



Rev Up with Red Foods origin date -Feb 2020

Objective: To increase awareness of the **nutrient benefits** of red foods, to encourage increased consumption of red foods, and to consider practical application of serving red foods in the family child care setting.

In an effort to encourage healthy habits for your children as well as support your childcare business, we have put together this self-study unit. Submitting this completed unit satisfies your annual CACFP nutrition education requirement and may also be considered as continuing education for your Colorado State License.

Please read through each activity carefully and consider that the workshop should take *at least* 1 hour of effort on your part. Once reviewed, you will receive a training certificate via email along with helpful feedback for **1 hour- Health, Safety, and Nutrition**

| | | | |
|----------|-----------|--------------|------|
| Provider | Signature | Printed Name | Date |
|----------|-----------|--------------|------|

Submit: Pages 1, 2, and the answer page to southwestcacfp@gmail.com
Don't forget to include the OPTIONAL bonus page for an EXTRA .5 hr credit!

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1. _____ I make an effort to serve fresh or raw veggies and fruits.
2. _____ I recognize that the color of fresh foods signifies the nutrients of that food.
3. _____ I try to sit and eat with the children whenever possible.
4. _____ I ensure that everyone thoroughly washes hands before and after eating, even at snack.
5. _____ I try to plan at least *some* food or cooking activities.
6. _____ I talk with my children about the foods they are eating.
7. _____ I thoroughly wash all fresh produce, even those that are traditionally peeled.
8. _____ I try to set a good example of healthy eating habits.
9. _____ I recognize that foods can be used to teach many other concepts like colors, shapes, and textures.
10. _____ I include children in choices about meals or snacks at least some of the time.
11. _____ I do not allow toys, television, or video games during meals.
12. _____ Each child has adequate time to eat meals and snacks comfortably.
13. _____ I am careful to ensure raw fruits and vegetables are cut in a fashion to avoid choking.
14. _____ I never withhold foods in association with behavior.
15. _____ I encourage my children to try new foods without being forceful or threatening.
16. _____ I try to avoid added salt or sugar in foods I purchase for children.
17. _____ I recognize that frozen veggies and fruits can provide essential nutrients when fresh is not available.
18. _____ I consider my children's likes and dislikes when planning meals or snacks.
19. _____ I try to let my children serve themselves at least *some of the time*.
20. _____ I ensure my children go outside or engage in full physical activity every day.
21. _____ I recognize that children learn with all of their senses so I allow them to experience their foods through smell, taste, and even touch.
22. _____ I see spills and accidents as an opportunity for children to learn about cleaning up after themselves instead of getting upset.

Choose two of the statements above about which you believe strongly and briefly describe why you feel the way you do:

1. _____
2. _____

Read over the following information and then complete the answer page:

As a general rule, the brighter the color of a food, the more concentrated its nutrients. So, it follows that red foods signal opportunities for healthy eating. Red vegetables and fruits are high in vitamins and minerals, which help turn carbohydrates, fats and proteins into usable energy for the body. We've all heard "an apple a day can keep the doctor away", but is the same true for all red foods? Let's take a closer look at some familiar red foods.

Strawberries- Although sweet, strawberries are a low-calorie good source of folate which is helpful for the heart. Folic acid is known to decrease the risk of some birth defects. Strawberries are a good source of vitamin C to help boost the immune system. Strawberries pair well with other fruits, crunchy grains like cereal, and with creamy foods like yogurt. The World Dental website says that strawberries may help whiten teeth. The malic acid in strawberries is an effective dental cleaner when mixed with baking soda.

Cherries- The skin of the cherry is high in fiber to aid in digestion. They are also rich in vitamin C for the immune system and a good source of potassium to maintain healthy blood pressure.

Cranberries- Cranberries can stop bacteria from sticking to the urinary tract walls and may also help to prevent H pylori, a bacterium responsible for stomach and digestive tract issues that may lead to lesions or sores inside the body. Cranberries are also rich in Vitamin C.

Raspberries- Raspberries are high in fiber and can help with keeping cholesterol in check. Like other berries, pairing with creamy foods or crunch grains is a delicious way to serve.

Red Pepper- Red peppers are a very good source of Vitamin A to aid skin, bones, and teeth. They also contain as much Vitamin C as the average orange! Serve raw in salads or with dips; or add to soups, chili, or casseroles for a punch of flavor and nutrients. Hot red peppers contain capsaicin, a phytochemical that may fight bacteria through its most notable property--heat.

