

EATING SMART THROUGHOUT THE LIFECYCLE



MAKE IT FUN!

Being physically active should be fun. Physical activity can be as simple as moving around, dancing, or just free play. Help your child find some form of activity they enjoy and help them do it or better yet, do it with them. Make family time active time. Plan activities together such as a walk after dinner or a trip to the park.



EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM

NC STATE UNIVERSITY

Encourage Your Child to Eat Smart and Move More

BE PATIENT

Young children may not be interested in trying new foods. Offer a new food more than once. It sometimes takes up to ten tries before a child will like a new food.

BE A PLANNER

Most children need a snack or two in addition to three regular daily meals. Plan and schedule meals and snacks so that children have a routine.

BE A GOOD ROLE MODEL

What you do can mean more than what you say. Your child learns from you about what to eat and how to move. Eat meals with your children whenever possible. Walk, run, and play with your children, don't just sit on the sidelines. A family that is physically active together has lots of fun!

BE ADVENTUROUS

At the grocery store, ask your child to choose a new vegetable or fruit. At home let them help wash and prepare the food. Encourage all family members to enjoy a variety of foods.

BE CREATIVE

Get your children involved in food preparation. Children are more likely to try new foods if they help get them to the table.

TURN OFF THE TV

One way to encourage your children to be more active is to limit the amount of TV and video games to no more than 2 hours per day. When you do watch, move around or stretch during the commercials.



QUICK PIZZA

Makes 2 servings

Serving Size: 1 piece

Ingredients

- 2 slices whole-wheat bread or English muffin, halved
- 1/2 cup low-sodium spaghetti sauce
- 1/2 cup pineapple tidbits in own juice, drained
- 1/2 cup lean diced ham
- 1/4 cup reduced-fat mozzarella cheese, shredded

Directions

1. Toast bread or muffin until very lightly browned.
2. Preheat oven to 350° F.
3. Place toasted bread or muffin on a baking sheet.
4. Spread 1/2 of the spaghetti sauce onto each slice of bread or muffin half.
5. Place 1/2 of the pineapple tidbits and 1/2 of the diced ham on top of the spaghetti sauce on each slice of bread or muffin half.
6. Sprinkle 2 tablespoons of cheese on top of pineapple and ham on each slice of bread or muffin half.
7. Bake at 350° F for 4-6 minutes or until cheese melts and bread or muffins are thoroughly heated.

Suggestion

Create delicious pizza varieties by replacing the pineapple and ham in this recipe with other vegetables and lean meat choices.

Nutrition information Per Serving

270 calories		Total Carbohydrate	40 g
Total Fat	6 g	Dietary Fiber	9 g
Saturated Fat	2.5 g	Sodium	390 mg
Protein	12 g		

 Excellent Source of Vitamin C

 Good Source of Calcium

 Good Source of Iron



Eat Smart



DANCE CREATION

Put on some good music and dance! Let your child create a new dance and give it a name. You could create one together and name it after your family. Take one day this week to create a new dance.

Move More

