

# Fun and Resources for 07-2-2020





# Fish Tacos



## Ingredients

### FISH

- 2 pounds **cod** fillets
- 3 Tablespoons **lime juice** (about 2 limes)
- 1 **tomato**, chopped
- 1/2 **onion**, chopped
- 3 Tablespoons **cilantro**, chopped
- 1 teaspoon **oil**
- 1/4 teaspoon **cayenne pepper** (optional)
- 1/4 teaspoon **black pepper**
- 1/4 teaspoon **salt**

### SLAW

- 2 cups shredded **red cabbage**
- 1/2 cup **green onions**, chopped
- 3/4 cup nonfat **sour cream**
- 3/4 cup **salsa**
- 8 **corn tortillas** (6-inch)

## Directions

1. Preheat oven to 350 degrees.
2. Place fish in baking dish.
3. Mix lime juice, tomato, onion, cilantro, oil, peppers, and salt and spoon on top of fillets.
4. Cover loosely with aluminum foil to keep fish moist.
5. Bake 15-20 minutes or until fish flakes.
6. Mix cabbage and onion; mix sour cream and salsa and add to cabbage mixture.
7. Divide cooked fish among tortillas. Add 1/4 cup of slaw to each. Fold over and enjoy!
8. Refrigerate leftovers within 2 hours.

## Notes

- Freeze extra lime juice to use later.

**Makes:** 8 tacos  
**Prep time:** 20 minutes  
**Cooking time:** 20 minutes



## Nutrition Facts

Serving Size 1 taco (249g)  
 Servings Per Container 8

Amount Per Serving

**Calories 200**    **Calories from Fat 25**

**% Daily Value\***

**Total Fat 2.5g**    **4%**

Saturated Fat 0g    **0%**

Trans Fat 0g

**Cholesterol 50mg**    **17%**

**Sodium 250mg**    **10%**

**Total Carbohydrate 21g**    **7%**

Dietary Fiber 2g    **8%**

Sugars 5g

**Protein 23g**

Vitamin A 10%    • Vitamin C 40%

Calcium 8%    • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

|                    | Calories  | 2,000   | 2,500   |
|--------------------|-----------|---------|---------|
| Total Fat          | Less than | 65g     | 80g     |
| Saturated Fat      | Less than | 20g     | 25g     |
| Cholesterol        | Less than | 300mg   | 300mg   |
| Sodium             | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate |           | 300g    | 375g    |
| Dietary Fiber      |           | 25g     | 30g     |

Calories per gram:  
 Fat 9 • Carbohydrate 4 • Protein 4



## If Kids Can Hear Promises, They Can Hear Requests

By Jim Fay

### **You can train your child to hear you the first time you say something.**

Or, you can train them to ignore you. Raising a child who listens to adults is a source of joy. Raising one who doesn't is a constant source of frustration and torment.

Our actions either train kids to listen or not to listen. Consider this situation I witnessed in an airport recently. Joshua, a five-year-old, was running out into the concourse

"Joshua. You stop that running!" called his mother. She did not follow through, so Joshua continued dashing in and out of a crowd of irritated travelers.

"Joshua. You get over here!" Once more, she barked an order, but did nothing to enforce it.

"Joshua! Get off of that!" Another order was shouted by mom and ignored by Joshua.

Suddenly, Joshua was right at my feet staring up at me.

Mother ordered again, "Joshua. You get away from that man. You come over here. Quit bothering people."

I looked down at Joshua and asked, "Joshua, what's your mom going to do if you don't do what she says?"

He knew the answer immediately, "Nothing."

Of course he was right. His mother had trained him to know that she would bark orders, but never enforce them. Why should he listen if he could do as he pleased - without adult interference - by not listening?

In fact, Joshua never had to walk back to his mother in the airport. She came over to him, held his hand, and apologized to me with, "I'm so sorry. You know how five-year-olds are. They won't listen to a thing you say."

It took a lot to keep me from saying, "I've known a lot of five-year-olds who listen to their parents. But their parents mean what they say."

