

Fun and Resources

Tuesday

05-12-2020



FRUITS/VEGGIES



Stir Fry

INGREDIENTS

- 2 Tbsp vegetable oil
- 1 pound beef/chicken (in strips)
- 1 1/2 cup **broccoli florets**
- 1 **red bell pepper**, sliced
- 2 cups cooked **brown rice**
- 1 **green onion**, chopped
- 2 Tbsp soy sauce
- 1 tsp minced **garlic**
- 2 **carrots**, thinly sliced

DIRECTIONS

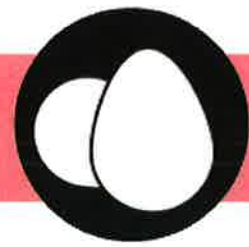
- 1** Heat vegetable oil in large frying pan over medium-high heat. Cook and stir beef/chicken until cooked well-done (3-4 minutes).
- 2** Add broccoli, bell peppers, carrots, green onion, and garlic. Cook and stir vegetables for 2 minutes.
- 3** Season mixture with soy sauce. Continue to cook and stir until vegetables are tender, about 2 more minutes. Serve over cooked rice.
- 4** Note: Chicken is fully cooked when its temperature is 165° F. Beef is fully cooked when its temperature is 145° F.

Serves: 4

(1 cup meat/veg and 1/2 cup brown rice per serving)

One serving: 359 Calories, 13 g Fat, 31 g Carbohydrates,
30 g Protein, 544 mg Sodium, 4 g Fiber

EGGS



Fried Rice

INGREDIENTS

2 cups **brown rice**, cooked 2/3 cup chopped **carrots**
1/2 cup **peas** 2 Tbsp vegetable oil
2 **eggs** soy sauce to taste

DIRECTIONS

- 1 Heat a large pan and pour in oil. Stir in carrots and cook for 3-5 minutes. Add in peas and cook for another minute.
- 2 Crack in eggs, stirring quickly to scramble eggs with vegetables. Once eggs are fully cooked, stir in the cooked rice. Add soy sauce and toss rice to coat.

Serves: 5 (1/2 cup per serving)

One serving: 183 Calories, 8 g Fat, 22 g Carbohydrate,
5 g Protein, 237 mg Sodium, 3 g Fiber

FRUITS/VEGGIES



Easy Fruit Salad

INGREDIENTS

- 2 cups fresh **strawberries** 2 firm **bananas**, sliced
2 cups **green grapes**, halved 1/3 cup **100% orange juice**
1 small **cantaloupe**, cubed

DIRECTIONS

- 1 In a large bowl, combine fruit. Pour the juice over fruit and toss to coat. Cover and refrigerate for 4 hours and then stir just before serving.

Serves: 8 (1 cup per serving)

One serving: 82 Calories, 0 g Fat, 21 g Carbohydrate,
1 g Protein, 5 mg sodium, 2 g Fiber

Recipe adapted from geniuskitchen.com

FRUITS/VEGGIES



Veggie Slaw

INGREDIENTS

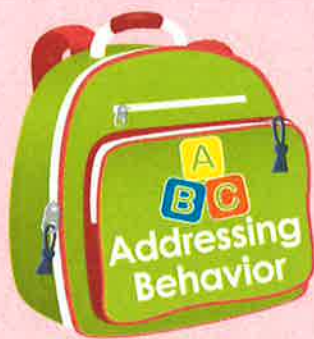
-
- | | |
|--|---|
| 1 cup red cabbage , shredded | 1 cup green cabbage , shredded |
| 1 medium carrot , shredded | 1 granny smith apple , peeled and shredded |
| 1/4 cup lite poppy seed salad dressing | 1 Tbsp lemon juice |

DIRECTIONS

-
- 1** Mix red and green cabbage, carrot, and apple in a medium bowl or a large zipper bag.
 - 2** Pour lemon juice and salad dressing over the top of vegetable mixture and mix well. Chill for 1-2 hours before serving.

Serves: 6 (1/2 cup per serving)

One serving: 58 Calories, 2 g Fat, 10 g Carbohydrate,
0 g Protein, 2 mg sodium, 2 g Fiber



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 Stop Whining

Brooke Brogle, Alyson Jiron & Jill Giacomini

There are few behaviors that are more frustrating to parents than whining. Yet for children, whining can be a quick and easy way to get a parent's full attention. Children whine when they feel overwhelmed by an emotion or desire and do not have the vocabulary to express their feelings. They also might whine when they do not have the skills to complete a task or because they feel tired, hungry, powerless, or lonely. Simply put, children whine to ask for help. You can help your child figure out WHY he is whining and help him to find a better way to communicate.

