

# Fun and Resources for Tuesday July 7, 2020





# Beef and Broccoli



## Ingredients

- 3/4 pound lean **ground beef**
- 1/4 teaspoon **ground ginger**
- 3/4 teaspoon **garlic powder**
- 2 Tablespoons **brown sugar**
- 1/4 cup low-sodium **soy sauce**
- 2 teaspoons **cornstarch**
- 1 Tablespoon **sesame oil**
- 1/4 teaspoon **red pepper flakes**
- 1/2 cup **water**
- 4 cups **broccoli**, chopped (fresh or frozen)
- 3 cups **cooked bulgur**

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



## Directions

1. Sauté beef, ginger and garlic powder in a skillet over medium-high heat until meat is browned.
2. In a bowl, mix sugar, soy sauce, cornstarch, sesame oil, pepper flakes and water.
3. Add sauce to beef and cook for 5 minutes. Add broccoli and cook until tender.
4. Serve over cooked bulgur.
5. Refrigerate leftovers within 2 hours.

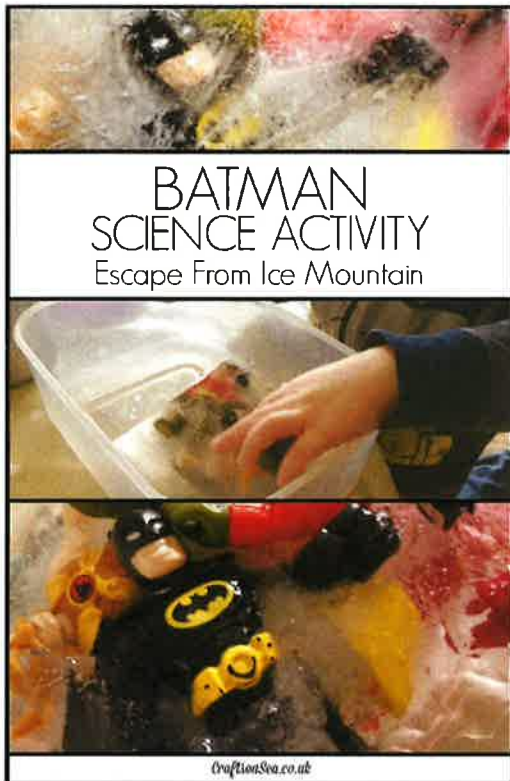
*For tasty, healthy recipes that fit your budget, visit [www.FoodHero.org](http://www.FoodHero.org)!*

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## Nutrition Facts

Serving Size 1 cup (166g)	
Servings Per Container 7	
<b>Amount Per Serving</b>	
<b>Calories 170</b>	<b>Calories from Fat 50</b>
<b>% Daily Value*</b>	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol 25mg</b>	<b>8%</b>
<b>Sodium 270mg</b>	<b>11%</b>
<b>Total Carbohydrate 21g</b>	<b>7%</b>
Dietary Fiber 5g	20%
Sugars 3g	
<b>Protein 11g</b>	
<b>Vitamin A 20%</b>	<b>Vitamin C 50%</b>
<b>Calcium 4%</b>	<b>Iron 10%</b>
*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	

**You can do this with any children's toy!**



## BATMAN SCIENCE ACTIVITY

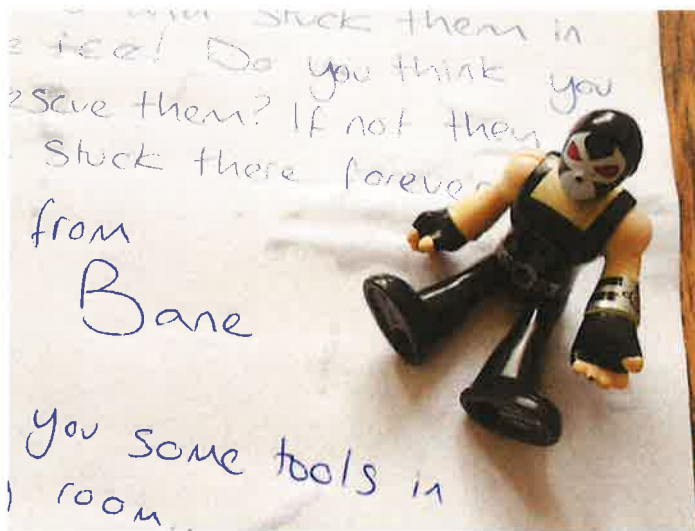
Escape From Ice Mountain

Today is one of those few rare days when I feel like a mum who has Got It All Sorted. Well, except for the cleaning, obviously. Why? Well, because today I've been doing some Batman science with my boy and he loved it. Not just that though, this Batman activity helped with his letter and word recognition. Cool huh? He doesn't know or care about that though, all he knows is that he had loads of fun!