Training kids to listen is not brain surgery. It's not complicated. Joshua's mom could retrain him to listen by first retraining herself to do the following:

#### **Make a commitment she will never repeat herself.**

Kids unconsciously learn how many times each parent will repeat a request before taking action. She can give Joshua the gift of knowing she will only say something once.

**Be prepared to act.**

She needs to be dedicated to making her child's life somewhat uncomfortable each time he fails to listen the first time she says something. This means as soon as he disobeys she goes to him, takes him back to his seat, and makes him stay with her saying, "How sad not to listen. Now you can stay with me."

**She should never accept, "But I didn't hear you," as an excuse.**

When confronted with this excuse, she should respond with, "How sad not to be listening. Maybe your ears will get better." It is important she says this without sarcasm and follows through with the consequences of not listening.

**Be prepared for Joshua to have a fit about not getting his way.**

Even though this will be uncomfortable, other adults around her will secretly applaud her courage and willingness to put forth the efforts to raise a well-behaved child.

**Get ready to enjoy a more responsible and happier child.**

I have worked with kids and families for 47 years. During that time I have never met a child who failed to hear a parent's promise. They always hear promises the first time. I've also learned their ears work the same way for requests when parents learn and follow the four steps I've outlined.

Training and expecting kids to listen is one of a parent's greatest gifts. It's the Love and Logic way.

People who are really successful implementing this skill purchased [Love and Logic Magic for Early Childhood](#)

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## See Sound

# EASY SCIENCE ACTIVITIES ALL ABOUT SOUND



Can you see sound? Well, we can't see the sound waves as they move through the air. (Though picture the waves you see when you drop a rock into water. They look a lot like that!) But we can see the vibrations that create sound transmitted between surfaces with a little help.



### You Need:

1. Big Bowl
2. Plastic Wrap
3. Uncooked Rice
4. Metal Pan
5. Metal Spoon

### To Do:

Put the plastic wrap tightly over the bowl. (One sheet, as tight as you can get it.) Put about 1 teaspoon of rice on the plastic.

Then hold the metal pan close to the bowl and have your child hit it with the spoon. The harder they hit it the better. The rice will dance!

What is happening is that the pan vibrates, creating a sound wave. This wave is transmitted through the air molecules and cause the plastic wrap to start vibrating as well, making the rice dance!

You are seeing the result of the sound waves in the rice. Are any patterns formed? Try hitting the pan harder and then more gently. How does the behavior of the rice change?

If you want to be a cool mom see if your child can hit the pan hard enough to bounce the rice right off the plastic!

## Welcome to Group Care!



### Healthy Active Living at Home

- Limit TV, video, video game, and computer time to no more than one to two hours each day
- Try to not have a TV in your child's bedroom
- Find time for daily play, and praise your child for being active
- Be sure your child has easy access to balls, jump ropes, and other toys that encourage active play
- Exercise and stay active. Children who see their parents enjoying sports and physical activity are more likely to do so themselves
- Playing games such as hide-and-seek, kick ball, freeze tag, hopscotch, and catch can help your child develop body confidence. It can also prepare him for more advanced physical activities and school sports
- This age is also a great time to expose your child to organized sports such as soccer or T-ball
- Limit fast food and dining out. It is much easier to make sure that what your family eats is healthy if you make it yourself
- Let your child help make meals with you. Give simple tasks such as putting napkins on the table, placing precut vegetables in the salad, or helping mix batter
- Put healthy foods, such as a bowl of apples, where your child can reach them. When he gets hungry, he can easily get to healthy foods
- Encourage your child to drink water if he is thirsty
- Limit juice to no more than four to six ounces a day. Add water to juice, or offer fresh fruit instead
- Read together. It can be a lot of fun and part of your bedtime routine



#### Questions to Ask Your Baby's Pediatrician

"Is my child up-to-date with her immunizations?"

"How do I know if my child is ready for school?"

"What are appropriate portion sizes for my child?"





