

Fun and Resources

Thursday 05-14-2020



CHEESE



Whole Grain Mac & Cheese

INGREDIENTS

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2 Tbsp flour	1 cup <i>milk</i>
2 Tbsp butter	1 cup grated <i>cheese</i>
2 cups <i>whole wheat macaroni</i> , cooked	salt/pepper to taste

DIRECTIONS

- 1 Melt butter in a medium sized pot. Whisk in flour and keep whisking on medium heat for 1-2 minutes.
- 2 Turn heat to low and quickly whisk in milk. Turn heat back up to medium and keep whisking until mixture starts to thicken and all lumps of flour are dissolved.
- 3 Stir in grated cheese and once it melts, mix in the cooked noodles. Salt and pepper to taste.

Serves: 5 (1/2 cup per serving)

One serving: 240 Calories, 13 g Fat, 21 g Carbohydrate,
10 g Protein, 196 mg Sodium, 2 g Fiber

Recipe adapted from 100daysofrealfood.com

CHEESE



Cheesy Scalloped Potatoes

INGREDIENTS

- 4 cups **potatoes**, thinly sliced 3 Tbsp butter
3 Tbsp flour 1 1/2 cups **milk**
1 tsp salt 1 dash paprika
1 dash cayenne pepper 1 1/2 cups grated **sharp cheddar cheese**, divided

DIRECTIONS

- 1** In small sauce pan, melt butter on medium heat and blend in flour. Let sit for a minute.
- 2** Add all of cold milk, stirring with a whisk. Season with salt and cayenne pepper.
- 3** Cook sauce on low until smooth and boiling, stirring occasionally. Keep sauce on low heat and stir in 1 cup cheese.
- 4** Place half of sliced potatoes in a lightly greased 8 by 8 inch baking dish. Pour half of cheese sauce over potatoes. Repeat with second layer of potatoes and cheese sauce.
- 5** Sprinkle remaining 1/2 cup cheese on top. Top with some paprika for color. Bake uncovered for 1 hour at 350° F.

Serves: 9 (3" x 3" piece per serving)

One serving: 147 Calories, 7 g Fat, 15 g Carbohydrate,
8 g Protein, 403 mg Sodium, 2 g Fiber

Recipe adapted from food.com

CHEESE



No Recipe Needed!

- 1** Cheese Kabobs: Alternate placing **cheese** cubes and **grapes** or **cucumbers** on a pretzel stick or a toothpick.
- 2** Quesadilla: Microwave a whole **wheat or corn tortilla** topped with **cheese** until melted. Add **spinach** for an extra serving of veggies.
- 3** Mini Pizza: Toast a slice of **whole wheat bread** or **tortilla** topped with tomato sauce, **cheese**, and other toppings (like **fresh vegetables**).
- 4** Grilled **cheese** and **tomato** sandwich on **whole wheat bread**: great for a rainy day!
- 5** Slice **zucchini** or a **potato** into rounds and roast in the oven with seasonings and melted **cheese**.



Backpack Connection Series

About this Series

The Backpack Connection Series was created by TACSEI to provide a way for teachers and parents/caregivers to work together to help young children develop social emotional skills and reduce challenging behavior. Teachers may choose to send a handout home in each child's backpack when a new strategy or skill is introduced to the class. Each Backpack Connection handout provides information that helps parents stay informed about what their child is learning at school and specific ideas on how to use the strategy or skill at home.

The Pyramid Model



The Pyramid Model is a framework that provides programs with guidance on how to promote social emotional competence in all children and design effective interventions that support young children who might have persistent challenging behavior. It also provides practices to ensure that children with social emotional delays receive intentional teaching. Programs that implement the Pyramid Model are eager to work together with families to meet every child's individualized learning and support needs. To learn more about the Pyramid Model, please visit ChallengingBehavior.org.

More Information

More information and resources on this and other topics are available on our website, ChallengingBehavior.org.



