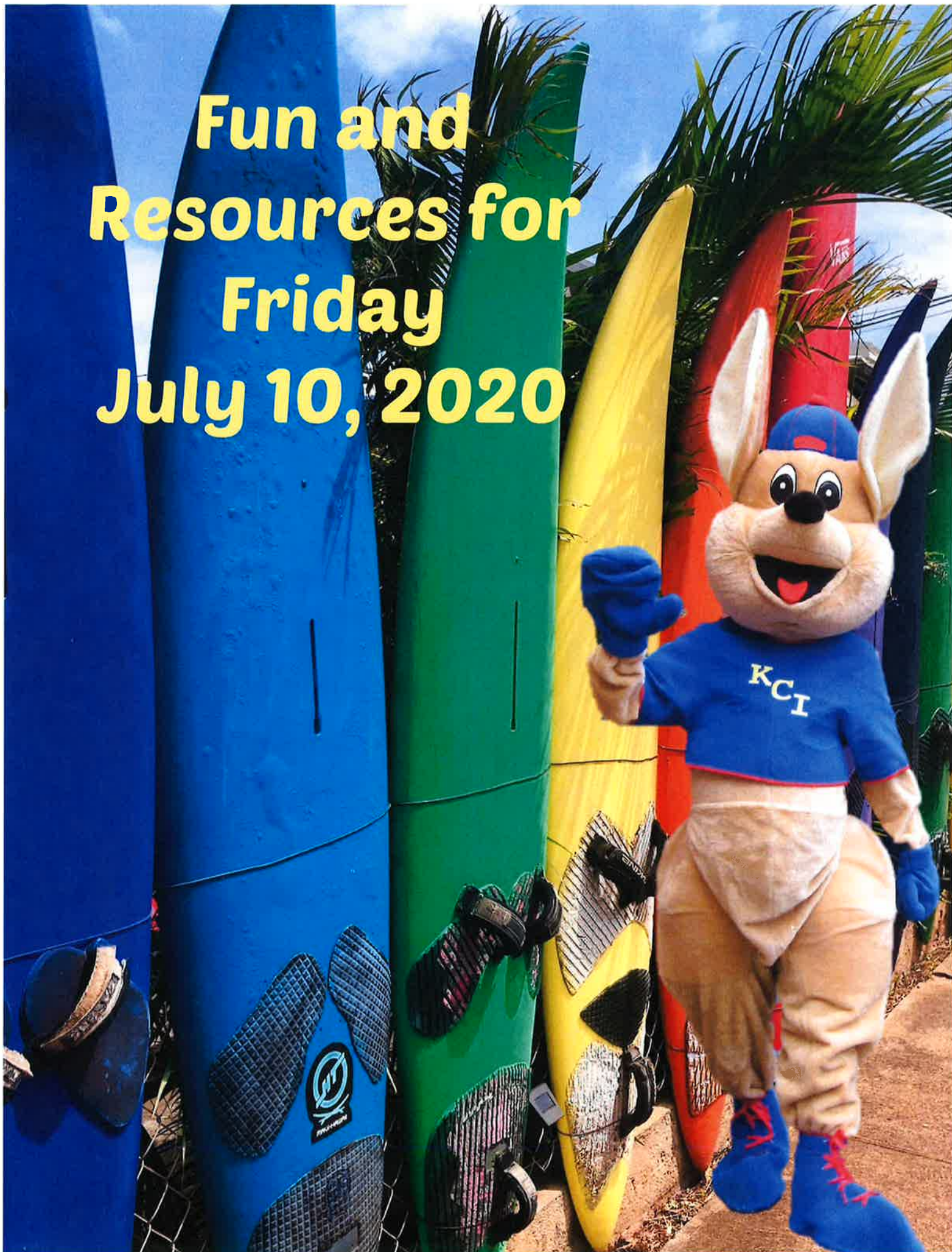


Fun and Resources for Friday July 10, 2020





Cabbage Stir-Fry



Ingredients

- 2 teaspoons **oil**
- 1 cup **celery**, washed and sliced
- 1 cup chopped **onion**
- 3 cups shredded or chopped **cabbage**
- 1/2 cup chopped **green pepper**, seeded and chopped (about 1 small pepper)
- 1/2 teaspoon **salt**
- 1/4 teaspoon **pepper**
- 1 medium **tomato**, chopped

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



Directions

1. Heat oil in a large skillet over medium-high heat (350 degrees in an electric skillet).
2. Add celery and onion. Cook 4-7 minutes until soft.
3. Add cabbage, green pepper, salt and pepper. Cook for 5-10 minutes, stirring often so the cabbage sweats.
4. Add tomato and serve immediately.
5. Refrigerate leftovers within 2 hours.

