



Healthy Living at KCSC



Kennedy Child Study Center: Where Every Child Matters | Winter 2017 Newsletter

The Importance of Nutrition

Good nutrition is important throughout our lives, but it is especially important in a child's early years. Although it can be frustrating to deal with 'picky eaters,' the benefits of good nutrition are worth the effort! Research shows that nutrition in a child's early years is linked to their health and academic performance in later years.

Join Us! Parent Nutrition Workshops this Month

Marcia Rappaport is a Registered Dietitian/Nutrition Consultant who works with our agency to provide healthy, well-balanced meals to our students. Marcia will be hosting **nutrition workshops in English and Spanish for KCSC parents**, to provide information on healthy eating in the home, how to handle picky eaters, and other great topics.

BRONX (1028 East 179th St)

English: Wednesday, February 8, 10am – 11:30 am

Spanish: Thursday, February 9, 10am – 11:30 am

MANHATTAN (2212 Third Avenue, 2nd Fl)

English: Tuesday, February 14, 10am – 11:30 am

Spanish: Thursday, February 16, 10am – 11:30 am

Ways to Encourage Healthy Eating in Your Home

It takes time and patience for children to develop a taste for healthy foods. Below is some of Marcia's advice for helping children develop an appreciation for healthy eating.

Focus on the meal and each other.

Your child learns by watching you. Children are likely to copy your table manners, your likes and dislikes, and your willingness to try new foods.

Offer a variety of healthy foods.

Let your child choose between several healthy options. Children are more likely to enjoy a food when eating it is their own choice.

Be patient with your child.

Sometimes new foods take time. Give children a taste at first and be patient with them. Offer new foods many times. Research shows that a child may need to be exposed to a new food up to *10 times* before they learn to like it.

Let your children serve themselves.

Teach your children to take small amounts at first. Let them know they can get more if they are still hungry.



Encourage your child by eating healthy foods and saying things like: "Yum, this is so good!"

OTHER TIPS:

- Have meals and snacks at regularly scheduled times. Planned meals and snacks encourage healthy eating.
- Offer plenty of vegetables and fruits daily. They make great snacks.
- Comfort your child with **love**, not food. Reward with stickers, hugs or a few words of praise.

Manhattan
Bronx

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Green Mac and Cheese: A Healthy Take on a Family Favorite

(Portion size for 3 – 5 year olds: ½ - ¾ Cup)

- **Prep Time:** 10 minutes
- **Cook Time:** 30 minutes

Ingredients

- 1 pound whole wheat elbow macaroni or shells
- 3 cups 1% milk
- 1 cup packed fresh spinach or 10 ounces frozen (defrosted)
- 3 tablespoons unsalted butter
- 3 tablespoons flour
- 4 cups grated reduced fat white cheddar cheese
- 1 teaspoon kosher salt
- 2 cups chopped broccoli florets
- 1 cup peas

Preparation

1. Preheat oven to 350° F.
2. Cook pasta in salted water for about 3 minutes less than package directions call for, until al dente. Reserve half a cup of the pasta water and strain.
3. While the pasta is cooking. Place the milk and spinach in a blender and blend on high speed until smooth.
4. In a large pot melt the butter and then add the flour, whisking continuously over low-medium heat for 2-3 minutes to make a roux. Slowly whisk in the milk mixture and bring to a boil.
5. Reduce heat and simmer, whisking occasionally, 3 to 4 minutes, or until sauce is gently bubbling and starting to thicken.
6. Add reserved pasta water and cheese and whisk until melted. Stir in the pasta, salt, broccoli and peas.
7. Transfer to a greased 13"x9" baking dish and bake for 20 minutes, or until cheese is bubbling and the pasta is set.



Family Style Dining at KCSC

As part of our Healthy and Active Living initiative, KCSC has introduced Family Style Dining in all of our classrooms.

What is Family Style Dining?

Family Style Dining is an interactive approach to mealtime that helps children develop their social skills while building a foundation for a lifetime of healthy eating. During Family Style Dining, students and staff sit together at the table. Food is placed in the center of the table, and staff help the children to serve themselves. At the end of the meal, students help clear the table and prepare for their next activity.

What are the benefits of Family Style Dining?

- **Social/Emotional Development** – Children learn to be responsible for themselves and others by following rules and routines like setting and cleaning the table and passing food. They learn about portion control by serving themselves and asking for seconds if they are still hungry.
- **Physical Development** – Fine motor skills are developed as they use utensils to serve and eat as well as pitchers to pour. This improves hand-eye coordination and fine motor control in their hands.
- **Language Development** – Language and literacy skills are developed as they engage in conversations with staff and other children. Staff can use this time to talk with children about the healthy foods being introduced and classroom lessons or activities.
- **Cognitive Development** – Children’s problem-solving, reasoning, decision-making and understanding are developed by learning amounts, sizes, textures, numbers, counting, position of food items, and tableware.



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