

Fun and Resources for Wednesday, July 22, 2020





Chicken, Broccoli & Cheese Skillet Meal



Ingredients

- 1 pound boneless, skinless **chicken breast** (2-3 halves)
- 2 teaspoons **oil**
- 1 1/4 cups **water**
- 1 teaspoon **chicken bouillon**
- 1 can (10.5 ounces) condensed **cream of chicken soup**
- 1 teaspoon **pepper**
- 1/2 teaspoon **garlic powder** or 2 cloves **garlic**, minced
- 2 cups small shell **pasta**, uncooked
- 2 1/2 cups **broccoli**, chopped (fresh or frozen)
- 1 cup (4 ounces) **cheddar cheese**, shredded

Makes: 7 cups
Prep time: 15 minutes
Cooking time: 30 minutes



Directions

1. Cut chicken breast into bite sized pieces. Sauté pieces in oil in a medium skillet over medium-high heat (350 degrees in an electric skillet) until lightly browned, 2 to 3 minutes.
2. Add water, bouillon, soup, pepper and garlic to skillet. Stir until smooth. Add pasta and broccoli.
3. Bring to a boil. Cover and reduce heat to low. Simmer until pasta is tender, 15 - 20 minutes. Add a small amount of water near end of cooking if needed to prevent sticking.
4. Add cheese during last two minutes of cooking.
5. Refrigerate leftovers within 2 hours.

Notes

- Try whole grain pasta for more fiber.
- Try pasta in a different shape, such as spiral or elbow.
- Add other vegetables such as peas, grated carrots or chopped bell peppers.

Nutrition Facts	
7 servings per container	
Serving size	1 cup (236g)
Amount per Serving	
Calories	310
% Daily Value*	
Total Fat 12g	15 %
Saturated Fat 4.5g	23 %
Trans Fat 0g	
Cholesterol 65mg	22 %
Sodium 520mg	23 %
Total Carbohydrate 26g	9 %
Dietary Fiber 1g	4 %
Total Sugars 2g	
Includes 0g Added Sugars	0 %
Protein 24g	
Vitamin D 0mcg	0 %
Calcium 148mg	10 %
Iron 2mg	10 %
Potassium 430mg	10 %
Vitamin A 86mcg	7 %
Vitamin C 1mg	1 %

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- In place of chicken, use 1 1/2 cups of white beans (a 15-ounce can, drained and rinsed), another meat, or canned tuna or salmon.
- Best served immediately. Reheated broccoli changes color and might have a less pleasant taste.

Preparation time:

15 minutes

Cooking time:

30 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.



Indoor: Baking Soda & Vinegar Rainbow Color Reveal

Experiment

Basically every time I tell my son we're doing a science experiment, this is what he's expecting. While he did like the other rainbow experiments we did in this post, after the third one he told me, "I want to wear my glasses and squirt vinegar into a cup." How can I say no to that?!

So I tied it in to our rainbow theme by doing a rainbow color reveal! In this experiment we'll hide food coloring under baking soda, then use a squirt bottle to pour vinegar over to reveal the color in a bubbly chemical reaction. This experiment is great for

toddlers (ages 18 months+) who are capable of squeezing a bottle with control on their own.

Safety:

A chemical reaction occurs in the following experiments which creates carbon dioxide bubbles. There is very small chance that the bubbles can rise out of the dish and if you are watching too closely can splash into your eyes. If this happens, immediately flush the eyes with water until they are no longer irritated.

To prevent this unlikely event from happening, don't observe the reaction too closely, and/or wear eye protection. I highly recommend these safety glasses that my kids and I use and they fit the kids well!

Food coloring can stain clothing, furniture, and skin. Before using food coloring, it's a good idea to protect your work surfaces by covering them with newspapers or paper towels and wear clothes you don't mind getting stained. It's always a good idea to read the labels on the food coloring and choose a brand that has ingredients you are comfortable with using in your home.

Materials needed:

- Baking soda
- Vinegar
- 7 small clear bowls
- Food coloring (red, yellow, green, and blue)
- Small squeeze bottle
- Safety glasses (optional)

Procedure:

(Tip: Do steps 1-4 without your children present so the colors are a surprise!)

1. We're going to make the 7 colors of the rainbow, one in each small clear bowl
 - For Red: use 4 drops of red food coloring
 - For Orange: use 3 drops of red and 3 drops of yellow food coloring
 - For Yellow: use 4 drops of yellow food coloring



- For Green: use 4 drops of green food coloring
- For Blue: use 4 drops of blue and 1 drop of green food coloring
- For Indigo: use 4 drops of blue food coloring
- For Violet: use 3 drops of red and 2 drops of blue food coloring



2. Cover the food coloring in each of the 7 bowls with a thin layer of baking soda (about 2-3 tablespoons per dish).
3. Fill the squeeze bottle with white vinegar
4. Arrange the 7 small bowls in rainbow order on a table in front of your child



5. Let your child slowly squeeze the vinegar into each bowl, the color will be revealed along with foam!
6. Ask your child to identify each color as it is revealed.

What happened:

When the vinegar was poured onto the baking soda the chemical reaction immediately began. Carbon dioxide gas was released creating the foam. As the foam created by the chemical reaction dissipated, the hidden color was revealed. For more details about the science behind the baking soda and vinegar reaction, please see my Baking Soda Experiments for toddlers post.



What Is Lead Poisoning?

Lead is a metal that is harmful, especially to the nerves, when it builds up in the body. **Children and pregnant women** are at high risk when exposed.

How Do I Protect My Child from Lead?

- Recognize where lead is found and how it gets into the body.
- Avoid exposure whenever you can.