Your child will continue to whine until you teach him a new skill. When you give into his whine for candy at the check-out counter, you are teaching him that his whining behavior is working and he should use it again. When you take away your son's favorite toy because he won't stop whining, you increase his feelings of insecurity and actually also increase the likelihood that he will whine more often. Instead, you can teach him to use his words to tell you about his feelings and, together, you can come up with a way to solve his problem.



Try This at Home

- If your child often whines when she is tired, consider running errands before or after her nap time, when she is rested.
- If your child often whines when she is hungry or bored, hope for the best but be prepared for the worst. Carry a small snack, pack a coloring book and crayons, or have a special activity ready to go that is only for this type of occasion. For example, you could have a bucket of puzzles, books, or toys that you only take out when you are on the phone.
- Teach your child that his needs get met when he uses his words. If he is whining for milk, tell him, "You can say, daddy, milk please." When he uses those words, follow up by saying, "Of course I will get your milk! Thank you for using your words!"
- In a calm and happy moment, play with whining. Make a stop sign with "red, stop" on one side and "green, go" on the other. He can pretend to be the dad and you can pretend to be the child. Ask him for a toy using a variety of voices—whining, yelling, talking and whispering and after each request ask him, "Stop or go?" He too can practice using each kind of voice and when he whines, you can say, "No Way!" When he asks for the toy in a talking voice you can say excitedly, "Yes, yes! Here's the toy and you get a kiss too!"



Practice at School

At school, children are encouraged to use their words either verbally, using sign language, or using other forms of communication. Teachers remind children when they whine to instead use their words to express their wants and needs. A teacher might say, "I don't understand what you want when you whine. You can use your words to tell me what you need and then I can help you." Often a child just needs a reminder to use words and if needed, the teacher can give the child an example of what to say. "You sound like you are still hungry. You can say 'more crackers please.'" Or, the teacher can show the child how to ask for a cracker in sign language.



The Bottom Line

Whining is a common way for your child to tell you that she needs help. Until she learns a new way to get your attention, she will likely continue to whine. You can teach and show your child how to use her words to clearly express her needs. Children who are confident talking about their emotions and feel heard by their parents are less likely to whine.

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Jello Lenses

Materials:

- 1 package of gelatin dessert mixture (like Jell-O). Light colors (lemon, lime) work better than really dark ones (grape or blue raspberry)
- 3/4 cup of water in a mug
- Round-bottomed measuring spoons and measuring cups

- A paper towel
- A cutting board or tray

Instructions:

1. Get an adult to help you with this one-we're dealing with near-boiling water! Start by heating the 3/4 cup of water in the microwave for a minute and a half.
2. Pour the gelatin powder into a bowl, then pour the hot water over the powder. Mix them together for two minutes.
3. Let the liquid cool for about ten minutes.
4. Cover a cutting board or a flat tray with a paper towel.
5. Scoop out some liquid with the small measuring spoons, then place them on the paper towel.
6. To fill the larger measuring cups, place the empty cups on the paper towel and carefully pour the gelatin liquid in. Try not to spill, this stuff makes a pretty sticky mess to clean!
7. Carefully move your tray or cutting board to the fridge. Wait 4 hours for it to cool completely.
8. After four hours, you can gently remove your lenses from the spoons and cups. Wash your hands in the sink before you touch them, wet hands mean the gelatin won't stick to your skin while you are pulling them out.
9. Add a little water to the bottom of a glass plate or bowl. Then place a lens inside, flat side down.
10. Move the bowl over different things to see them up close!

How it Works:

Lenses bend light as it moves through them. Your gelatin lenses work just the same way as telescopes, microscopes, binoculars, and eyeglasses!

The Difference Between Sinusitis and a Cold

Sinusitis is an inflammation of the lining of the nose and sinuses. It is a very common infection in children.



- **Viral sinusitis** usually accompanies a cold. Allergic sinusitis may accompany allergies such as hay fever ([/English/health-issues/conditions/allergies-asthma/Pages/Hay-Fever.aspx](#)).
- **Bacterial sinusitis** is a secondary infection caused by the trapping of bacteria in the sinuses during the course of a cold or allergy ([/English/health-issues/conditions/allergies-asthma/Pages/Is-It-Allergies-or-a-Cold-How-to-Tell-the-Difference.aspx](#)).

General Characteristics of Viral Colds

It is often difficult to tell if an illness is just a viral cold or if it is complicated by a bacterial infection of the sinuses.

- Colds usually last only 5 to 10 days.
- Colds typically start with clear, watery nasal discharge. After a day or 2, it is normal for the nasal discharge to become thicker and white, yellow, or green. After several days, the discharge becomes clear again and dries.
- Colds include a daytime cough that often gets worse at night.
- If a fever is present, it is usually at the beginning of the cold and is generally low grade, lasting for 1 or 2 days.
- Cold symptoms usually peak in severity at 3 or 5 days, then improve and disappear over the next 7 to 10 days.

