Xaiv Zaub Ntug Hauv Paus Daj.

- Cov zaub ntug hauv paus daj no muaj thawm niaj thawm xyoo.
- Xaiv yuav tus uas ntev ncu, yiag txias, daj tshiab tshiab uas tsis ua pob caus thiab tsis tawg pleb.
- Txhob yuav tus uas de los ntev ntev es twb zooj/muag lawm.
- Muab cov zaub ntug hauv paus daj no tso rau hauv txe txias (refrigerator) es thiaj tsis ntsws sai.
- Txiaiv cov nplooj ntsuab pov tseg thiab muab dej ntxuav kom huv si mam muab cia.
- Txhob muab tso xyaw lwm yam txiv hmab txiv ntoo vim tias cov zaub ntug hauv paus daj yuav lwj zoo.

Kev Ua Pab Kom Muaj Kev Nyob Hauj Zas.

- Mus ncig cog zaug rau tej vaj zaub; yog ib qho zoo rau koj lub cev.

Kev Ua Pab Kom Muaj Kev Nyob Hauj Zas.

- Tsev kawm ntawv muaj txiv hmab txiv ntoo rau cov tub ntxhais kawm ntawv noj; hais kom koj cov me nyuam noj tej txiv hmab txiv ntoo ntawd mas yuav pab tau lawv kom lawv muaj lub cim xeeb zoo thiab xeev tau ntawv zoo. Hu mus nrog cov neeg ua hauj lwm tom koj tus me nyuam lub tsev kawm ntawv thiab nws tus xib fwb tham kom paub ntxaws ntxiv.
- Hais kom koj tus me nyuam piav qhov zoo ntawm kev noj zaub thiab noj txiv hmab txiv ntoo qhia rau koj.

Siv Lub Cev Ua Hauj Lwm! Koom Hom Khaj (Exercise) Ua Ke!

- Yuav kom xeev tau ntawv zoo rau lub caij nplooj ntoo hlaw no mas koj tus me nyuam yuav tsum tau tawm rooj mus hom khaj (exercise). Kev hom khaj (exercise) yuav pab tau koj tus me nyuam lub hlwb kom khiav zoo dua thiab xeev tau ntawv zoo dua.
- Coj koj tus me nyuam mus hom khaj(exercise)tim park. Cig taug kev qhia tej noj tsuag thiab tej ntoo rau lawv.
- Thaum lub caij hnuv ntev coj tsev neeg mus ua si taug kev. Xav paub ntau ntxiv txog lub tswv yim kev hom khaj (exercise) mus saib hauv internet ntawm:

www.kidnetic.com
www.verbnow.com

Pab Kom Me Nyuam Noj Tej Khoom Muaj Txiaj Ntsim Rau Lub Cev.

- Yuav cov zaub ntug hauv paus daj me me rau me nyuam noj nyoos txom ncauj.
- Noj zaub ntug hauv paus daj nrog txhua txhua puas tshais, puas su thiab puas hmo los tau.
- Chais zaub ntug hauv paus daj nyoos do nrog salad noj los sis muab hau xyaw lwm yam zaub kom muaj tsos qab noj los tau.
- Noj zaub ntug hauv paus daj nyoos, txhoov hau nrog lwm yam zaub thiab nqaij, chais kib xyaw lwm yam zaub los sis zom nrog lwm yam txiv ntoo ua kua haus. Nug koj tus me nyuam txog lwm tus liaj txheej kev noj zaub ntug hauv paus daj ntxuag mov thiab.

Xav tau tswv yim ntxiv mus saib:

www.cachampionsforchange.net

