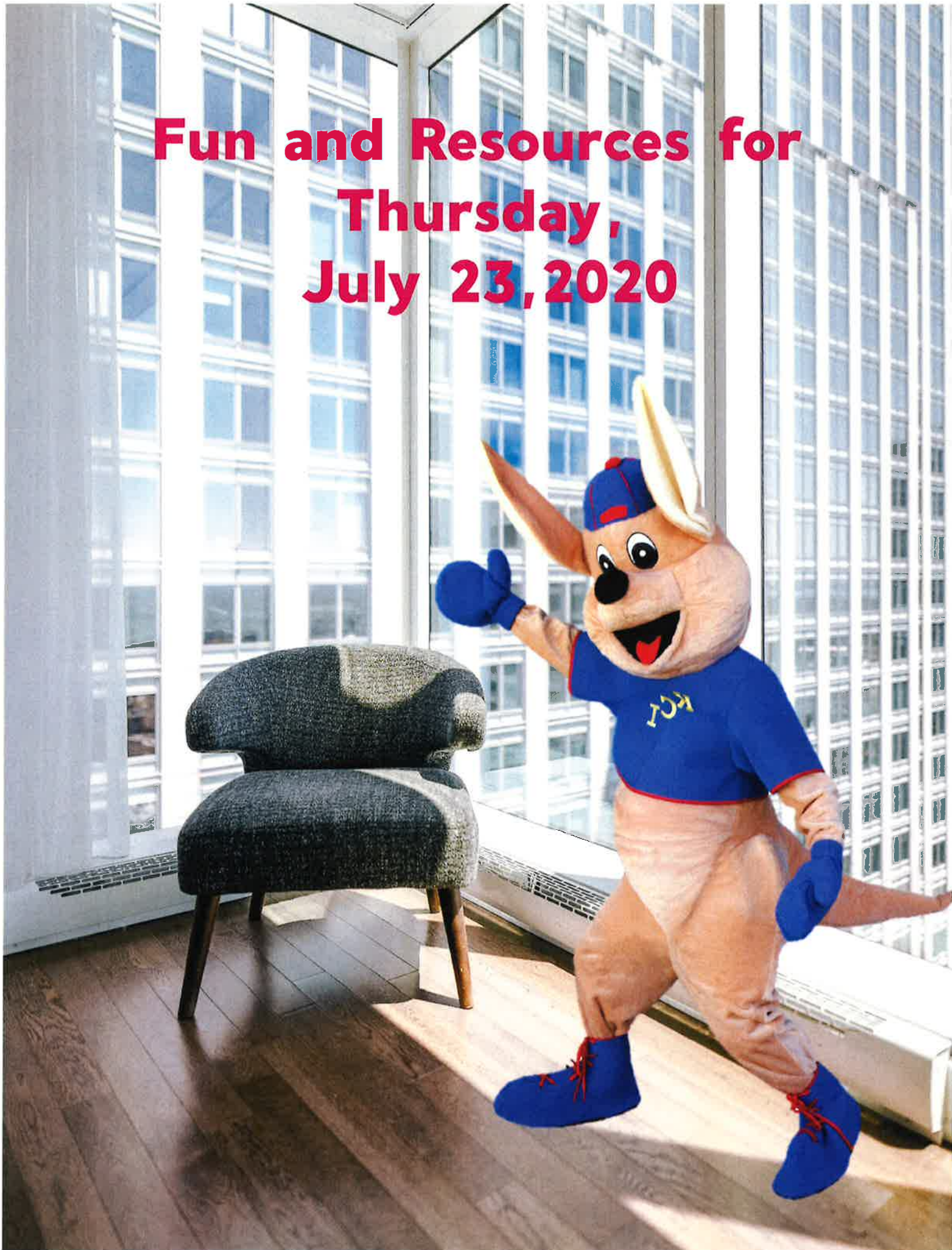


**Fun and Resources for
Thursday,
July 23, 2020**





Chicken Pepper Bake



Oregon State University

Ingredients

- 1 pound boneless **chicken breast**
- 2 red or green **bell peppers**
- 3 cups small **potatoes**
- 2 Tablespoons **oil**
- 1 teaspoon **Cajun seasoning**
- 1 teaspoon dry **Italian herbs**
- salt** and **pepper** to taste