Signs and Symptoms of Bacterial Sinusitis:

- Cold symptoms (nasal discharge, daytime cough, or both) lasting more than 10 days without improving
- Thick yellow nasal discharge and a fever for at least 3 or 4 days in a row
- A severe headache ([/English/health-issues/conditions/head-neck-nervous-system/Pages/Headaches.aspx](#)) behind or around the eyes that gets worse when bending over
- Swelling and dark circles around the eyes, especially in the morning

- Persistent bad breath (</English/healthy-living/oral-health/Pages/Healthy-Children-Radio-Your-Teens-Beautiful-Smile-and-Fresh-Breath-Audio.aspx>) along with cold symptoms (However, this also could be from a sore throat or a sign that your child is not brushing his teeth!)
- In very rare cases, a bacterial sinus infection may spread to the eye or the central nervous system (the brain). If your child has the following symptoms, call your pediatrician immediately:
 - Swelling and/or redness around the eyes, not just in the morning but all day
 - Severe headache and/or pain in the back of the neck
 - Persistent vomiting
 - Sensitivity to light
 - Increasing irritability
 - Diagnosing bacterial sinusitis

It may be difficult to tell a sinus infection from an uncomplicated cold, especially in the first few days of the illness. Your pediatrician will most likely be able to tell if your child has bacterial sinusitis after examining your child and hearing about the progression of symptoms. In older children, when the diagnosis is uncertain, your pediatrician may order computed tomographic (CT) scans (</English/health-issues/conditions/treatments/Pages/Imaging-Tests.aspx>) to confirm the diagnosis.

Treating Bacterial Sinusitis

- If your child has bacterial sinusitis, your pediatrician may prescribe an antibiotic for at least 10 days. Once your child is on the medication, symptoms should start to go away over the next 2 to 3 days—the nasal discharge will clear and the cough will improve. Even though your child may seem better, continue to give the antibiotics for the prescribed length of time. Ending the medications too early could cause the infection to return.
- When a diagnosis of sinusitis is made in children with cold symptoms lasting more than 10 days without improving, some doctors may choose to continue observation for another few days. If your child's symptoms worsen during this time or do not improve after 3 days, antibiotics should be started.
- If your child's symptoms show no improvement 2 to 3 days after starting the antibiotics, talk with your pediatrician. Your child might need a different medication or need to be re-examined.

Treating Related Symptoms of Bacterial Sinusitis

- **Headache or sinus pain.** To treat headache or sinus pain (</English/tips-tools/Symptom-Checker/Pages/Sinus-Pain-or-Congestion.aspx>), try placing a warm washcloth on your child's face for a few minutes at a time. Pain medications such as acetaminophen or ibuprofen may also help. (However, do not give your child aspirin. It has been associated with a rare but potentially fatal disease called Reye syndrome (</English/health-issues/conditions/abdominal/Pages/Reye-Syndrome.aspx>).)
- **Nasal congestion.** If the secretions in your child's nose are especially thick, your pediatrician may recommend that you help drain them with saline nose drops. These are

available without a prescription or can be made at home by adding 1/4 teaspoon of table salt to an 8-ounce cup of water. Unless advised by your pediatrician, do not use nose drops that contain medications because they can be absorbed in amounts that can cause side effects.

- Placing a cool-mist humidifier in your child's room may help keep your child more comfortable. Clean and dry the humidifier daily to prevent bacteria or mold from growing in it (follow the instructions that came with the humidifier). Hot water vaporizers are not recommended because they can cause scalds or burns.

Remember

If your child has symptoms of a bacterial sinus infection, see your pediatrician. Your pediatrician can properly diagnose and treat the infection and recommend ways to help alleviate the discomfort from some of the symptoms.

Additional Information

- Clinical Practice Guideline for the Diagnosis and Management of Acute Bacterial Sinusitis in Children Aged 1 to 18 Years (<http://pediatrics.aappublications.org/content/132/1/e262>) (AAP Clinical Practice Guideline)

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Sinusitis and Your Child (Copyright © 2003 American Academy of Pediatrics, Updated 07/2013)

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.

[Back to Top](#)



Give Them More
of the
Good Stuff!

Banana Basics



Shop and Save

☀ Bananas are available year-round at low prices. Yellow bananas are the most common and can be eaten at several stages of ripeness. Red bananas are shorter, plumper and only eaten when ripe. Plantains are related to bananas but are starchy, like root vegetables. They are usually cooked rather than eaten raw.

☀ Choose bananas according to the ripeness desired. As they ripen, the skin color changes from green to yellow to speckled with brown to more brown or black. The flesh becomes softer and more flavorful.

Bananas provide potassium, which may protect against high blood pressure and other heart diseases.