National Center for
Pyramid Model
INNOVATIONS

ChallengingBehavior.org

How to Help Your Child Learn to Trade

Brooks Bragle, Alyson Jirari & Jill Giacomini

When a child sees another child playing with a toy she wants, her first instinct is to take it. This behavior can be frustrating to playmates and often leads to an argument. Trading is a solution children can choose as a way to get an object from someone else in a positive way, and is a great first step in learning how to share. Trading is also a skill that must be taught and practiced many times. However, once your child is comfortable trading with others it can make her feel empowered. Knowing how to trade helps children to manage their emotions and confidently solve their own problems without help from an adult. Unlike sharing, where children must wait to use a toy, trading is a solution that allows both people to feel happy with the outcome right away. It takes patience and guidance to teach your child how to negotiate with playmates by herself, but it is a valuable skill that she will use throughout her life.



Try This at Home

- Play with the skill of trading. "I have a blue block. Can I trade for your red one?"
- Begin with objects that mean little to your child or objects that are similar to each other so he can practice how to work his way through the interaction, rather than worry about the object itself and who has it. For example, trade pencils, crackers or blocks rather than a favorite blanket or stuffed animal.
- Puppets, trains, dolls and cars can also practice how to trade. "Oh no! Thomas the train does not like bananas. Can Bertie trade him for the strawberry?" The follow-up to this interaction is also important. "Wow! Now they are both happy and have food they like."
- Trading can be useful when working through disagreements between siblings. "I know how frustrating it can be when your brother takes your special car. Look, here is another one! Tell your brother, 'We can trade!'"
- Use trading as a possible solution for problems. "There are two boys and only one basketball. Would you like to play together or trade for the soccer ball?"

Practice at School

At school, children are taught how to trade through role-play or puppet shows before they are expected to trade by themselves during class. Children are encouraged to use trading as a way to solve problems that come up when they play with peers. Teachers give the children many opportunities to practice the skill during the day. For example, a teacher may intentionally set out two colors of paint at an activity table for two children. After the children use the first paint, the teacher might suggest that the children trade to try a new color. Or, if the children initiate the trade themselves, the teacher can compliment them on successfully using a new skill.

The Bottom Line

Knowing how to trade is the first skill a child can use to work together with others. Trading teaches children how to use their words to engage in conversations with friends and is the first step to learn how to negotiate. Your child will find trading very useful as she becomes interested in the people and things around her and develops opinions about what she likes. Trading teaches a child to value her own desires while balancing the needs and rights of others.



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Super Cool Soda



Materials

- **1 (or 2) bottles of water, soda, or juice**

Instructions

- 1. Put the bottle into the freezer for 45 minutes.**
- 2. Wait 45 minutes.**
- 3. Test to see if it is supercooled: put an ice cube in a glass and pour a little liquid out of the bottle. If it is supercooled, it will turn the consistency of a milkshake.**
- 4. If it is still completely liquid, put the bottle back into the freezer with the lid screwed on for 15 minutes.**
- 5. Repeat steps 3 and 4 until you have a supercool treat. If your bottle freezes solid in the freezer, you can try the backup bottle (if you used two bottles) or run the frozen bottle under warm water until it thaws.**

How does it work?

Water freezes at 32 degrees Fahrenheit, 0 degrees Celsius. It is possible to bring it below 32 degrees F, but usually only for a little while, and only if there are no ice crystals formed in the water yet. Once the supercool water forms a crystal or touches another piece of ice, it freezes in a hurry!

Children and Colds

Your child probably will have more colds, or what are called “upper respiratory infections”, than any other illness. In the first two years of life alone, most children have eight to ten colds. And if there are older school-age children in your house, you may see even more, since colds easily pass from one child to another.

That’s the bad news, but there is some good news, too: Most colds go away by themselves and do not lead to anything worse.



How colds spread

Colds are caused by viruses (these are much smaller than bacteria). A sneeze or a cough by someone with a virus can then be breathed in by another person, making them sick. The virus may also go from one person to another, in the following ways:

1. Children or adults with the virus can cough, sneeze, or touch their nose and get some of the virus on their hands.
2. They then touch the hand of a healthy person.
3. The healthy person then touches their own nose, and the virus grows in the healthy person’s nose or throat. A cold can then develop.
4. This can happen again and again, with the virus moving from that newly sick child or adult to another person.