Makes: 5 cups
Prep time: 15 minutes
Cooking time: 45 minutes

Directions

1. Cut the chicken, peppers and potatoes into bite size chunks.
2. Place the meat and vegetables into a large bowl. Sprinkle with oil, Cajun seasoning, Italian herbs, salt and black pepper. Toss to coat evenly.
3. Place the chicken and vegetables on a metal baking pan. Roast in a 425 degree oven for 35 to 45 minutes or until potatoes are soft and chicken is no longer pink. Toss a couple times while roasting.
4. Refrigerate leftovers within 2 hours.

Recipe adapted from Nutrition Matters.

Preparation time:

15 minutes

Cooking time:

45 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 identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.



Nutrition Facts

Serving Size 1 cup (253g)	
Servings Per Container 5	
Amount Per Serving	
Calories 280	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 240mg	10%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 31g	
Vitamin A 25%	• Vitamin C 140%
Calcium 4%	• Iron 10%
*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 85g 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	



Water density experiment: Does it float?

In this experiment your children will learn about how salt and sugar affect water density.

My heart melted seeing my son's excitement about getting to do another science experiment.

Materials needed:

- 3 glasses
- 6 cups water
- 1/2 cup salt
- 1/2 cup sugar
- Cherry tomatoes, grapes, or eggs (I used tomatoes because that's what I had on hand)



Procedure:

1. Fill each of the 3 glasses with 2 cups of tap water
2. Add 1/2 cup salt into one of the glasses and stir until it completely dissolves
3. Add 1/2 cup sugar into another of the glasses and stir until it completely dissolves
4. Line up the 3 glasses of water (one tap water, one saltwater, one sugar water) in front of your child on a table
From left to right in the glasses it's tap water, sugar water, and saltwater.



- ☐ Have your child drop the tomatoes into the glasses one at a time and see if the tomato sinks or floats

We played around with this experiment for almost an hour. My son had so much fun dropping the tomatoes in the

water and watching them sink or float.

What happened:

The cherry tomatoes float in salt and sugar water because the salt and sugar add mass to the water making it denser. Objects float better on a denser fluid because the force of buoyancy is greater, so the tomatoes floated best in the saltwater, better in sugar water, and did not float at all in tap water.

Why did the tomatoes float better in salt than sugar water?

Although 1/2 cup sugar actually weighs more than 1/2 cup salt, sugar is not as soluble as salt in water. Thus, not as much sugar will dissolve into the water, so sugar water will be less dense than salt water (more salt dissolved into the water increasing the mass of the water). This means sugar water will have less buoyancy than the saltwater.





Indoor: Water Glass Rainbow Experiment

In this experiment you'll see a rainbow form as the light refracts through your glass of water. This experiment is great for preschool age children (ages 4+) who can safely hold a glass of water without spilling water or dropping the glass. Younger children (like my 19 month old toddler) will enjoy observing this experiment.

Safety:

Make sure you are supervising your child while holding the breakable glass. Glass easily shatters when dropped so use caution when doing this experiment, and if the glass drops and breaks, first remove the children from the room, then return alone to safely clean up the broken glass shards. If water spills, mop it up immediately to prevent a slip hazard. I have left spilled water thinking I'll clean it later only to forget and end up slipping on it!