Give Them More  
of the  
Good Stuff!

# School Snacks

## Kid-friendly, Healthy, Quick and Easy Snack Ideas

### Healthy Choices

- ☼ Choose vegetables and fruit often.
- ☼ If possible, include more than one food group.
- ☼ Serve fruit ready-to-eat.
- ☼ Let kids decide when they are full.
- ☼ Read food labels! For example, look for fat-free and low-fat dairy, whole grains, and snacks with no sugar added.

### Safety Tips

- ☼ Wash hands before handling and eating snacks.
- ☼ Rinse all fresh fruits and vegetables before eating.
- ☼ Cold items should not sit at room temperature for more than 2 hours.
- ☼ When sharing snacks with others, check for any allergies.
- ☼ Children can choke on snack foods. Cut foods into small, easily chewed pieces and spread nut and seed butters thinly. Watch children of all ages closely whenever they are eating.



Crackers



Salsa



Bell Peppers



Oranges



Fruit Cups



Applesauce



Carrots



Pears



Bananas



Cereal Bars



Tomatoes



Trail Mix



Yogurt



Cheese



Apples



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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# Healthy Snacks for Groups

## Cowboy Salad

### Ingredients:

- 2 cans (15 ounces each) **beans**, drained and rinsed (try black, pinto, red, garbanzo, black-eyed peas, or a mixture)
- 1<sup>3</sup>/<sub>4</sub> cups **corn** (fresh/cooked, frozen/thawed, or canned/drained)
- 1 cup **cilantro** or **parsley**, finely chopped
- 5 **green onions**, sliced or 1/2 cup **onion**, finely chopped
- 3 medium **tomatoes**, diced
- 1 **avocado**, diced (optional)
- 1 Tablespoon **canola** or **vegetable oil**
- 2 Tablespoons **vinegar** or **lime juice**
- 1/2 teaspoon each **salt** and **pepper**

### Directions:

1. Combine all vegetables in a large bowl.
2. Mix oil, vinegar or lime juice, salt and pepper together in a small bowl.
3. Pour oil mixture over salad ingredients and toss lightly.
4. Serve as a salad, a lettuce wrap or a dip with toasted pita bread or baked tortilla chips.
5. Refrigerate leftovers within 2 hours.

**Makes** 8 cups (32 1/4-cup servings)

**Prep time:** 20 minutes

Visit [FoodHero.org](http://FoodHero.org) for more healthy, tasty snack recipes.

## Popeye Power Smoothie

Amounts for a 7-cup blender:

### Ingredients:

- 1 cup **orange juice**
- 1/2 cup **pineapple juice**
- 1/2 cup low-fat **plain** or **vanilla yogurt**
- 1 **banana**, peeled
- 2 cups (weighs about 2 ounces) fresh **spinach leaves**
- 1 cup **crushed ice**

### Directions:

1. Combine all ingredients in a blender.
2. Puree until completely smooth.
3. Serve immediately.
4. Refrigerate leftovers within 2 hours.

**Makes** 4 cups. Repeat as needed to serve larger groups.

**Prep time:** 10 minutes per batch

## The Parent-Teacher Connection

Every bite counts! Help kids eat more fruits and vegetables by bringing them into the classroom as a snack. Here's how:

- ✿ Check to see if your school has any rules for bringing in food. Does anyone in the class have a food allergy or follow a special diet? Offer to provide a list of the ingredients in your snack.
- ✿ Keep it cool. Is a refrigerator available to store perishable snack ingredients?
- ✿ Make it easy and low cost. For example, giving each child a few slices of green and red apples might require only 4 to 6 apples.
- ✿ Team up with other parents to bring the ingredients needed for a recipe or snack. Try vegetables with ranch dip or trail mix with different kinds of dried fruit or cereals.



**Kids Can!**

When kids help prepare snacks, they are more likely to try them. Show kids how to:

- wash fruits or vegetables.
- prepare snack bags/cups.
- measure and mix ingredients.
- pour water to serve with the snacks.