

Pre-School Pages



A newsletter for parents of pre-schoolers packed with food, facts & fun from your local county extension office

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LET'S PLAY

Nothing Boring about Board Games

Games were invented as amusement, and they can also teach kids important lessons about waiting your turn, honesty, following rules and working together. Adults and teenagers can model winning and losing graciously, and how to modify the rules to meet different goals. Summer is the best time for outdoor games, and because we occasionally have days when we need to be quiet or inside, it's also good to have a mental inventory of board and card games.

"I love board games as an alternative to screen use. They get everyone away from solitary screens (computers, phones, electronic games) and unlike group television or DVD viewing, they are interactive," says Shari Steelsmith, author of "Go To Your Room: Consequences That Teach" and Parenting Press's weekly tips.

LET'S BE HEALTHY!

Health officials are monitoring the H1N1 outbreak (swine flu). In the interest of public health, you are reminded of the following:

- *If you are feeling ill, especially with flu-like symptoms (fever greater than 100.4 degrees , cough, sore throat, body aches, chills, nausea, vomiting and diarrhea, we ask that you not leave home to be with others).
- *Cover mouth and nose with a tissue when coughing and/or sneezing. Immediately throw tissue in garbage.
- *If a tissue is not available, cough or sneeze into the crook or elbow of your arm, NOT your hand.
- *Wash hands with warm soapy water. If soap and water are not available, alcohol-based hand sanitizers and gels are a suitable substitute.
- * Avoid touching your nose, eyes and mouth.
- *Teach your children about all these precautions.

LET'S EAT

Breakfast Burrito with Salsa (could be for any time of day)

Serving Size: 1 burrito

Yield: 4 servings

Time: 30

Ingredients:

- 4 large eggs
- 2 Tablespoons frozen corn
- 1 Tablespoon 1% milk
- 2 Tablespoons diced green peppers
- 1/4 cup minced onions
- 1 Tablespoon diced fresh tomatoes
- 1 teaspoon mustard
- 1/4 teaspoon granulated garlic
- 1/4 teaspoon hot pepper sauce (optional)
- 4 - 8 inch flour tortillas
- 1/4 cup canned salsa

Nutrition Facts	
Serving Size 1 burrito, 1/4 of recipe (160g)	
Servings Per Container	
Amount Per Serving	
Calories 250	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 210mg	70%
Sodium 600mg	25%
Total Carbohydrate 31g	10%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 11g	
Vitamin A 8%	Vitamin C 10%
Calcium 10%	Iron 15%
*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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	30g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions:

Preheat oven to 350 degrees.

1. In a large mixing bowl, blend the eggs, corn, milk, green peppers, onions, tomatoes, mustard, garlic, hot pepper sauce, and salt for 1 minute until eggs are smooth.
2. Pour egg mixture into a lightly oiled 9x9x2 inch baking dish and cover with foil.
3. Bake for 20-25 minutes until eggs are set and thoroughly cooked.
4. Wrap tortillas in plastic and microwave for 20 seconds until warm. Be careful when unwrapping the tortillas. The steam can be hot.
5. Cut baked egg mixture into 4 equal pieces and roll 1 piece of cooked egg in each tortilla.
6. Serve each burrito topped with 2 Tablespoons of salsa.

Cost:

Per Recipe: \$1.61

Per Serving: \$0.40

Source:

Adapted from: Food Family Fun
USDA Food and Nutrition Services (FNS)



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