Beets- Beets are a root vegetable rich in folate and lycopene for protection against disease. A special and powerful antioxidant called anthocyanins are present in beets. Beets add color and texture to a variety of side dishes like salads, rice, or other vegetables. Beets can also be easily blended into smoothies for a touch of sweetness and additional nutrient punch.

Red Kidney Beans contain not only large amounts of heart-healthy fiber, but zinc, which supports reproductive health and wound healing. Kidney beans also contain B vitamins, which are key for neurological function. Like other legumes potassium and folate offer protective properties.

Apples- Apples are another highly versatile and easily portable food since they can be eaten whole, cut to a variety of sizes, or cooked into other dishes. Apples are rich in pectin, a soluble fiber that helps bind and eliminate LDL cholesterol. This fruit also contains other heart-healthy substances, such as flavonoids, which are thought to combat free-radical damage to artery walls and fiber to aid in digestion.

Pomegranates- Pomegranates have received attention for their high antioxidant content, but their greatest asset may be their high potassium content to promote healthy blood pressure.

Red Grapes- Red grapes are a good source of several vitamins. One serving of red grapes offers 16 mg of vitamin C. Red grapes also contain small amounts of vitamin E, vitamin A, vitamin K, pantothenic acid, vitamin B-6, folate, beta carotene and alpha carotene. These nutrients help many body-processes function properly. Red grapes are also rich in minerals like potassium, manganese, and iron, as well as small amounts of calcium, magnesium, zinc and selenium.

Tomatoes-Red tomatoes are a good source of lycopene which has been linked to prostate health and may also be beneficial in protecting against breast cancer. Additionally, lycopene can protect the eyes from macular degeneration and improve blood vessel function to lower the risk of stroke. Vitamin C boosts the immune system overall, and potassium helps to control blood pressure. Tomatoes offer versatility because whether raw or cooked, nutrient values remain fairly constant.

Why Make Your Own Sauce? The canned and jarred processed sauces almost always contain added preservatives, salt, and sugar. They may also be overly heavy in oils or diluted with water. The average pasta sauce can range in price from about \$3.59 to as much as \$8.99 for a 24 oz jar! Making your own is simple, you control the ingredients, and it's a great way to use up older tomatoes or inexpensive canned tomatoes.



Simple Pasta Sauce

10-15 whole blanched and peeled Roma tomatoes or two 28-ounce cans of whole tomatoes (drained)

3 tablespoons tomato paste
1 tablespoons olive oil
1 medium onion, minced
2 cloves garlic, minced
1 tablespoons olive oil
1 teaspoon dried oregano
1 teaspoon dried basil

Process tomatoes and paste in a food processor or with a hand blender to desired consistency and set aside. In a large pot, heat the oil over medium heat. Add the onion and cook, stirring occasionally, until soft, about 5 minutes. Add the garlic and cook for 2 minutes longer. Add the remaining ingredients and cook, uncovered, stirring occasionally, until thickened, about 30 minutes. Season with salt and pepper, to taste.

Answer Page:

1. The brighter the color of a food, the more _____.
2. Vegetables and fruits should be eaten in moderation because they are high calorie **T / F**
3. Vitamin C is found in most red fruits and helps support the _____ system.
4. Strawberries could help to maintain whiter teeth. **T / F**
5. Most of the fiber of cherries is found in the _____.
6. What is unique about cranberries? _____

7. Red peppers are a good source of Vitamin A to support _____, _____, and _____.
8. A special and powerful antioxidant called _____ is found in beets.
9. Some common themes among red foods are: **a.** They all grow on trees **b.** all contain Vitamin C along with other helpful nutrients **c.** They should all be restricted to only occasional servings due to concentrations of minerals
10. Zinc, found in red kidney beans helps to support _____ and _____
_____.
11. Apples are rich in _____, a soluble fiber to help bind and eliminate cholesterol.
12. Pomegranates may increase blood pressure. **T / F**
13. Red grapes really only contain one or two helpful nutrients. **T / F**
14. Some benefits of lycopene, found in red tomatoes are: _____

15. Why are tomatoes particularly versatile? _____

16. List your favorite red food and 3 ways you could serve it: My favorite: _____



Make your own tomato sauce and complete the following for an additional .5 hour credit!

I prepared homemade tomato sauce using a. the recipe provided b. my own recipe

Preparing the sauce was a. easy b. hard c. time consuming d. something I usually do

I served the sauce on _____ for a **MEAL / SNACK**

I served the sauce with: _____

The children who were offered the sauce were: (first names only) _____

Did the children like the sauce? Y / N Did you? Y / N

List three things the children said or behaviors you observed during the offering.

Will you prepare the homemade sauce again? Y / N

Why or why not: _____



If you used your own recipe, please share a copy!