Where Do You Find Lead?

Lead exposure can be higher near truck routes and certain factories, for example. Toys and candies made outside the U.S., in places where rules for making things are less strict, may contain lead. Lead can also be found in old paint and certain pottery dishes. Think about what is in your environment and ask questions!

- Lead in water
- Lead glazed pottery
- Lead painted toys
- Lead from soil
- Lead soldered cans
- Peeling lead paint
- Airborne lead
- Lead crystal



Who Is At Greatest Risk?

Children under the age of 6 and pregnant women.

How Does Lead Get into Your Child's Body?

- Children breathe in the lead or get it on their hands or toys and swallow it.
- Their small bodies absorb more lead.
- They crawl on the floor or in soil outside and then put their hands or other objects in their mouths.
- Lead can also be passed from mother to unborn baby during pregnancy.



Healthy Habits for Happy Smiles

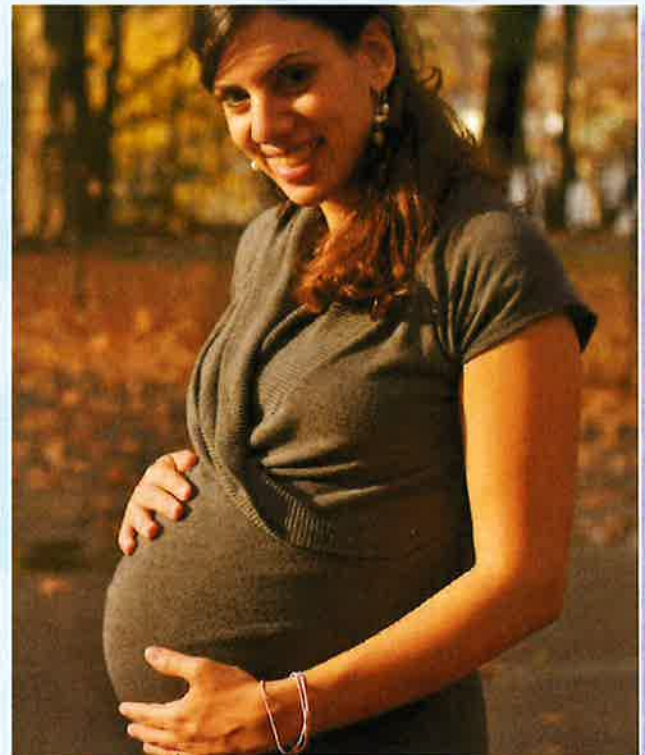


Taking Care of Your Oral Health When You Are Pregnant

Taking good care of your oral health is important for you and your baby. It is safe and important to get oral health care when you are pregnant. Practicing good oral hygiene, eating healthy foods, and getting oral health care will help keep you and your baby healthy.



School readiness begins with health!



Tips for keeping your mouth and teeth healthy when you are pregnant:

- Eat healthy foods, like whole-grain products; fruits; vegetables; and low-fat milk, cheese, cottage cheese, and unsweetened yogurt. Meats, fish, chicken, eggs, beans, and nuts are also good choices.
- Drink water, especially between meals and snacks. Drink tap water that has fluoride.
- Eat healthy snacks, like fruits; vegetables; and low-fat milk, cheese, cottage cheese, and unsweetened yogurt.
- Eat fewer sweets like candy, cookies, cake, and dried fruits. Drink fewer sugary drinks like fruit-flavored drinks, pop (soda), and fruit juice. If you eat sweets or drink sugary drinks, have them only at mealtimes.
- Brush your teeth with a soft toothbrush and fluoride toothpaste twice a day, after breakfast and before bed. Do not rinse after brushing. The small amount of toothpaste that stays in your mouth is good for the teeth.
- Floss once a day before bed.
- Rinse every night with an over-the-counter alcohol-free mouthrinse with fluoride.
- If you vomit, rinse your mouth with a teaspoon of baking soda in a cup of water. This helps prevent damage to your teeth.
- Get oral health care. If your last dental visit took place more than 6 months ago or if you have any oral health problems or concerns, schedule a dental appointment as soon as possible.
- Tell the dental clinic that you are pregnant and your due date. This information will help staff provide the best care for you.



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STAFF NOTES

FEEDING TODDLERS IN A HEALTHY WAY

Why Is This Important?

- Many parents know what foods are healthy but they may have difficulty feeding children in a healthy way due to food insecurity, lack of confidence with meal prep or questions about portion sizes and snacks.
- Picky eating frustrates and discourages so many parents!
- Many parents find it hard to set limits on sugary beverages, including juice. Some parents view juice as a way to provide their toddler with the recommended servings of fruit/vegetables. Even 100% fruit juice has sugar that can damage teeth.

Talking Points About Healthy Eating

- Serving sizes for toddlers are very small. A serving size of veggies is only 1–2 tablespoons, about the size of a quarter.
- Lots of parents say their child is picky, especially when it comes to new foods or eating fruits and vegetables. You are not alone!
- Did you know that a young child might need to try a new food 10–15 times over several months before she'll eat it?
- If possible, give your toddler a couple healthy choices at mealtimes but let her decide when and how much to eat.

Talking Points About Healthy Beverages

- Water and low-fat milk are the best beverage choices for your toddler. Toddlers never need soda pop or sports drinks.
- Toddlers need about 3 servings (1/2 cup for this age) of milk each day.
- Skip the juice and stick with water. Sometimes young children fill up on juice and then don't want to eat healthier foods.
- Try letting your child pick out a favorite, special cup for water only.
- If you choose to give other drinks, limit it to 4–6 ounces a day of 100% juice or low-fat, low-sugar, flavored milk.