Materials needed:

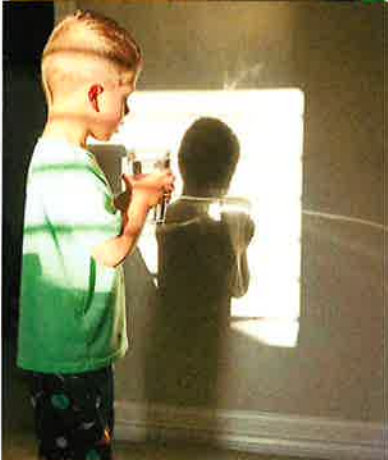
- Glass
- Water
- Window with bright direct sunlight
- White paper (optional)

Procedure:

1. Fill the glass with water
2. Bring all materials in front of a window with bright, direct sunlight
3. With your back to the window, hold the glass of water above the white paper or in front of a light colored wall
4. Adjust the height and angle of the glass of water until a rainbow appears on the white paper or wall below.
5. Ask your child to identify all the colors of the rainbow they see appear on the paper or wall

What happened:

When the sunlight passes through the glass at the right angle (40°), the water makes it refract to form a rainbow on the white paper or wall below.



Protect Your Family from Lead

Remove any lead in your home

- Use wet paper towels to clean up dust with lead.
- Clean often around windows and play areas, and wet mop floors often.
- Wash hands and toys often with soap and water.
- Use duct tape to cover chipping or peeling paint.



Give your child healthy foods

- Feed your child healthy meals with foods like milk, cheese, green leafy vegetables, peanut butter, beans, cereals, oranges, and peppers. Foods with vitamin C, iron, and calcium may help keep lead out of the body.



Get your child tested and contact your health department

- Contact your local health department or doctor if you see chipping or peeling paint or think there may be lead in or around your home.
- You may need an expert to help you remove the lead in your home.



Call the National Lead Information Center at
(800) 424-5323

Visit the EPA website:

<http://www2.epa.gov/lead>

Healthy Habits for Happy Smiles



Taking Care of Your Baby's Oral Health

Taking good care of your baby's mouth and teeth is important. A baby's first tooth usually comes in at around age 6 to 10 months. Healthy primary (baby) teeth help children chew food and speak clearly.



School readiness begins with health!

Tips for keeping your baby's mouth and teeth healthy:

- **Cleaning your baby's gums and teeth**
 - Clean your baby's gums even before you can see the first tooth. Use a clean, damp washcloth to wipe the gums. Do this twice a day, especially after night feeding.
 - After your baby's first tooth comes in, use a baby toothbrush with soft bristles and a small head. Put a smear (size of a grain of rice) of fluoride toothpaste on the toothbrush, and brush all sides of your baby's teeth.
 - Brush your baby's teeth in the morning and before bedtime.
- **Using bottles and sippy cups**
 - Do not put your baby to bed with a bottle or sippy cup filled with breast milk, infant formula, fruit juice, or other liquids besides water. Liquids that contain sugar can cause tooth decay.
- **Using pacifiers**
 - Clean the pacifier with soap and water.
 - Never clean a pacifier in your mouth before giving it to your baby. Germs that cause tooth decay can pass from your mouth to your baby's mouth.
 - If the pacifier gets worn out or breaks, get a new one.
 - Do not dip the pacifier in sweet foods like sugar, honey, or syrup.
 - Never put a pacifier on a string or ribbon around your baby's neck. It could choke your baby.



Use a smear of fluoride toothpaste.

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
National Centers
Early Childhood Health and Wellness



Give Your Family More of the Good Stuff!



Potato Basics

Potatoes are a good source of potassium and vitamins C and B6.



Shop and Save

- * Choose clean, smooth, firm potatoes with no cuts or bruises.
- * Avoid potatoes with sprouts or green skin.
- * Potatoes are generally available year round. Buy what you can use within a few weeks for best quality.
- * Potatoes are also available in frozen or canned forms.

Potatoes are naturally free of fat, sodium, and cholesterol.

