

Fun and Resources for Friday, July 24, 2020





Cilantro Lime Tuna Wrap



Ingredients

- 3 Tablespoons **lime juice**
- 2 Tablespoons **mayonnaise**
- 2 cans (5 ounces each) **tuna** in water, drained
- 2/3 cup **cilantro**, chopped and loosely packed
- 2 **green onions** or 1/2 teaspoon onion powder
- 1 cup red **bell pepper**, diced
- 1 **jalapeno**, minced (ribs and seeds removed)
- 5 medium flour **tortillas**
- 1 cup shredded lettuce or 5 small **lettuce** leaves

Makes: 5 wraps
Prep time: 15 minutes



Directions

1. Mix lime juice and mayonnaise together in a small bowl. Add tuna, cilantro, onions and peppers and mix until evenly coated.
2. Divide tuna mixture between 5 tortillas. Spread to edges.
3. Top with lettuce and fold or roll into a wrap.
4. Refrigerate leftovers within 2 hours.

Notes

Note:

- No peppers? Use 1 cup diced celery and 1/4 cup canned green chilis.
- Freeze extra lime juice to use later.

Preparation time:

15 minutes

For tasty, healthy recipes that fit your budget, visit www.FoodHero.org!

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 SafeNet at 211. USDA is an equal opportunity provider and employer. 2017 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender

Nutrition Facts

Serving Size 3/8 cup (136g)
Servings Per Container 5

Amount Per Serving

Calories 200 **Calories from Fat 70**

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 430mg **18%**

Total Carbohydrate 19g **6%**

Dietary Fiber 2g **8%**

Sugars 3g

Protein 12g

Vitamin A 40% **Vitamin C 80%**

Calcium 4% **Iron 8%**

*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

Nutrition Facts

Serving Size 3/8 cup (136g)

Exploring the Five Senses
for Babies, Toddlers, & Preschoolers:

Sense of Taste



Engineering Emily
connecting curious engineers, science and kids who love STEM

Exploring the Five Senses for Babies, Toddlers, and Preschoolers: Sense of Taste

This month we are doing an experiment for our preschoolers, toddlers, and babies to explore their sense of taste. I'm interested to learn more about the senses of taste because I love food! I love sweet and juicy fruit, I love salty and crunchy chips, I love sour and crisp pickles, I love bitter and hot coffee, and I love savory and rich sharp cheddar. I bet you noticed how I combined my sense of taste with my sense of touch to describe those flavors.



So far my kids are not very picky eaters so I've been able to introduce them to many of the delightful flavors of food.

Let's talk about the Sense of Taste

We taste the food we eat using our tongues. The tongue's surface is covered in small bumps we can see called papillae. Each papillae has hundreds of taste buds. We have thousands of taste buds on our tongues. When we start to chew our saliva begins to break down the food and this allows the taste buds to recognize different tastes. They then send signals to our brains to let us know how foods taste different.

There are five basic tastes that our tongues can recognize. These five tastes are: **Sweet, Salty, Sour, Bitter, and Savory (Umami)**. Below I'll go into more detailed explanations of each taste.



Sweet

Sweet taste is one of the most pleasing to most people. It makes sense biologically that sweet is a desirable taste because sugar is a core source of energy for the body. Some examples of sweet foods are: sugar, berries, grapes, desserts, maple syrup, honey, jam, and sweet potatoes.



Salty

The sodium chloride taste receptor is the most simple taste receptor in our mouth. Salt intake is crucial for a healthy body, so we are programmed to like small amounts of salt but dislike large amounts. This preference can change with increased exposure to salt, but it can also be reversed. Some examples of salty foods are: table salt, crackers, pretzels, chips, processed meats, fries, and bacon.



Sour

Sourness is how we taste acidity in foods. When we taste acidic solutions our taste buds are identifying hydrogen ions from acids found in our foods. It can cause you to feel a puckering sensation in your mouth. Some examples of sour foods are: lemons, limes, pickles, sourdough bread, yogurt, vinegar, green apples, sour cream, buttermilk, and rhubarb.



