

# **Fun and Resources for Monday July 6, 2020**







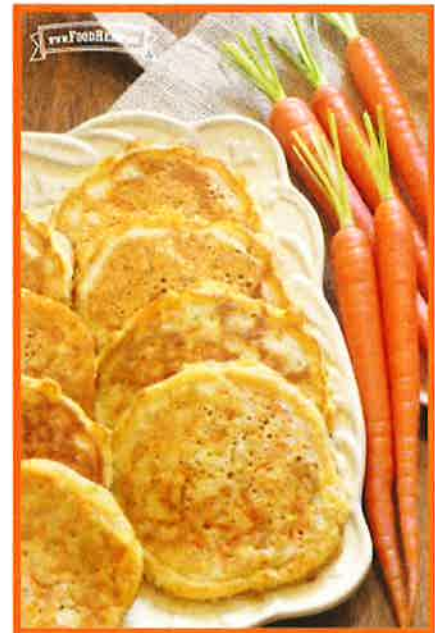
# Carrot Pancakes



## Ingredients

- 1/2 cup **oats** (quick or old-fashioned)
- 3/4 cup **buttermilk**
- 1/2 cup **carrots**, finely grated
- 1 **egg**
- 1 Tablespoon **oil**
- 1/4 cup nonfat or 1% **milk**
- 1/2 teaspoon **vanilla** (optional)
- 1/2 cup all purpose **flour**
- 1 Tablespoon **sugar**
- 1 teaspoon **baking powder**
- 1/2 teaspoon **baking soda**
- 1/2 teaspoon **salt**
- 1/2 teaspoon **cinnamon** (optional)

**Makes:** 15 pancakes  
**Prep time:** 15 minutes  
**Cooking time:** 10 minutes



## Directions

1. Mix oatmeal and buttermilk and set aside to soak.
2. Peel and grate the carrot with a fine grater.
3. Add egg, oil, milk and vanilla extract, if desired, to the oatmeal mixture; beat well. Stir in the grated carrot.
4. Measure dry ingredients and stir into the wet ingredients until batter is fairly smooth. If it seems too thick add a small amount of milk.
5. Lightly spray a large skillet or griddle with non-stick cooking spray or lightly wipe with oil. Heat skillet or griddle over medium-high heat (350 degrees in an electric skillet). For each pancake, pour about 1/4 cup of batter onto the hot griddle.
6. Cook until pancakes are puffed and dry around edges. Turn and cook other side until golden brown.
7. Refrigerate leftovers within 2 hours.

## Notes

- To see if skillet is hot enough, sprinkle with a few drops of water. If drops skitter around, heat is just right.
- Top with applesauce, fresh fruit or yogurt.

## Nutrition Facts

Serving Size 3 3" pancakes (98g)  
 Servings Per Container 5

Amount Per Serving	
<b>Calories</b> 150	<b>Calories from Fat</b> 45
% Daily Value*	
<b>Total Fat</b> 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 40mg	13%
<b>Sodium</b> 510mg	21%
<b>Total Carbohydrate</b> 21g	7%
Dietary Fiber 2g	8%
Sugars 5g	

### Protein 6g

Vitamin A 40% • Vitamin C 2%

Calcium 15% • 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	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



## **Learning about our Noses**

This is a great silly experiment to learn all about our noses for everyone from babies to adults!

### **Materials needed:**

- You and your kids
- Mirror

### **Safety:**

You and your children may be touching your noses with your fingers in this experiment. Make sure your hands are washed and clean before beginning the experiment and also wash them again after finishing the experiment to prevent the spread of germs.

### **Procedure:**

1. Wash hands
2. Sit or stand in front of a mirror.
3. Touch the tip of your nose and tell your child this is your nose
4. Show your child your nostrils and tell them that they have two nostrils
5. Play around by trying these things with your child to help them learn more about this body part:

A. Can you plug your nose using your index finger and thumb to close the nostrils?

B. Can you scrunch up your nose? C. Can you move your nose left and right?

I had to move my lips to move my nose, lol!

D. Can you flare your nostrils?

E. Can you sniff?

F. Can you blow air out of your nose? Is the air cold or hot?

6. Dangle a clean tissue in front of your child's nose

A. Ask them to blow air out of their nose – the tissue will move away from their nose

It worked best when I demonstrated first...

