



Harvest of the Month

May

Health and Learning Success Go Hand-in-Hand

May is a great time in California to try new fruits and vegetables and be active outdoors. Studies show that proper nutrition and regular physical activity can improve a child's mood, memory and classroom behavior — even test performance. With **Harvest of the Month**, your family can explore, taste and learn about the importance of eating fruits and vegetables and being active every day.

The **Harvest of the Month** featured fruit is

strawberries



Produce Tips

- Strawberries are picked at their peak of freshness. They do not ripen after harvesting. So make sure to pick ones that are bright red, have a natural shine and green caps that look fresh.
- Store unwashed strawberries in the refrigerator to keep them fresh.
- Before serving, use cool water to gently wash strawberries with the green caps still attached.
- For best flavor, allow strawberries to reach room temperature before serving.

BANANA BERRY PANCAKES

Ingredients:
(Makes 4 servings at 2 pancakes each)

1 large banana, peeled and sliced

1 cup complete pancake mix

½ cup water

Nonstick cooking spray

Topping:

1½ cups frozen or fresh strawberries

2 tablespoons strawberry jam

1. Place banana in a medium bowl and mash with a fork. Add pancake mix and water; stir until blended.
2. Spray large skillet with cooking spray over medium heat. Pour ¼ cup batter for each pancake into hot skillet.
3. Cook pancakes for 2 minutes on each side or until cooked through.
4. While pancakes are cooking, combine berries and jam in small bowl. Microwave on high for 1 minute. Stir and then cook for 1 minute more.
5. Spoon topping over pancakes. Serve.

Adapted from: *Discover the Secret to Healthy Living*, Public Health Institute, 2004.

Let's Get Physical!

- May is National Physical Fitness and Sports Month. Find out what your child's favorite activity and/or sport is and then do it together.
- Ride Your Bike to Work Day also takes place in May. Make arrangements for you and your child to ride bikes to work and school.

For more information, visit:

www.californiabikecommute.com

Nutrition Facts

Serving Size: 1 cup, halves
(152g)

Amount per Serving

Calories 49 Calories from Fat 4

% Daily Value

Total Fat 0g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 2mg 0%

Total Carbohydrate 12g 4%

Dietary Fiber 3g 12%

Sugars 7g

Protein 1g

Vitamin A 0% Calcium 2%

Vitamin C 149% Iron 3%

Source: www.nutritiondata.com

Healthy Help

- Keep fruits and vegetables visible and easily accessible. For example, keep produce on the counter or at your child's eye level in the refrigerator.
- Add fresh fruits and vegetables to foods your child already eats — berries to yogurt and cereals, vegetables to pasta and pizza, and tomatoes to sandwiches.
- Instead of ice cream, keep bags of frozen fruit in the freezer for a refreshing snack.
- Help your child's school create a healthy environment. Send healthy snacks for class parties.

Helping Your Kids Eat Healthy

- Slice strawberries into high fiber cereal and calcium-rich lowfat yogurt.
- Blend frozen strawberries with ice and orange juice (or lowfat yogurt) to make a quick and tasty smoothie.
- Toss strawberries in a salad.
- Strawberries are a tasty snack all by themselves. Just wash them, remove the stem and enjoy.

For more ideas, visit:

www.cachampionsforchange.net

www.calstrawberry.com



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



Lub 5 hlis ntuj yog ib lub sij hawm zoo kawg nkaus nyob rau hauv lub xeev Kas Lis Faus Nias vim tias nws muaj ntau yam txiv hmab txiv ntoo siav zom zaws thiab tej qoob loo los hlob nphau nphwv vim huab cua sov lawm. Tsis tas li xwb, lub caij no mas zoo heev rau txhua leej txhua tus tawm rooj mus ncig hom khaj ua si tom tej park. Kev noj tej khoom uas zoo rau yus lub cev thiab siv yus lub cev ua hauj lwm (exercise) kom ntau yog ib qho pab rau koj thiab koj tus me nyuam kom muaj lub siab tus, muaj cim xeeb zoo thiab coj tus xeeb ceem zoo dua rau tom tsev kawm ntawv. Daim ntawv no yog piav qhia txog kev noj tej khoom uas muaj txiaj ntsim zoo rau lub cev thiab ua hom khaj (exercise) kom tsaus. **“Lub Hlis Sau Qoob”** no yog hais txog **Txiv Pos Nphuab** (strawberries).