Bitter

Bitter taste is the most sensitive of the five tastes. Bitter foods are often off-putting. I was fascinated to learn that this was important in evolution to help avoid eating poisonous plants which were often bitter. Now we have evolved to enjoy safe bitter foods, especially because they can be cooked and processed to more pleasant taste. Some examples of bitter foods are: coffee, raw cocoa (and very dark chocolate), some leafy greens such as kale and arugula, Brussels sprouts, broccoli, hops in beer, olives, and citrus peels.



Savory (Umami)

This is a taste that is not as well known as the first four. It's named umami (Japanese word for pleasant savory taste) because it was discovered by Japanese scientists. It is caused by glutamic acid or aspartic acid. Glutamic acid is found in ripe tomatoes, meat, and strong cheese, and soy sauce. Aspartic acid is in asparagus. Some more examples of savory foods are: shiitake mushrooms, fermented foods, green tea, seafood, carrots, and potatoes, nuts, and legumes.

I was surprised to learn that spicy is not a taste. It is actually a heat and pain signal and transmitted through the same nerves that send the touch sensation to your brain.

Another interesting discussion around taste is flavor. Many distinct flavors beyond the five tastes actually are differentiated not by taste, but by our sense of smell (and also possibly touch/texture). So to learn more about flavors we will have experiments in our sense of smell post that will combine these two senses.

You can read and learn more about the science behind the sense of taste at these helpful resources:

"How does our sense of taste work?" from the U.S. National Library of Medicine

"Taste" from Wikipedia

"The five basic tastes" from Newly Weds Foods

Welcome to Group Care!



THE NATIONAL CENTER ON
Health

Head Start and other programs that serve infants and toddlers provide your child a safe environment to learn. We believe you are your child's first teacher. Parents, grandparents, and other caregivers are viewed as partners. We promise to...

- Value individual culture, beliefs, and traditions in raising children
- Listen to your concerns and share ideas on healthy child development
- Support and encourage you through your child's enrollment
- Provide you with daily reports on how your child is doing

Guidance

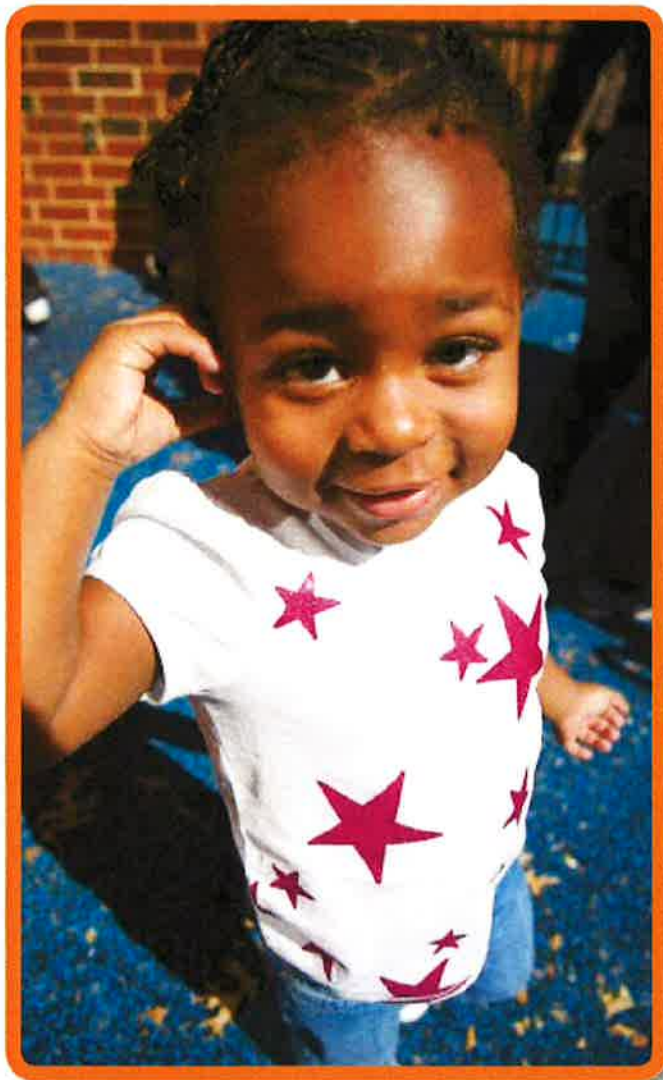
Setting limits and being consistent is key. Guiding your child to follow simple rules will help her understand and follow rules on her own.

