

Family and Consumer Sciences “Connections” in Nolan County



Volume 3 Issue 9 September 2016

Celebrate Family Mealtime with Extension

by MAKING IT HEALTHY!

“Extension Celebrates Family Mealtime” is a month long celebration that highlights Texas A&M AgriLife Extension Service’s commitment to encouraging the adoption of healthy behaviors. This

September, agents across the state will be hosting events in their local communities.

Make it your mission to have meals as a family three times a week or more, and connect with your family for better health.

For more information about Family Mealtime, contact your local County Extension Office.

Source: <http://fcs.tamu.edu/familymealtime>

The Importance of Family Mealtime



Inside this issue:

Celebrate Family Mealtime	1
The Importance of Family Mealtime	1
Families Cooking Together	2
Conussions: What Parents of Athletes Should Know	3
Sweet Potatoes or Yams?	3
County News	4
Beefy Sweet Potato Hash	4

As busy as they are today, it is very difficult for many families to sit down and have family mealtime. Research shows that families who cook together, eat together, talk together and make meals a family time are healthier and happier. Here are some benefits of having meals together as a family:

1) Relationships—Eating together helps to build a close relationship with your children. Turn off the television and do not answer the phone during meals. Instead, use this time to talk, connect and make memories together. It is a lesson your children will use for life.

2) Better Nutrition—No surprise here! Meals prepared at home are usually more nutritious than meals that are eaten

3) Stability—Eating with your children gives them a sense of security. Studies show that this decreases the chances that they will engage in activities such as smoking and drinking.

4) Saves Money—Eating at homes saves money. It is cheaper to cook meals at home than it is to dine out.

6) Portion Sizes—Children learn about correct portion sizes, food groups and nutrition when eating with their family. Allow them to serve themselves at dinner. Teach them to take small amounts at first. Tell them they can get more if they are still hungry.

7) Cooking Skills—Get everyone involved in meal preparation. Kids love to help prepare food. Letting



them help prepare food will help them feel valued and a part of the family.

8) Social skills—Eating together as a family gives children an opportunity to learn and practice their social skills, table manners and conversation skills.

9) New Foods—Offer your children new foods, but do not force them to eat them. Let them choose how much to eat. Kids are more likely to enjoy a food when eating it is their own choice. It also helps them be independent.

Source: Nebraska Extension Publication, February 2010



Families Cooking Together

Kids In The Kitchen

Cooking builds self-esteem. Helping in the kitchen builds confidence and early skills of independence. Most kids feel proud and important when they help prepare food. Sharing in family tasks helps them feel that they belong in the family. Children are natural kitchen helpers. They like to share simple tasks of food shopping and picking foods for meals. They enjoy preparing and serving food to the family.

Cooking teaches. Kitchen tasks give your child a chance to measure, count,

Even if meals take longer to prepare, it is worth letting your child help. Kitchen time is learning time that you share together.

and see food change. That is early math and science learning. Your child can learn new words and symbols by cooking with you. Talk about the food and what you are doing. Read words on food containers together. Small muscle skills develop, too, when your child uses his or her hands to help with kitchen tasks. Cleanup teaches responsibility. It is part of many creative, messy things we do. Also, children like to eat the food they make. This is a good way to get them to try new healthy foods.

Cooking together is fun family time. Kitchen time offers a special parenting chance. Cooking together creates closer bonds and lifelong memories. It is also a chance to talk and hear what your child has to share.

How to cook with young children

1. Decide on the area of the kitchen where you will be cooking.
2. Gather stools or chairs that will allow your child to stand or sit comfortably while working.
3. Wash hands.
4. Get out the recipe you will be using.
5. Read the recipe with your child. Explain that you will be following the steps in the recipe to prepare the food.
6. Set out:
 - the equipment that you will need (e.g. mixer, bowls, pans, measuring cups, knives, & spoons).
 - the ingredients that you will be using.
7. Have your child participate in cooking activities (such as washing fruits and vegetables, adding ingredients, mixing ingredients, and kneading dough).
8. Clean up with your child.
9. Eat what you have prepared!



Kitchen Safety Rules For Kids and Families

- Fasten hair back if it is long.
- Wear clean clothes, maybe with short sleeves.
- Start with hand and table washing.
- Taste with a clean spoon. A licked spoon goes in the sink, not back in the bowl!
- Resist nibbling cookie dough or cake batter that has raw eggs in it.
- Stay away from hot surfaces and utensils, and sharp objects. An adult needs to help.
- Work at a child-height surface.
- Walk slowly. Carry food and utensils with care.
- Wipe up spills.

Together, follow four food safety rules:

- 1) Be clean.
- 2) Keep raw and cooked food separate.
- 3) Cook food to proper temperature.
- 4) Refrigerate perishable food right away.

2-year-olds can:

- Wipe tabletops.
- Wash fruits and vegetables.
- Tear lettuce or greens.
- Break cauliflower or broccoli into pieces.
- Carry ingredients from one place to another.

3-year-olds can:

- Knead and shape dough.
- Mix or pour ingredients.
- Shake liquids in a covered container to mix them.
- Apply soft spreads.
- Put things in the trash.

4-year-olds can:

- Peel oranges or hard-boiled eggs.
- Mash bananas or cooked beans with a fork.
- Cut parsley and green onions with kid-safe scissors.
- Set the table.

5 to 6-year-olds can:

- Measure ingredients.
- Use an egg beater.

Sources: USDA SNAP-Ed Connection, Nibbles for Health 31 Nutrition Newsletters for Parents of Young Children, USDA, Food and Nutrition Service, We Can! Ways to Enhance Children's Activity & Nutrition – National Heart, Lung, and Blood Institute

Concussions: What Parents of Athletes Should Know

WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS?