## PREPARING THE SCENE OF THE CRIME

Last night I was Stealth Mummy and when the boy wasn't looking I stole some of his Batman toys and froze them. If you'd like to make an Ice Mountain too then I recommend using the pasta salad pots, they have a nice 'mountain' shape and are just right for capturing four **Batman toys**. First Batman and Robin were frozen, then after an hour or two I added Hawkman and Flash so they were at different levels. I left this in my freezer overnight then popped it out of the

container and put it in a plastic box to play with just before we started.



## LETTER AND WORD RECOGNITION

Today my son found a letter from Bane.

It says:

"Hello, I am Bane and I am a naughty baddie! I have captured Batman and his friends and stuck them in some ice! Do you think you can rescue them? If not they will be stuck there forever!!

From Bane

PS - I've left you some tools in the dining room...."



Man that **Bane** is a jerk! Still, at least he had the decency to leave my son some exciting new things out: a jug of warm water, some salt, a spoon, a magnifying glass (**I bought these on the sly at the weekend, they're sold as a cute set in the US**), **some tweezers** and a kids syringe.

We looked at the letter together and my son could recognize letter B for Bane and Batman, his own name, the question marks and exclamation marks. He's just turned four.

## BATMAN SCIENCE

In the dining room we found our superheros trapped! Eek!

We tried out all the different things to see what we needed to do to rescue The Dark Night. After a bit of playing my son discovered that salt melts ice and we listened as it made cracks in it. The warm water was also a big hit, at first starting with the syringe to pour it on the ice and then moving on to pouring the jug itself. We used the magnifying glass to see what was happening too.

We also added a few drops of red food coloring so we could see where the ice was cracking and melting. Folks, don't use the syringe for this, I wore it



on my face for an hour without realizing!

We spent nearly an hour happily doing this science experiment, which is a really long time for us, but it was great fun. There were also a lot of celebrations when we managed to set our superheroes free and we took them for a nice soapy bath in the sink to warm them back up and make sure all the salt was out before the baby tried to chew their heads.



# You can protect yourself and your family by taking action to prevent injuries at home!

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## You Can Prevent Burns at Home

- Keep matches and lighters out of reach of children
- Install and maintain a smoke alarm  
(Remember to change the batteries)
- Cover electrical outlets
- Turn pan handles on the stove inward and use back burners when cooking
- Set the hot water heater to 120 degrees F or less  
(Ask a friend or your landlord if you need help)
- Test bath water temperature before putting your child in it

## You Can Prevent Falls at Home

- Watch your child CONSTANTLY when they are in the bathroom
- Install window guards on upper windows
- Use stair gates at the top and bottom of stairs
- Always use the safety latch in your child's chair or strollers

## You Can Prevent Poisonings at Home

- Keep all medicines and cleaning supplies in containers with safety caps and store them in a locked cabinet
- Buy and install a Carbon Monoxide (CO) detector in your home to save your child from CO Poisoning
- Act fast if you think your child has been poisoned!  
Call the Poison Control Centers 1-800-222-1222

*School readiness begins with health!*

# Healthy Habits for Happy Smiles



## Brushing Your Child's Teeth

**B**rushing is one of the main ways you can keep your child's teeth healthy. You should brush your child's teeth with fluoride toothpaste twice each day to help prevent tooth decay (cavities). Begin brushing as soon as your child's first tooth begins to show.



*School readiness begins with health!*

### Tips for brushing your child's teeth:

- Brush your child's teeth after breakfast and before bed.
- Use a child-sized toothbrush with soft bristles and fluoride toothpaste.
  - For children under age 3, use a small smear of fluoride toothpaste.
  - For children ages 3 to 6, use fluoride toothpaste the size of a pea.
- Young children like to do things by themselves. It's good to let children brush their teeth while an adult watches. But children under age 7 or 8 cannot brush their teeth well yet. An adult needs to brush the child's teeth too.
- Find a position where your child is comfortable and you can see your child's

teeth while you brush. For example, sit on the floor with your baby's or young child's head in your lap. Or stand behind your child in front of the mirror.