More About Bananas

☀ When bananas are peeled or cut, the flesh starts to brown. Browned bananas might not look attractive but they are safe to eat. Reduce browning by:

- Peeling or cutting just before using.

- Dipping in fruit juice that is acidic or high in vitamin C, such as lemon, lime, orange or pineapple.

☀ Use banana to replace egg in baked goods:
1/4 cup mashed banana (about 1/2 banana) = 1 egg

☀ Bananas can also substitute for up to half of the fat in baked goods. They will add a banana flavor and some sweetness.

Store Well Waste Less

■ Bananas are usually stored at room temperature. They continue to ripen after harvest. The warmer the temperature, the faster they ripen.

- To speed ripening, place in a closed paper bag in a warm area. Adding a ripe apple can speed the process. Check daily.

- To slow ripening, choose a cool spot or refrigerate. Ripe bananas



can be refrigerated for up to 2 weeks. The skin may turn black but the flesh will be fine.

■ Freeze bananas for longer storage.

- In their skin – Use within 2 months for best quality. Thaw in refrigerator. Squeeze banana from the skin.

- Peeled – Use within 4 to 6 months for best quality. Package as chunks or mashed in measured amounts. Use frozen or thawed.

Banana Math

1 pound =
3 medium bananas
(7 to 8 inches) =
2 to 2 1/2 cups sliced =
1 1/3 cups mashed

*Frozen banana
chunks are great
for smoothies.*



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 Bananas!

Banana Oatmeal Muffins

Ingredients:

- 1 cup **quick rolled oats**
- $\frac{1}{4}$ cup **milk**
- 2 **eggs**, lightly beaten
- $\frac{1}{3}$ cup **oil**
- 1 cup mashed ripe **bananas**
- 1 $\frac{1}{2}$ cups **whole wheat flour**
- $\frac{1}{2}$ cup **sugar**
- 2 teaspoons **baking powder**
- 1 teaspoon **baking soda**
- $\frac{1}{4}$ teaspoon **salt**

Directions:

1. Preheat oven to 400 degrees F. Lightly oil or spray the bottoms of 12 muffin cups.
2. Mix oats with milk. Stir in lightly-beaten eggs, oil and bananas. Let stand while measuring dry ingredients.
3. In a separate bowl, combine dry ingredients and stir well.
4. Add oat mixture to dry ingredients and stir gently to moisten. Don't overmix.
5. Fill muffin cups $\frac{3}{4}$ full.
6. Bake at 400 degrees F until golden brown and a toothpick inserted in the center comes out moist but clean, about 18 to 20 minutes.

Note: To bake as Banana Oatmeal Bread, use an 8 or 9-inch bread pan and bake at 350 degrees F for 45 to 50 minutes.

Makes 12 muffins or 1 loaf

Prep time: 15 minutes

Cook time: 18-20 minutes

Very ripe bananas give muffins more flavor.

Cuban Baked Bananas

Ingredients:

- 6 **bananas**, peeled and sliced lengthwise
- 4 Tablespoons **brown sugar**
- 4 Tablespoons **margarine** or **butter**
- $\frac{1}{2}$ cup **raisins** or other dried chopped fruit
- $\frac{1}{3}$ cup **pecans** or **other nuts**, chopped

Directions:

1. Lightly spray or oil a 9 x 13-inch pan.
2. Arrange the split bananas in the pan.
3. Top evenly with brown sugar, small pieces of margarine, raisins and pecans.
4. Bake at 350 degrees F for 30 minutes. Serve warm.
5. Refrigerate leftovers within 2 hours.

Makes 12 half bananas

Prep time: 10 minutes

Cook time: 30 minutes

Dried Bananas

1. Peel bananas and slice evenly into slices $\frac{1}{8}$ to $\frac{1}{4}$ -inch thick. Thicker pieces take longer to dry.
2. Optional: Dip in acidic fruit juice (lemon, lime, orange, or pineapple) to reduce browning. Sprinkle with cinnamon or other flavorings if desired.
3. Dry until pieces bend like thick leather and no longer feel sticky.

• **Oven** – set at lowest temperature (175 to 200 degrees F); use convection bake if available; takes 1 to 3 hours.

- Arrange pieces in a single layer on a wire rack or baking sheet. A wire rack helps them dry faster. A baking sheet takes longer and pieces need to be turned over part way through the drying.

• **Dehydrator** – set to 135 degrees F; takes 6 to 12 hours.

- Arrange in a single layer on dehydrator racks.

4. Cool. Store in an airtight container or bag.



Kids Can!

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

- **peel bananas.** Try starting at the end away from the stem. The skin is less fibrous and easier to pull apart.
- **mash bananas with a fork.** A flat dish or plate might make mashing easier.