Store Well Waste Less


- Wash potatoes just before cooking - scrub gently under cool running water.
- Sprouts show that the potato is trying to grow. If a sprouted potato is still firm, cut the sprouts away before cooking.
- Freezing cooked potatoes at home is not recommended because of texture changes.

Potatoes keep best where it is:

1. **Cool, but not refrigerated** - Cooler temperatures help potatoes last longer. Avoid refrigeration because it may change the taste and cause a gummy texture.
2. **Well ventilated** - Use paper bags or plastic bags with holes that allow air flow but keep potatoes from shriveling.
3. **Dark** - Potatoes exposed to light can develop a green color and a toxin near the surface. Green parts will have a bitter taste; cut them off before cooking.

Types of Potatoes

Although there are more than 200 kinds of potatoes sold in the United States, most belong to one of these groups:

 **Russet** - medium to large ovals with brown skin and white to pale yellow flesh. Flesh becomes fluffy when cooked. Use for fluffy mashed or baked potatoes.

 **Red** - small to medium round or oval shape. Red skin is thin and smooth; flesh is white to yellow. Flesh stays moist and smooth or "waxy" when cooked.

 **White** - small to medium round to long shape with thin, light tan skin and white flesh; flesh holds its shape well after cooking

 **Yellow** - small to large; round to oblong; light tan to golden skin; yellow to golden flesh. Slightly sweet to buttery flavor when cooked. Dense, creamy texture.

Cooking with Potatoes

Parmesan Roasted Potatoes

Ingredients:

- 3 cups **potatoes** cut in 1-inch pieces
- 2 teaspoons **oil**
- ¼ teaspoon each **salt** and **pepper**
- ½ cup **Parmesan cheese**, shredded or grated

Directions:

1. Preheat oven to 400 degrees.
2. In a large bowl, toss potatoes with oil, salt and pepper.
3. Place potatoes in a single layer on a large baking sheet.
4. Roast 25 minutes; sprinkle with cheese; roast 5 to 10 minutes more. Serve warm.
5. Refrigerate leftovers within 2 hours.

Makes about 3 cups

Prep time: 10 minutes

Cooking time: 30 to 35 minutes

Go to
FoodHero.org
for easy, tasty
potato recipes

Cheesy Potato Soup

Ingredients:

- 1 medium **onion**, chopped (about 1 cup)
- ¼ cup **celery**, chopped
- 1 teaspoon **oil**
- 2 cups **potatoes**, peeled and diced bite size
- 2 cups **chicken broth**
- ¼ teaspoon **pepper**
- 3 Tablespoons **cornstarch**
- 1½ cups nonfat or 1% **milk**, divided
- 1 cup (4 ounces) reduced-fat **cheddar cheese**, shredded
- 1 Tablespoon **bacon bits** or 1 slice **bacon**, cooked and crumbled

Directions:

1. In a large saucepan over medium-high heat, sauté onions and celery in oil until onions are clear.
2. Add the potatoes, broth, and pepper. Bring to a boil. Reduce heat; cover and simmer for 15 to 25 minutes or until the potatoes are tender.
3. In a small bowl, stir together cornstarch and ¼ cup of milk until smooth. Add remaining milk. Stir into the potato mixture.
4. Cook and stir until thickened and heated through, about 5 minutes. Do not boil.
5. Remove from heat. Stir in cheese until melted. Top with bacon bits. Serve warm.
6. Refrigerate leftovers within 2 hours.

Makes about 6 cups

Prep time: 10 minutes

Cook time: about 40 minutes

Keep Potatoes Low Fat

- Top baked potatoes with plain yogurt or fat-free sour cream, cooked or raw veggies, or cooked beans.
- Make baked oven “fries” rather than frying potatoes in fat.
- Use potato cooking water, low-fat milk or buttermilk in mashed potatoes.



**Kids
Can!**

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

- scrub potatoes with a brush under cool running water.
- use a vegetable peeler.
- measure and stir ingredients.