B. Ask them to sniff – the tissue will move closer to their nose

What happened:

Your child learned all about their nose. We use our nose to breathe, smell, expel unwanted particles (through sneezing), and it helps our speech. We can move it and because of its prominent position on our face it is one of the most defining features on most people. Our noses are important because they allow us to smell, and it's wonderful to teach your child to love their nose no matter its shape or size.



# Understanding Depression

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## Symptoms that might indicate depression

- sad or irritable mood
- decreased interest/pleasure
- significant change in weight and/or interest in eating
- low energy/tired
- sleeping too much or too little
- difficulty concentrating
- feeling hopeless, worthless, or guilty
- suicidal thoughts



*School readiness begins with health!*



# Taking Care of Yourself

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**Children whose parents are experiencing depression tend to have more challenging behavior.**



**How you handle your depression can make a big difference in your life and in your child's life.**

Depression is common and you can help yourself **by seeking help.**

**You can also help** loved ones who may be experiencing depression.



*School readiness begins with health!*

# Seek Help If You Need It

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## Tips and Tools

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Learn the signs and symptoms of depression.



Remember depression is common and treatable.



When you are depressed it is hard to parent well.

## Take Care of Yourself

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Talk with your doctor, a mental health professional, or your child's pediatrician.



Every day find a time to take a calming breath, take a walk and relax.



Build daily routines with your child. Make time to play with your child.



Try to listen and respond to your child's needs.

***School readiness begins with health!***



NATIONAL CENTER ON

Early Childhood Health and Wellness



# Healthy Habits for Happy Smiles

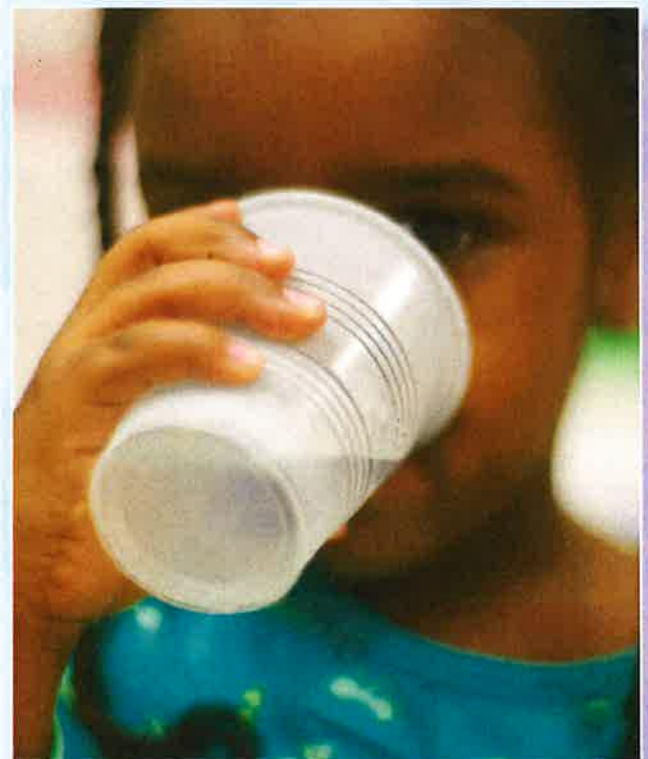


## Getting Fluoride for Your Child

**F**luoride is found in nature in soil, plants, and water. Fluoride is safe. Drinking tap (faucet) water with fluoride, brushing with fluoride toothpaste, and having a health professional apply fluoride varnish to the teeth are important ways to make teeth strong and prevent tooth decay.



*School readiness begins with health!*



## Fluoride in Water

- Since most water doesn't have enough natural fluoride to prevent tooth decay, many communities add fluoride to their water supply (tap water) used for drinking and cooking.
- Give your child tap water with fluoride. If you are not sure if your water has enough fluoride, ask your child's dental clinic for help in finding out.
- Some bottled waters contain fluoride, and some do not. Check with the bottled water's manufacturer to ask about the fluoride content of a particular brand.
- If your tap water does not have enough fluoride, ask your dental or medical clinic if your child needs fluoride drops or tablets.

## Fluoride Toothpaste

- Brush your child's teeth after breakfast and before bed once the first tooth begins to show.
- Use a child-sized toothbrush with soft bristles and fluoride toothpaste.
- See *Healthy Habits for Happy Smiles: Brushing Your Child's Teeth* for more information.