How to tell when a child has a cold (signs and symptoms)

Once the virus gets into the body and grows more and more viruses, your child will get some of these symptoms:

- Runny nose (first, a clear liquid coming out; later, a thicker, often colored mucus)
- Sneezing
- Low fever (</English/health-issues/conditions/fever/Pages/default.aspx>) (101–102 degrees Fahrenheit [38.3–38.9 degrees Celsius]), particularly at night
- Not wanting to eat
- Sore throat and, perhaps, difficulty swallowing
- Cough
- Fussiness on-and-off

- Slightly swollen glands (</English/health-issues/conditions/ear-nose-throat/Pages/Swollen-Glands.aspx>)
- Pus on the tonsils, especially in children three years and older, may mean your child has an infection called strep (</English/health-issues/conditions/ear-nose-throat/Pages/When-a-Sore-Throat-is-a-More-Serious-Infection.aspx>).

If your child has a typical cold without major problems, the symptoms should go away slowly after seven to ten days.

When to Call the Pediatrician

Older children with a cold don't usually need to see a doctor unless they look very sick. If a child is three months or younger (</English/health-issues/conditions/fever/Pages/When-to-Call-the-Pediatrician.aspx>), however, call the pediatrician at the first sign of illness. With young babies, it may be hard to tell when they are very sick. Colds can quickly become dangerous problems, such as bronchiolitis (</English/health-issues/conditions/chest-lungs/Pages/Bronchiolitis.aspx>), croup (</English/health-issues/conditions/chest-lungs/Pages/Croup-Treatment.aspx>), or pneumonia.

For a child older than three months, call the pediatrician if:

- The openings of the nose (nostrils) are get larger with each breath, the skin above or below the ribs sucks in with each breath (retractions), or your child is breathing fast or having any trouble breathing.
- The lips or nails turn blue.
- Nasal mucus lasts for longer than 10 to 14 days.
- The cough just won't go away (it lasts more than one week).
- She has ear pain.
- Her temperature is over 102 degrees Fahrenheit (38.9 degrees Celsius).
- She is too sleepy or cranky.

Your child's doctor may want to see your child, or may ask you to watch her closely and report back if she doesn't get better each day and is not completely better within one week from the start of her illness.

Treatment

Unfortunately, there's no cure for the common cold. Antibiotics (</English/safety-prevention/at-home/medication-safety/Pages/Guidelines-for-Antibiotic-Use.aspx>) may be used to fight infections caused by bacteria, but they have no effect on viruses. The best thing you can do is to make your child comfortable, gets plenty of rest and drinks extra amounts of liquids.

See *Caring for Your Child's Cold or Flu* (</English/safety-prevention/at-home/medication-safety/Pages/How-to-Manage-Colds-and-Flu.aspx>) for more information on treatment options.

Prevention

For babies under three months old, the best prevention against the common cold is to keep them away from people who have one. This is especially true during the winter, when more people are sick with viruses. A virus that causes a mild illness in an older child or an adult can cause a more serious one in an infant.

Children in child care and school should learn to cover their mouths and noses with a tissue when they cough or sneeze (and then put the tissue in the trash right away). Everyone should be encouraged to wash their hands with soap and water or use an alcohol-based hand sanitizer. This can help stop colds and other viruses from spreading.

Additional Information:

- [Fever and Pain Medicine: How Much to Give Your Child \(/English/safety-prevention/at-home/medication-safety/Pages/Fever-and-Pain-Medicines-How-Much-to-Give.aspx\)](#)
- [Winter Coughs and Colds: Medicines or Home Remedies? \(/English/health-issues/conditions/chest-lungs/Pages/Coughs-and-Colds-Medicines-or-Home-Remedies.aspx\)](#)

Last Updated
4/9/2018

Source
Adapted from *Caring for Your Baby and Young Child: Birth to Age 5*, 6th Edition (Copyright © 2015 American Academy of Pediatrics)

The information contained on this Web site should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

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Give Them More
of the
Good Stuff!

Grape Basics

Shop and Save

For eating fresh, choose table grapes. They have thinner skins and are sweet and juicy. Grapes grown for juice or wine have thicker skins and much more sugar.

Look for firm, plump grapes that are firmly attached to green, flexible stems.

Avoid grapes that are shriveled, sticky, have brown spots, or with dry, brittle stems.