- We focus on what she should do instead of what she should not do. For example, "Use walking feet"
- We offer her choices: "Do you want to put the toys on the shelf or in the box?"
- We praise her efforts and successes by speaking about what she did right and reinforcing positive behavior right after it happens
- Let us know if you have concerns or questions about how to guide your child

Learning through Play

Your child is learning as she plays. We help her build language skills by participating in age-appropriate games and activities.

- She understands more words than she says
- We talk with her about everyday things
- We teach her correct names of objects and body parts



- We expand on what she says. When she says, "Book," we may ask, "Do you want to read a book?"
- We enjoy reading and singing to her every day
- You can do the same at home
 - Ask your child to point to pictures that you name in a book
 - Talk to your child about everyday things
 - Play games with simple rules
 - Pretend play with your child

School readiness begins with health!

Toilet Training

We support you in toilet training your child. Let us know if you have concerns. To be successful, your child needs to:

- Sense the urge to go
- Understand what that feeling means
- Communicate the need to go to the toilet

You can watch for these signs that show your child is ready.

- Remains dry for two hours
- Knows if she is wet or dry
- Can pull her pants down and up
- Wants to learn
- Can tell you if she is going to have a bowel movement

Hand Washing

We practice good hand washing throughout the day, especially around mealtimes and toileting. Proper hand washing reduces the spread of infections.

- She is able to help wash her hands and may be able to turn on the faucet
- She will begin to show a preference for using one hand more than the other
- You can allow her to wash her hands by herself

Relationships

At this age, your child is most concerned about where things are in relation to herself. She knows that other people exist, but she is vaguely interested in them.

- As she shows signs of independence, she will start using the word no quite a bit
- We reinforce relationships in her life by talking about familiar people
- We praise her for treating others in kind ways. We reinforce no hitting, biting, or hurting other people
- Many toddlers are not ready to share. We use multiple toys to help your child learn how to take turns
- You can also applaud your child when she does kind things

Questions to Ask Your Baby's Pediatrician

"Is my child developing normally?"

"How do I know when my child is ready for toilet training?"

Healthy Habits for Happy Smiles



Preventing Injuries to Your Child's Mouth

As a parent, you want to keep your child safe, but you learn that injuries can happen in a moment. Children can injure their mouths when they fall or trip. They can also injure their mouths when they climb on furniture or run with something in their mouth.



School readiness begins with health!



Tips for preventing injuries to your child's mouth:

- Use safety gates at the top and bottom of stairs.
- Put safety locks or latches on cabinets and drawers.
- Cover sharp corners.
- Keep one hand on your child while he is on a changing table.
- When feeding your child, put her in a high chair or booster seat. Remember to buckle the seatbelt.
- Always buckle your child into the car seat in the back seat of a car or truck.
- Pick up toys and keep floors clear so children don't trip and fall.

- Make sure rugs have nonskid pads or backing.
- Watch your child when he is on high places, like playground equipment.
- Put your baby in a front pack while shopping. Or put your child in the shopping cart and use a safety belt. Don't leave your child alone or out of reach in a shopping cart.
- Don't let your child walk or run with anything in her mouth, like sippy cups, popsicles, or toys.

In case of emergency, call your child's dental or medical clinic right away. If you can't reach them, take your child to the emergency room. Give your child's dental and medical clinic phone numbers to others who take care of your child.



This handout was prepared by the National Center on Early Childhood Health and Wellness under cooperative agreement #9OHC0013 for the U.S. Department of Health and Human Services, Administration for Children and Families, Office of Head Start.

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ADMINISTRATION FOR
CHILDREN & FAMILIES



NATIONAL CENTER ON
Early Childhood Health and Wellness



Give Them More
— of the —
Good Stuff!

Pork Basics

Shop and Save

- ✿ Pork costs less than most other meats.
- ✿ Look for a “BEST if used by” date on the package.
- ✿ The leanest cuts of pork include tenderloin and loin or rib chops and roasts. Look for ground pork that is at least 85% lean.
- ✿ Canned pork is available ground or cubed. Open the can and lift off the fat. Try it in soups, sauces or recipes using cooked pork.