Notes

- If you don't have tomatoes, try adding 3/4 cup cooked, sliced carrots instead.

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 2/3 cup (101g)
 Servings Per Container 7

Amount Per Serving	
Calories 35	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 1g	

Vitamin A 6% • Vitamin C 50%
 Calcium 2% • Iron 2%

*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



#1: The Classic Dart Paper Airplane

This is the first paper airplane I learned to make and the only one I can easily do without thinking of following instructions. It is a simple and classic plane flies far with decent glide time.

Instructions:

STEP 1: Lay out your copy paper horizontally on a clean table or desk in front of you

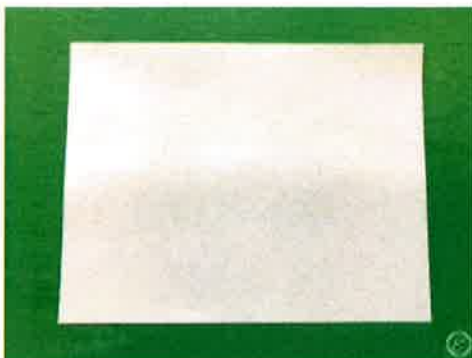
STEP 2 (OPTIONAL): Color both sides of your paper with designs and patterns that will decorate your folded paper airplane

STEP 3: Fold the paper in half long ways (remember to use strong creases with each fold), then reopen the paper

STEP 4: Turn the paper vertical and open it up again

STEP 5: Fold the top right corner on a diagonal towards the center line, repeat on the left side (your paper should now resemble a house)

STEP 6: Repeat **STEP 5**, again folding the top right corner (starting at the newly folded crease) in towards the center, repeat on the left side (your paper should now look like a long triangle with about 1" of paper not folded at the bottom)





Below you'll find instructions on how to fold a **simple paper airplane**. This is a great activity to do together with your children of any age. Younger kids (~age 2-3) can color the paper, watch you fold, help press the creases, and then they can have fun throwing the planes to make them fly. Maybe they'll start to fold the paper airplanes themselves after observing you do it a few times. Older kids (~ages 4+) can begin following the instructions and fold the plane themselves.

My tips for making these planes with your kids a better experience:



- Carefully and patiently help them line up the ends of paper to make them even BEFORE creasing a fold.
- Emphasize the importance of making strong crease with each fold.
- If it's not perfect, who cares! Even with a few mistakes, the plane will likely still fly, and maybe a bad fold on one side will make the plane fly curved towards one direction. That is a cool learning experience, and maybe they will like a curved flying plane better than a straight shooter!
- When throwing the paper airplanes, use a light grip, a quick throw, and release when your hand is level with the ground or slightly before.



The following safety precautions and materials are applicable to all four paper airplanes we will be creating below.

Safety:

Since we are using paper, there is a risk of paper cuts. To try to minimize this risk, handle the paper at the folded creases rather than the edges. If a paper cut does occur, immediately clean and bandage the lesion before continuing with the activity.

When the paper airplane is folded, there is a pointed tip. Please remember to instruct your child not to throw the paper airplane directly at anyone, and especially at faces. The nose of the paper airplane is pretty soft (because it's made of paper), but can be painful and potentially harmful if it is thrown at or into an eye ball. For this reason,

please insist that paper airplanes are NEVER thrown towards faces.

Materials Needed:

- Letter size (8.5" x 11") sheet of printer paper
- Crayons, markers, or paint to decorate the paper (*OPTIONAL*)

STEP 7: Refold the plane in half long ways, along the center crease you created in **STEP 3**



STEP 8: With the paper lying with the crease facing you, fold back the top edge down to meet the middle crease, flip the paper over and repeat on the other side, creating the wings



STEP 9: Lightly grip the plane by the middle of the center crease in your dominant hand. Pull your hand back to your shoulder with the airplane level with or slightly above your head, then shoot your hand forward, aiming slightly upward, while releasing the plane to make it fly.