- Gently brush your child's teeth using small circles. Brush all surfaces of the teeth, including the insides and outsides.
- After brushing, have your child spit out the remaining toothpaste but not rinse. The small amount of toothpaste that stays in your child's mouth is good for the teeth.
- If you are having trouble brushing your child's teeth, use a timer, a counting game, or a song while brushing. You can also ask the staff at your child's dental clinic for help.



*Use a smear for children under age 3.*



*Use a pea-size amount for children ages 3 to 6.*

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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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Photo requiring credit: <http://www.wikihow.com/Clean-Toddler's-Teeth> (front page, top)



ADMINISTRATION FOR  
**CHILDREN & FAMILIES**



NATIONAL CENTER ON  
Early Childhood Health and Wellness



# Give Your Family More of the Good Stuff!



## Summer Squash Basics

### Shop and Save

- ✿ Although summer squash is usually available year round, July through August is the peak season when summer squash is best quality and lowest price.
- ✿ Look for squash that are firm with a thin, bright and glossy skin.
- ✿ Avoid squash that have nicks, bruises, soft spots or dents.
- ✿ For best flavor and smallest seeds, choose long-type squash that are up to 6 to 8 inches long or flat round types that are about 3 to 4 inches across.
  - ⇒ You can still use larger summer squash - scrape out the seeds and grate the remaining flesh to add to baked goods, pancakes or soups.

*Summer squash is high in vitamin C. Eating the skin of summer squash provides the most nutrients.*



### Types of Summer Squash

Summer squash have thin skins that do not need to be peeled. They are mild in flavor and do not store for long times. Any type can be used in most recipes.



**Zucchini** is long and straight, much like

a cucumber. The outside can be yellow or light to dark green; the inside is creamy white.

**Yellow Crookneck and Straightneck**

are long but slightly larger on one end. Sometimes the skin is bumpy.



**Scallop or Patty Pan** is small, round and shallow with scalloped edges. The outside may be white, pale yellow, or medium green with a white inside.



**Round ball types** are very similar to zucchini except for shape.



### Store Well Waste Less

- ✿ Wash summer squash just before using by gently rubbing with your fingers under cool running water.
- ✿ Store in the refrigerator in open or perforated plastic bags (20 holes per medium bag). For best quality use within 3 to 4 days.



- Zucchini can be frozen if blanched first. Use it in baked goods, or soups. Drain extra liquid before adding to baked goods.

Summer squash is easy to grow and the plants produce a lot.



# Serving up Summer Squash

## Zucchini Salad

### Ingredients:

- 1½ teaspoons oil
- 1 Tablespoon **lemon juice**
- ¼ teaspoon dried **oregano** or **basil**
- ¼ teaspoon **salt**
- ½ teaspoon **pepper**
- 4 small **zucchini**, sliced crosswise
- ½ cup **red** or **sweet onion**, sliced thinly or chopped small
- ¼ cup shredded or grated **Parmesan cheese**

### Directions:

1. Mix oil, lemon juice, oregano, salt and pepper together in medium bowl.
2. Add zucchini, onion and cheese. Mix gently. Cover and chill until ready to serve.
3. Refrigerate leftovers within 2 hours.

1 pound of summer squash =  
about 2 medium squash =  
about 3 cups of raw slices =  
3 cups of raw, grated squash =  
1½ cups cooked squash

Go to  
**FoodHero.org**  
for easy, tasty  
squash recipes

## Quick Ways to Use Summer Squash

- ❖ Serve raw with a dip or add to salads or coleslaw.
- ❖ Add coarsely grated squash to pasta sauce or use shreds or ribbons as pasta.
- ❖ Try it on the grill – baste long slices with low fat Italian dressing.
- ❖ Try adding grated zucchini to casseroles, soups or enchiladas.

## Sautéed Zucchini

### Ingredients:

- 2 medium **zucchini**
- 2 teaspoons **vegetable oil**
- 1 clove **garlic**, minced or ¼ teaspoon **garlic powder**
- ⅛ teaspoon **salt**
- ⅛ teaspoon **pepper**
- ¼ teaspoon **oregano** (optional)

### Directions:

1. Wash zucchini and cut into ¼-inch thick rounds or sticks.
2. In a medium skillet, heat oil over medium high heat (350 degrees in an electric skillet).
3. Add garlic and zucchini then sprinkle with salt, pepper and oregano, if desired. Cook, stirring occasionally, until zucchini is soft, about 5 to 7 minutes.
4. Refrigerate leftovers within 2 hours.