Kev De Thiab Tu Txiv Pos Nphuab Cia:

- Txiv pos nphuab mas yuav tsum de thaum uas siav siav lawm xwb. Tom qab de los cia mas txiv pos nphuab yuav tsis siav ntxiv lawm. Ua zoo xyuas es de lub uas liab, ntsia muaj tsos ci ci thiab lub paj qia tseem ntsuab ntsuab xwb.
- Muab cov txiv pos nphuab de tau tshiab tshiab los tso rau hauv txee txias (refrigerator) nws thiaj tsis lwj sai. Tsis txhob muab ntxuav ua ntej mam cia rau hauv txee txias (refrigerator) .
- Muab dej txias maj mam ntxuav cov txiv ua ntej mam noj. Koj xav cia yav qia los tau.
- Lub txiv pos yuav qab dua yog txhob cia txias txias heev

Hom Khaj (Exercise) Kom Ntau!

- Lub 5 Hlis ntuj yog lub hli uas zeej toom neeg thoob teb chaws nthuav txog txoj kev dhia ua si hom khaj (exercise) thiab muaj kev sib twv ntau yam sports.
- Nug koj cov me nyuam seb yam ua si twg yog yam lawv nyiam tshaj es koj thiaj xyaum ua tau nrog lawv.
- Lub 5 Hlis yog lub caij zoo rau caij tsheb kauj vab mus kawm ntawv thiab mus ua hauj lwm. Nrhiav caij tsheb kauj vab nrog lwm tus ua ke
Yog koj xav paub txog kev caij tsheb kauj vab kom ntxaws ntxiv mus saib hauv internet ntawm: www.californiabikecommute.com.

Lwm Txoj Kev Noj Haus Pab Kom Muaj Kev Nyob Hauj Zas:

- Tso tej txiv hmab txiv ntoo thiab zaub cia rau tej chaw tab kev hauv txee txias (refrigerator) thiab ntawm tej txee kom koj pom, es koj thiaj nco qab muab noj.
- Muab txiv hmab txiv ntoo thiab zaub xyaw kom ntau rau tej khoom noj uas koj tus me nyuam nyiam noj. Tso txiv pos xyaw rau yogurt thiab cereal. Tso zaub xyaw rau pasta thiab pizza. Tso txiv lws suav xyaw rau sandwiches.
- Muab tej txauj txiv hmab txiv ntoo tso rau hauv freezer kom khov es thau los noj li ice cream.
- Ua tej zaub mov uas muaj txiaj ntsim zoo pab rau lub cev rau koj tus me nyuam nqa mus noj sus tom tsev kawm ntawv. Nws yog ib qho uas zoo rau lwm cov me nyuam kawm ntawv pom koj tus me nyuam noj tej zaub mov muaj txiaj ntsim pab rau lub cev.

K ev Qhia Ua Txiv Pos Nphuab Noj.

- Muab cov txiv pos chais ua tej daim tso xyaw rau cereal thiab yogurt noj.
- Muab cov txiv pos khov hauv freezer zom xyaw ice thiab kua txiv kab ntxwv los sis xyaw yogurt haus.
- Chais txiv pos nphuab ua tej daim do xyaw salad noj.
- Kev Noj txiv pos nphuab. Muab ntxuav dej kom huv ua ntej ces de lub qia ntsuab pov tsev mam noj.

Yog xav tau tswv yim ntxiv txog kev noj txiv pos nphuab ces qhib koj lub computer mus rau ntawm:

www.cachampionsforchange.net

www.calstrawberry.com.