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs of a concussion:

SYMPTOMS REPORTED BY ATHLETE:

- Headache or “pressure” in head.
- Nausea or vomiting.
- Balance problems or dizziness.
- Double or blurry vision.
- Sensitivity to light.
- Sensitivity to noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Concentration or memory problems.
- Confusion.
- Just not “feeling right” or is “feeling down”.

SIGNS OBSERVED BY PARENTS/ GUARDIANS:

- Appears dazed or stunned.
- Is confused about assignment or position.
- Forgets an instruction.
- Is unsure of game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (even briefly).
- Shows mood, behavior, or personality changes.

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

- 1. Seek Medical Attention Right Away.** A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to regular activities, including sports.
- 2. Keep Your Child Out Of Play.** Concussions take time to heal. Don’t let your child return to play the day of the injury and until a health care professional says it’s OK. Children who return to play too soon - while the brain is still healing - risk a greater chance of having a second concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
- 3. Tell The Coach About Any Previous Concussion.** Coaches should know if your child had a previous concussion. Your child’s coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION ?

- Ensure that they follow their coach’s rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly and be well maintained.
- Wearing a helmet is a must to reduce the risk of a serious brain injury or skull fracture.
- However, helmets are not designed to prevent concussions. There is no “concussion-proof” helmet. So, even with a helmet, it is important for kids and teens to avoid hits to the head.

Source: www.cdc.gov/HEADSUP

Sweet Potatoes or Yams?

We usually think of eating sweet potatoes or yams for Thanksgiving or Christmas dinners. But this wonderful vegetable can be eaten all year round and has some wonderful health benefits.

In the United States, sweet potatoes are commonly called yams. True yams are usually grown in Africa and Asia—they have a pinkish white center and can grow up to 6 feet long and 100 pounds! Also, China is now the world’s largest grower of sweet potatoes.

The sweet potato has only a very distant relationship with the potato, but because both vegetables grow in the ground, they have been often confused. There are two varieties of sweet potatoes:

- 1) pale yellow—with a dry, yellow flesh.
- 2) Dark orange—with a moist flesh. The dark orange is plumper in shape and somewhat sweeter than the pale yellow variety.

Sweet potatoes can be eaten raw, but are usually cooked (baked, boiled, microwaved, mashed or fried). They are fat free, high in Vitamins C and A, a good source of calcium and potassium and an excellent source of fiber.



Source: [Nebraska Extension/Nutrition Sweet Potato Fact Sheet](#)

TEXAS A&M AGRI LIFE EXTENSION

Family and Consumer Sciences
"Connections" is provided by the following
Texas A&M AgriLife Extension Service
Family and Consumer Science Agents:

Linda Wells, Burnet County
Vacant, Brown County
Kandice Everett, Sterling/Coke Counties
Janet Nelson, Coleman County
Milissa Wright, Concho County
Shelley Amberg, Irion/Schleicher Counties
Kim Miles, Jones County
Karen DeZarn, Lampasas County
Jennifer Page, Llano County
Jacque Behrens, McCulloch County
Sheree Hardin, Menard/Mason Counties
Labeth Carter, Nolan County
Sandy Taylor, Runnels County
Melanie Potter, San Saba County
Jane Rowan, Taylor County
Courtney Redman, Tom Green County
Judy Gully, D7 Regional Program Leader

Nolan County News

September

- 11th Walk Across Texas Kick-off @ 4:00 Newman Park Pavilion
- 12th TEEA Meeting @ 2:00 Trinity Baptist Life Center
- 13th Nolan County Quilting Club @ 4:30 Annex

October

7th—9th Nolan County Fair & Rodeo

2nd—8th National 4-H Week

11th Nolan County Quilting Club @ 4:30 Annex

17th & 18th Food Protection Management Training
(Abilene)

20th Food Handler's Course @ 2:00

Labeth Carter CEA-FCS
Texas AgriLife Extension
100 E. 3rd St., Suite 305B

325-236-6912
Labeth.carter@ag.tamu.edu
<http://holan.agrilife.org>

Beefy Sweet Potato Hash

A main dish with vegetables that is kid-friendly!!

- 12 ounces cooked beef such as steak, roast, pot roast, or ground beef, cut into 1/2 inch cubes
- 1 large sweet potato unpeeled, cut into 1/2 inch cubes
- 1 medium yellow onion, chopped
- 1 tablespoon taco seasoning mix
- 1/4 cup water
- 1 tablespoon vegetable oil
- 2 tablespoons reduced-fat or regular dairy sour cream or plain Greek yogurt
- 1 teaspoon hot pepper sauce
- Chopped, fresh cilantro, optional

Combine sweet potatoes, onion and taco seasoning in a large nonstick skillet over medium heat. Add water. Then, cover and cook 8 to 10 minutes or until crisp-tender and water has almost evaporated. Stir once. Stir in oil. Continue cooking, uncovered, for 4 to 6 minutes or until potatoes are tender and begin to brown, stirring occasionally.

Meanwhile, combine sour cream and hot sauce in a small bowl. Set aside. Add beef to potato mixture. Continue to cook 5 minutes or until beef is heated through, stirring occasionally, adding 1 to 2 tablespoons water, if needed to avoid sticking. Garnish with cilantro if desired. Serve with sour cream mixture. Yield: 4 servings.



Nutrition Facts (per serving)

Calories: 251
Total Fat: 11 g.
Cholesterol: 52 mg.
Sodium: 324 mg.
Potassium: 408 mg.
Total Carbohydrates: 18 g.
Dietary Fiber: 3 g.
Protein: 20 g.
Vitamin A: 220 Percent Daily Value (% DV)
Vitamin C: 17 % DV
Calcium: 5 % DV

Recipe from <http://dinnertonight.tamu.edu>