Grapes are commonly purple, red or pale green. They may be seedless or have seeds. Try different colors, sizes and textures by choosing the variety that is lowest in price.

All grapes – any color – contain vitamins C and K which help heal cuts.



Raisins

Depending on the variety of grape, raisins (dried grapes) become dark brown or golden.

Look for tightly-sealed containers or covered bulk bins. Raisins should feel soft and pliable.

Store raisins in an airtight container in a cool, dry, dark place.

Once opened, reseal the package tightly to help prevent hardening. For best quality use within 6 months.

If raisins become hard, soak in hot liquid for 5 to 15 minutes. Drain and use.

It takes 1 cup of grapes to make ¼ cup of raisins. They both have about 100 calories.

Store Well Waste Less

- Leave grapes on the stem but remove any grapes that are shriveled, brown, or moldy.
- Grapes can be kept on the countertop for a day or two, but last longer when refrigerated. Place them in an open container or



perforated plastic bag. For best quality, use within 7 to 10 days.

- Rinse under cool water just before eating. Extra moisture during storage speeds spoilage.

Whole grapes are a serious choking hazard for children younger than four years old. Cut grapes in half lengthwise or even into quarters.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

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Enjoy Grapes

Grape and Cucumber Salad

Ingredients:

- 3 cups **grapes**, cut in half or quarters
- 3 cups sliced **cucumber**
- 1/4 cup thinly sliced **green onion**

Dressing:

- 1/4 cup **vinegar**
- 1 teaspoon **oil**
- 2 teaspoons **brown sugar**
- 3/4 teaspoon **salt**
- 1/4 teaspoon **hot sauce**, optional

Directions:

1. Place the grapes, cucumber and green onion in a medium bowl.
2. In a small bowl or jar with a tight lid, mix or shake together the dressing ingredients and hot sauce, if using.
3. Pour over grapes and cucumbers and stir until mixed.
4. Refrigerate leftovers within 2 hours.

Makes 6 cups

Prep time: 15 minutes

Grape Salsa

Ingredients:

- 2 cups **grapes**, cut in pieces
- 1/2 cup sliced **green onion**
- 1/2 cup diced **Anaheim chilies**, fresh or canned
- 2 Tablespoons chopped **cilantro**
- 2 Tablespoons **vinegar**
- 1/4 teaspoon **garlic powder** or 1 clove **garlic**, minced
- 1/2 teaspoon **salt**
- 1/8 teaspoon **hot sauce**

Directions:

1. Combine all ingredients in medium bowl; mix well. Let stand at least 1 hour. Drain off excess liquid before serving.
2. Refrigerate leftovers within 2 hours.

Makes 2 cups

Prep time: 20 minutes + 1 hour standing time

Visit FoodHero.org for more tasty ways to use grapes.

Fruited Tabbouleh

Ingredients:

- 1 1/2 cups **broth**, chicken or vegetable
- 1 cup **bulgur wheat**
- 1 cup **grapes**, cut in half or quarters
- 1/3 cup minced **onion**
- 3 Tablespoons chopped fresh **mint leaves** or parsley
- 1 small **orange**, peeled and diced or 3/4 cup (one 11-ounce can) **mandarin oranges**, drained

Dressing:

- 2 Tablespoons **oil**
- 2 Tablespoons **lemon juice** or **vinegar**
- 2 teaspoons **sugar**
- 1/4 teaspoon **salt**
- 1/2 teaspoon **ground ginger**
- 1/2 teaspoon **ground cumin**
- 1/4 teaspoon **black pepper**

Directions:

1. Heat broth to boiling, stir in bulgur and turn off heat. Cover and set aside for 25 minutes.
2. Remove the cover and fluff the bulgur with a fork. Let cool at least 5 minutes.
3. Stir in grapes, onion, mint or parsley, and orange.
4. In a small bowl or jar with a tight lid, mix or shake together the dressing ingredients. Pour over bulgur and toss well. Chill until ready to serve.
5. Refrigerate leftovers within 2 hours.

Makes 4 cups

Prep time: 25 minutes + cooling time



When kids help make healthy food, they are more likely to try it. Show kids how to:

- ✿ **rinse grapes under cool running water.**
- ✿ **cut grapes in half or smaller to reduce the chance of choking.**