

# Nutrition News

May 2022



## Stay Healthy Every Day!

- Eat **5** or more fruits and vegetables
- Limit screen time to **2** hours or less
- Exercise or play **1** or hour or more
- Choose **0** sugary drinks

## RADISH



Choose Iowa™ is a program of the Iowa Department of Agriculture and Land Stewardship.

**This month we will learn about radishes.** The radish is an edible, root vegetable that commonly has red skin with white flesh, however there are many sizes and colors. Raw radishes have a peppery taste, but when cooked have a mellow, sweet flavor.

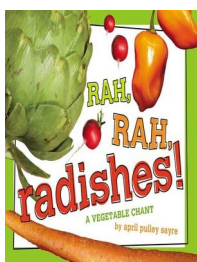
Radishes are very easy to grow and are great for young children because they are ready to pick and eat in about 21 days.

### Shop Smart:

- Choose radishes that are smooth, firm and brightly colored. The green leafy tops, if still attached should be a deep green color.
- Avoid radishes that have cracks.
- Larger radishes tend to be less crisp, which is usually less desirable.

### Read or listen on YouTube:

Rah, Rah, Radishes!



## Grow Your Own Radishes

Your child can help poke holes in dirt, place seeds in holes, water and watch the radishes grow!



### All you need:

- Container (should be at least 6 inches deep and contain drainage holes) or space outside to plant and grow radishes
- Dirt (potting soil will work)
- Radish seeds
- Water

### All you do:

1. Add dirt to pot. If planting directly in to the ground, make sure the space is weed free and soil is loose.
2. Use your finger and poke small holes in the dirt about 2 cm apart.
3. Place 2-3 radish seed in each hole.
4. Cover holes with dirt.
5. Water and let grow. Your radishes should poke out of the soil in about a week. If the plants are crowded, thin them out.
6. Your radishes should be ready to eat in about 21 days! Simply grab radishes near their base and pull out. Wash and eat!

# Recipe

## Roasted Radishes

Roasted radishes are sweeter and more tender than fresh. Allow your child to help wash the radishes and stir ingredients together.

*Makes 2-3 servings*

*All you need:*

- 1 pound radishes (about 3 cups)
- 1 tablespoon vegetable oil
- ¼ teaspoon salt
- 1/8 teaspoon pepper

*All you do:*



# Recipe

## Radish Tea Sandwiches

Tea sandwiches are the perfect size for kids. Have your child help cut the crusts off bread with a butter knife or pair of child scissors. Your child can also help spread the sauce and add the slices of radishes to each sandwich.

*Makes 2-3 servings*

*All you need:*

- 1 container plain yogurt (6 oz)
- 2 teaspoons ranch seasoning (from packet)
- Bread
- Radishes, sliced thin

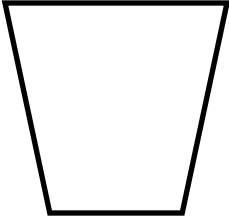
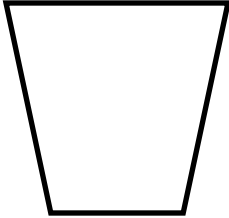
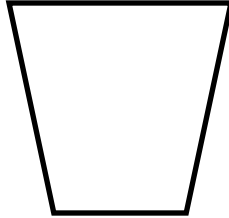
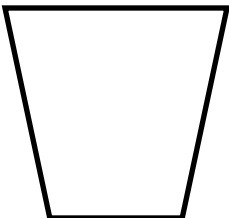
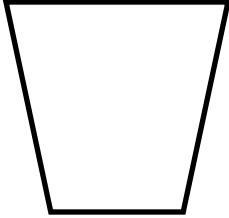
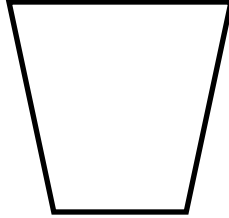
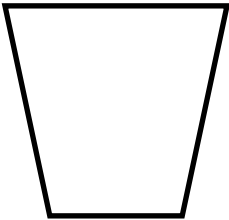
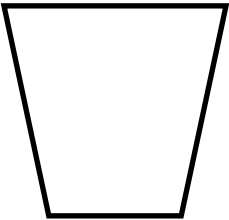
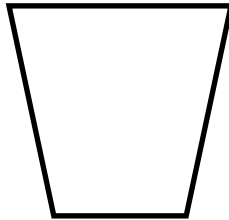


# Track Your Radishes Growth

Monitor your radishes growth every few days with this chart below.

Use a ruler to record height.

Be sure to observe new leaves and if they are different from the first leaves.