Where's the STEM/STEAM in making paper airplanes?

The STEM skills your child is building while making paper airplanes are:

- Creativity
- How to follow instructions
- Problem solving
- Basic understanding of the forces of flight

Let's talk about each skill individually. First, and one of the most important in my mind, is **creativity**. This is what gives us the A to turn STEM to STEAM and is so important for children's development. Making paper airplanes can be an extremely creative process. From picking the color of the paper, or better yet coloring the paper themselves with patterns, pictures, and designs, to deciding which type and style of airplane to fold there is lots of room for creative exploration in this activity.

To learn to fold a paper airplane children have to be able and willing to **follow instructions**. These are two separate points that are equally important to following instructions. They may be mature enough to be *able* read or listen to instructions and complete the steps, but they have to also be *willing* to follow those steps exactly. Some kids get too excited and get ahead of themselves and don't want to wait to hear the next step. This will cause them to miss steps and the plane will fail. It is a great lesson to be willing to slow down, and follow the steps closely.

Troubleshooting the paper airplane's fold or flight is a great lesson in **problem solving** for kids. Why did the airplane immediately crash? Why does sister's plane fly further than brother's? Why is one plane faster than the other? What modifications can be made to correct these problems? Challenge your child to come up with the answers on their own, and when they can't help them by figuring it out together.

Finally, your kids will learn about the **four forces of flight: lift, weight, thrust, and drag**. *These four forces must be balanced in order for a plane (paper or commercial) to fly.* As the paper airplane flies through the air, **lift** holds it up. You gave the paper airplane a forward **thrust** with your arm. **Drag** from the air made the paper airplane slow down. The paper's **weight**, along with gravity, brings the paper airplane back to the ground.

If your child is asking you how the plane flies, you can explain each of the four forces using my descriptions above. Even if you don't explain the forces they are learning about these things when they see their airplane fly. When they eventually learn about these terms in school, maybe they'll remember how these forces acted on the paper airplanes they built as a kid. 😊

Lift: The force that causes the airplane to rise up and holds it in the air. It is created by the wings of the airplane, which push air down.

Weight: The force that acts in a downward direction on the plane. The weight of the airplane, along with gravity act opposite to lift in keeping the airplane flying. In order for an airplane to fly, the lift force must be greater than the force of weight.

Thrust: The force that propels the plane in the direction of motion. It is created by your arms strength and motion forward when throwing a paper airplane, or by the engines, rocket, or propellers of larger aircrafts.

Drag: The force that acts opposite the direction of motion, slowing the plane down. It is caused by friction and air resistance. The front of an airplane is narrow to create less drag.

Check out these awesome resources that I referenced while creating this post. You will find even more paper airplane ideas and instructions on these sites:

Healthy Habits for Happy Smiles



Finding a Dental Clinic for Your Child

Children need to visit the dental clinic to keep their teeth and mouth healthy. If children have regular dental visits, the dentist and dental hygienist can take care of their teeth and find oral health problems early. Here are tips for finding a dental clinic that is best for you and your child.



School readiness begins with health!



Tips for finding a dental clinic:

- Ask your child's Head Start teacher or other parents for suggestions.
- Ask your child's doctor for a referral.
- Visit these websites for finding a dentist in your community:
 - <http://www.aapd.org/finddentist>
 - <http://www.mouthhealthy.org/en/find-a-dentist>
 - <http://www.insurekidsnow.gov>

Questions to ask when choosing a dental clinic:

- Is your clinic taking new patients?
- Does your clinic take my child's insurance (for example, Medicaid or CHIP)?

- Do any of your staff speak my language? Can they translate so I can understand?
- Does clinic staff have training or experience treating young children?
- When is the next appointment for a new patient?
- What happens during a new patient visit?
- Is your clinic close to public transportation?
- When is your clinic open? Is it open evenings or on weekends?
- What information or forms do I need to bring to fill out your paperwork (for example, my child's insurance card or a Head Start oral health form)?
- Are there books, toys, or other things for children in your waiting room?



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 Your Family More of the Good Stuff!