## Fluoride Varnish

- Fluoride varnish is painted on a child's teeth to prevent or reduce cavities.
- It is not permanent but keeps fluoride on the teeth for several hours.
- Fluoride varnish has a pleasant taste and is well tolerated by children.



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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!

## Oat Basics

### Shop and Save

- ☼ Compare package sizes for the lowest cost per ounce.
- ☼ Bulk oats may cost less than packaged oats.
- ☼ Oats should smell faintly sweet or have no smell. Avoid oats that have an unpleasant or musty smell.



Oats are a good source of fiber  
which is great for heart health.



### Store Well Waste Less

- Store oats in tightly covered containers to keep out moisture and insects.
- Keep in a cool, dark, dry cupboard. Quality is best when used in 3 to 6 months.
- To store for up to a year, package well and keep in the refrigerator or freezer.

## Types of Oats

### Rolled Oats –

whole oats are steamed and rolled into flakes

- **Old Fashioned** - thick flakes; has the most texture; cooks in 5 minutes
- **Quick Oats** - steamed longer and rolled thinner; softer texture; cooks in 1 minute
- **Instant Oatmeal** - cooked completely, dried, rolled into very thin small flakes; texture is very soft; just stir in hot water to prepare



### Cut Oats –

each whole oat is cut into pieces with steel blades

- **Steel Cut** or **Irish oats** - cooks in 20 to 30 minutes; has a chewy texture
- **Quick Cooking Steel Cut Oats** - pieces are smaller; cooks in 5 to 7 minutes; texture is softer
- **Scottish Oats** - pieces are very small; creamy porridge texture



### Oat Bran –

the outer coating of the oat grain; very high in fiber

- **Oat Flour** – a finely ground, whole-grain flour that can be used in baking and thickening; naturally gluten-free if processed separately from wheat



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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# Cooking with Oats

## Savory Oatmeal

### Ingredients:

- 1/2 cup non-fat or 1% **milk**
- 1 1/2 cups **chicken broth**
- 1/2 cup **steel cut oats**
- 1/4 cup **cheddar cheese**, shredded
- 1/4 cup **green onion**, diced
- 1/2 cup **tomatoes**, diced

### Directions:

1. Combine milk and broth in a medium saucepan over high heat. Heat until mixture starts to boil.
2. Stir in oats and reduce heat to a simmer. Cook for 25 to 30 minutes, stirring occasionally, until liquid is absorbed. Oats should be tender and cooked through.
3. Stir in cheese and green onion. Top with tomatoes.
4. Refrigerate leftovers within 2 hours.

**Makes** 2 1/2 cups

**Prep time:** 15 minutes

**Cook time:** 25 to 30 minutes

### Notes:

- To use old fashioned rolled oats, reduce the broth to 1/2 cup and cook for 5 minutes in step 2.

## Cranberry Oatmeal Balls



### Ingredients:

- 1 cup **quick-cooking rolled oats**
- 1/3 cup **almonds**, chopped
- 1/3 cup reduced-fat **peanut butter**
- 1/4 cup **honey**
- 1/3 cup dried **cranberries**

### Directions:

1. In a medium bowl combine all ingredients until well mixed.
2. Form oat mixture into 18 balls about 1 inch wide.
3. Refrigerate balls in a single layer for 30 minutes. Serve cool to avoid stickiness.

### Note:

- Honey is not recommended for children under 1 year old.

**Makes** 18 one-inch balls

**Prep/chill time:** 45 minutes

Visit  
**FoodHero.org**  
for quick and  
delicious recipes  
using oats.

## Overnight Oatmeal



### Ingredients:

- 1 cup uncooked **old fashioned rolled oats**
- 1 cup low-fat **yogurt**
- 1/2 cup nonfat or 1% **milk**
- 1 cup chopped **fruit**, fresh, frozen or dried

### Directions:

1. In a medium bowl, mix oats, yogurt and milk.
2. Add the fruit now or just before eating.
3. Cover and refrigerate oatmeal mixture for 6-12 hours. For grab-and-go breakfasts, serve in small containers with lids.
4. Refrigerate leftovers within 2 hours.

**Makes** 3 1/2 cups

**Prep time:** 15 minutes or less

**Standing time:** 6 hours or longer



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

- wash veggies under cool running water.
- measure liquid ingredients.
- cut green onions with kitchen scissors.
- grate cheese.