Slice pork tenderloin into boneless chops or cubes.

Pork is an excellent source of thiamine as well as protein.



Keep It Safe!

Follow these guidelines when handling meat:

Clean: Wash hands, utensils and surfaces often with hot soapy water.

Separate: Keep raw meat and juices from contacting other raw or cooked foods.

Cook: Cook to at least 145 degrees F (160 degrees for ground meats). Wait 3 minutes before cutting or eating.

Chill: Refrigerate both raw and leftover cooked meats as soon as possible.

Thaw frozen meat safely:

- ▶ Never leave meat at room temperature to thaw.
- ▶ Thaw in the refrigerator; use a container to catch any liquids. To thaw faster, cover package with cold water or microwave on defrost; cook right away.

Store Well Waste Less

- Refrigerate fresh pork and cook or freeze within 3 to 5 days. Keep tightly wrapped to prevent drying.
- Freeze raw pork for longer storage. Divide into amounts for a single use. Package in freezer-quality wrap and remove as much air as possible. Label and date. Use within 4 to 6 months for best quality.

- Refrigerate cooked pork for 3 to 4 days or freeze and use within 2 to 3 months in any recipe using cooked pork.
- Store canned pork in a cool dry place for up to 2 to 3 years. Refrigerate after opening and use within 3 to 4 days or freeze and use within 2 to 3 months.



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Enjoy Pork

Pork Chili

Ingredients:

- 1/2 pound lean **pork**; ground or small cubes
- 1 cup **onion**, diced
- 1 teaspoon ground **cumin**
- 2 teaspoons **chili powder**
- 1/4 teaspoon **pepper**
- 1/2 teaspoon **garlic powder**
- 1/2 teaspoon dried **oregano**
- 1 3/4 cups (15-ounce can) cooked **beans**, any type; drain and rinse canned beans
- 1 cup **corn**, frozen or canned/drained
- 2 cups **chicken broth**
- 1/4 cup (4-ounce can) diced **green chilies**

Directions:

1. In a large saucepan, brown pork with onion. Stir in cumin, chili powder, pepper, garlic powder and oregano.
2. Add beans, corn, broth and green chilies. Bring to a boil.
3. Reduce heat, cover and simmer for 15 to 20 minutes.
4. Refrigerate leftovers within 2 hours.

Makes 5 cups

Prep time: 15 minutes

Cook time: 25-30 minutes

Visit
FoodHero.org
for more
flavorful recipes
using pork.

Fried Rice with Pork

Ingredients:

- 2 Tablespoons **low-sodium soy sauce**
- 1/2 teaspoon **garlic powder**
- 1/4 teaspoon **black pepper**
- 1/2 pound lean **pork**, ground or small cubes
- 1 teaspoon **oil**
- 1/4 cup **carrot**, sliced or grated
- 1/4 cup **onion**, chopped
- 1/2 cup chopped **vegetables**, fresh, frozen or leftovers (try broccoli, celery, bell pepper, peas or snow peas)
- 2 cups cooled, **cooked rice**, white or brown

Directions:

1. Mix soy sauce, garlic powder and pepper together in a small dish. Set aside.
2. In a large skillet over medium-high heat, sauté pork in oil until just lightly browned. If using ground pork, break into crumbles as it cooks.
3. Add carrots, onion, and chosen vegetables. Sauté until tender, stirring frequently.
4. Stir in rice and seasoning mixture, breaking up any clumps of rice. Continue to heat and stir until heated through.
5. Refrigerate leftovers within 2 hours.

Notes:

- Leftover, cold rice makes a better texture than freshly cooked warm rice.
- Substitute 1 cup cooked or canned pork. Add with the vegetables.
- Mix 1/2 teaspoon sesame oil or some ginger powder with the soy sauce.
- Add sliced green onions or bite-sized pineapple (fresh, frozen, or canned).

Makes 4 cups

Prep time: 15 minutes

Cook time: 15-20 minutes



Kids Can!

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

- measure and mix ingredients.
- slice veggies on the diagonal, Asian style.
- use a long-handled spoon or spatula to stir foods safely during cooking.