Day: _____ 	Day: _____ 	Day: _____ 
Day: _____ 	Day: _____ 	Day: _____ 
Day: _____ 	Day: _____ 	Day: _____ 

# May 2022 Family Meal Tracker for In-Kind Credit

**RULES FOR CREDIT: EAT TOGETHER—TURN OFF TV—SIT AROUND TABLE TOGETHER—PASS FOOD FAMILY STYLE—HAVE MEAL CONVERSATIONS**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
						1 Meals Eaten Together (circle): <b>B L D</b>	<b>Total Meals for Week:</b>
2 Meals Eaten Together (circle): <b>B L D</b>	3 Meals Eaten Together (circle): <b>B L D</b>	4 Meals Eaten Together (circle): <b>B L D</b>	5 Meals Eaten Together (circle): <b>B L D</b>	6 Meals Eaten Together (circle): <b>B L D</b>	7 Meals Eaten Together (circle): <b>B L D</b>	8 Meals Eaten Together (circle): <b>B L D</b>	<b>Total Meals for Week:</b>
9 Meals Eaten Together (circle): <b>B L D</b>	10 Meals Eaten Together (circle): <b>B L D</b>	11 Meals Eaten Together (circle): <b>B L D</b>	12 Meals Eaten Together (circle): <b>B L D</b>	13 Meals Eaten Together (circle): <b>B L D</b>	14 Meals Eaten Together (circle): <b>B L D</b>	15 Meals Eaten Together (circle): <b>B L D</b>	<b>Total Meals for Week:</b>
16 Meals Eaten Together (circle): <b>B L D</b>	17 Meals Eaten Together (circle): <b>B L D</b>	18 Meals Eaten Together (circle): <b>B L D</b>	19 Meals Eaten Together (circle): <b>B L D</b>	20 Meals Eaten Together (circle): <b>B L D</b>	21 Meals Eaten Together (circle): <b>B L D</b>	22 Meals Eaten Together (circle): <b>B L D</b>	<b>Total Meals for Week:</b>
23 Meals Eaten Together (circle): <b>B L D</b>	24 Meals Eaten Together (circle): <b>B L D</b>	25 Meals Eaten Together (circle): <b>B L D</b>	26 Meals Eaten Together (circle): <b>B L D</b>	<b>Make sure to turn in before the last day of school!</b>			<b>Total Meals for Week:</b>

**Child Name:** \_\_\_\_\_

**Parent Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Staff Signature:** \_\_\_\_\_ **Parent Signature:** \_\_\_\_\_

**Total Meals:** \_\_\_\_\_

\_\_\_\_\_

# May 2022 Menu - Maywood and Lily

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Orange WG Rice Crisps	Fruit Cocktail WG Chex	Apple WG Cheerios	Banana WG Oatmeal	Fruit Cocktail WG Rice Crisps
Meatloaf Mashed Yams Mix Vegetable WG Bread	<b>Pineapple Chicken</b> WG Rice Peas	Turkey Ham Mashed Potatoes Broccoli & Cheese WG Bread	WG Beef Spaghetti Tossed Salad Applesauce	Chicken Drummy Butter Beans Squash WG Cornbread
Apple Milk	Pears Milk	Orange Milk	Tropical Fruit Milk	Banana Milk
9	10	11	12	13
Apple WG Cheerios	Pears WG Oatmeal	Orange Yogurt	Banana WG Oatmeal	Apple WG Rice Crisps
Chicken Taco Meat WG Tortilla Refried Bean Tropical Fruit	Hamburger Patty Mashed Potato Stewed Tomatoes WG Bread	WG CN Chicken Patty Tossed Salad Applesauce	Cubed Turkey with <b>Veggie Stir Fry with Ginger</b> WG Rice	Scrambled Eggs Hash brown Mandarin Orange WG Muffin
Peaches Milk	Pineapple Milk	Tropical Fruit Milk	Peaches Milk	Banana Yogurt
16	17	18	19	20
Apple Yogurt	Orange WG Oatmeal	Pear WG Cheerios	Banana WG Rice Crisps	Apple Yogurt
CN Hamburger Mashed Potato Green Beans <b>WG Fruit Sando</b>	WG Tuna & Noodles Carrots Fruit Cocktail	Beef Taco Meat WG Tortilla Refried Beans Mangos	Italian Chicken Over WG Angel Hair Mixed Vegetable s Crushed Pineapple	Chicken BBQ on WG Bun Baked Beans Coleslaw
Peaches Milk	Applesauce Milk	Pineapple Yogurt	Mandarin Orange Milk	Banana Milk
23	24	25	26	27
Pear WG Cheerios	Apple Yogurt	Mandarin Orange WG Oatmeal	Banana Yogurt	
WG Beef Goulash Tossed Salad Crushed Pineapple	CN Cod On WG Bun Honey Ginger Carrots Green Beans	Chicken Alfredo Over WG Noodles Tossed Salad Peas	Sloppy Joe On WG Bun Baked Beans Applesauce	
Orange Milk	Peach Milk	Fruit Cocktail Milk	Tropical Fruit Milk	

## May is Asian-Pacific American Heritage Month – Some traditional dishes include:

\***Pancit** is a common Filipino noodle dish

\***Pani Popo** is a Samoan sweet roll baked in a delicious coconut sauce

\***Fruit Sando** is a Japanese fruit sandwich. Juicy seasonal fresh fruits are placed in chilled whipped cream between two slices of Japanese milk bread. We plan to make our own fruit sando on Monday, May 16!