Shop and Save

- Look for fresh kale with dark green, small to medium leaves.
- Avoid wilted or discolored brown or yellow leaves.
- Kale is available all year. Because it grows well in cooler months it is often available fresh when other produce is not.
- Frozen kale is easy to keep on hand and may be an economical, time-saving option. Check the 'best by' date to see how long it will keep.

Types of Kale

Curly kale – most common type available; bright green leaves are tightly ruffled and stem is fibrous. Flavor is peppery, and can sometimes become quite bitter.



Lacinato kale (dinosaur kale) – dark mottled green leaves are long, flat,

puckered spears with firm texture and tough stems. Flavor is earthy, slightly sweet and nutty. It is less bitter than curly kale.

Kale Basics

*Kale is rich in vitamins,
minerals and fiber
for a healthy body.*



Russian red kale – red-tinged green leaves are flat and resemble oak

leaves. Thick, reddish-purple stems are very fibrous and generally not eaten. Flavor is sweet and delicate with a hint of lemon and pepper.



Baby kale – any type harvested very young while the stems are thin and the leaves are tender; tends to be less bitter and fibrous.



Store Well Waste Less

- Refrigerate kale in an open or perforated plastic bag for 3-5 days. Flavor becomes stronger and more bitter as kale is stored.
- Wash kale just before using. Storing it wet can speed spoilage.
 - Fill a large bowl with cool water and swish loose leaves around.
 - Let the leaves sit in the water to allow the dirt to settle.
 - Lift the leaves from the water. Drain and rinse bowl.
 - Repeat these steps until there is no grit on the bottom of the bowl.
 - Pat leaves dry if needed.
- For best quality, kale is blanched (cooked briefly) before freezing. Use within 1 year.

Cooking with Kale

Quick Fix

- Substitute kale for spinach in raw or cooked recipes.
- Add to stir-fry recipes, pastas, sautéed vegetables, soups or smoothies.
- Use kale raw in salads or on sandwiches.
- Roast it in the oven for kale chips.

Go to
FoodHero.org
for a great
Crunchy Baked
Kale Chips
recipe.

Kale and White Bean Soup

Ingredients:

- 1 cup **onion**, chopped
- 4 cloves **garlic**, minced or 1 teaspoon **garlic powder**
- 1 Tablespoon **butter** or **margarine**
- 2 cups **broth** (chicken or vegetable)
- 1½ cups cooked **white beans**
(1 can -15.5 ounces, drained and rinsed)
- 1¾ cups diced **tomatoes** (1 can -14.5 ounces with juice)
- 1 Tablespoon **Italian seasoning**
- 3 cups **kale**, chopped (fresh or frozen)

Directions:

1. In a saucepan over medium-high heat, sauté onion and garlic in butter or margarine until soft.
2. Add broth, white beans, and tomatoes; stir to combine.
3. Bring to a boil; reduce heat, cover, and simmer for about 5 minutes.
4. Add the kale and Italian seasoning. Simmer until kale has softened, 3 to 5 minutes. Serve warm.
5. Refrigerate leftovers within 2 hours.

Makes: about 5 cups

Prep time: 15 minutes

Cook time: 15 minutes

Kale Dip

Ingredients:

- 1½ teaspoons **oil**
- 1 clove **garlic**, minced or ¼ teaspoon **garlic powder**
- 3 cups **kale**, thinly sliced
- ⅛ teaspoon **salt**
- 1 cup low-fat **cottage cheese**
- ½ teaspoon **red pepper flakes** or
¼ teaspoon **cayenne pepper**
- 1 Tablespoon **lemon juice**

Directions:

1. Heat oil in a pan over medium heat. Add garlic and kale and season with salt. Cook, uncovered, stirring occasionally until tender, about 3 to 4 minutes. Let cool.
2. Transfer kale to a blender. Add cottage cheese and puree until smooth.
3. Season with red pepper flakes and lemon juice.
4. Refrigerate leftovers within 2 hours.

Note: No blender? Make a chunky version! Finely chop kale and garlic before cooking. Mash dip with fork.

Makes: about 1½ cups

Prep time: 10 minutes

Cook time: 5 minutes

Kids Can!

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

- wash kale in a deep bowl of water.
- strip the leaves off the stem.
- measure and mix ingredients.

Massaging raw kale helps soften the leaves and reduce bitterness. Squeeze it with your hands in a bowl or plastic bag.