



FAMILY AND FOOD MATTERS TO CAREGIVERS & KIDS

A PROGRAM FOR WELLNESS

Video 4 Handouts



Let's Cook



Break into your family group and each family stand at a cutting board. Today, we're going to make **Turkey Tacos**.

Turkey Tacos

Serves 8, 2 tacos per serving

Prep time: 20 minutes

Cook time: 25 minutes



Ingredients:

- 1 small sweet potato
- ¼ medium head lettuce
- 2 large tomatoes
- 7 ounces cheddar cheese
- 1 (15½-ounce) can pinto beans
- Non-stick cooking spray
- pound lean ground turkey
- 1 (15½-ounce) can chopped or crushed tomatoes
- 1 Tablespoon chili powder
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 16 taco shells

Materials:

- Box grater
- Can opener
- Colander
- Cutting board
- Large skillet
- Measuring spoons
- Sharp knife
- Vegetable peeler

Directions:

1. Rinse, peel, and grate carrot, sweet potato, or zucchini (if using zucchini, grate but do not peel). Squeeze dry with paper towels.
2. Rinse and shred lettuce. Rinse, core, and chop the tomatoes.
3. Grate cheese.
4. In a colander, drain and rinse beans.
5. Coat a large skillet with non-stick cooking spray. Heat over medium high heat. Add turkey and brown.
6. Add grated veggies, beans, canned tomatoes, chili powder, garlic powder, oregano, salt, and black pepper. Stir well.
7. Reduce heat to medium. Cook until thickened, about 20 minutes.
8. Add 2 Tablespoons cooked meat mixture to each taco shell. Top each with 1 Tablespoon grated cheese, 1 Tablespoon shredded lettuce, and 1 Tablespoon fresh tomatoes.

Chef's Notes:

- Top tacos with any of your favorite veggies, hot sauce, salsa, low-fat sour cream, or low-fat plain yogurt.
- *Use any type of cooked beans you like.
- *Make soft tacos using corn or whole wheat tortillas.
- *For more heat, add minced hot peppers to sauce in step 6.

Let's Eat



Families enjoy their healthy meal together.

When families are finished eating, let's all clean up together.

Family Communication Game: Kids' Sheet

What is your caregiver's favorite part when cooking as a family?

What is the family's favorite food that the caregiver cooks?

What is your caregiver's favorite food?

Does your caregiver like fruits or veggies better?

Family Communication Game: Caregiver's Sheet

<p>What is your child's favorite part when cooking as a family?</p> <p>_____</p>	<p>What is your child's favorite food?</p> <p>_____</p>
<p>What is your family's favorite food to eat?</p> <p>_____</p>	<p>Does your child like fruits or veggies better?</p> <p>_____</p>



More to Think About

Communication Tips for Caregivers

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Be available for your children

- * Start the conversation- this lets your kids know you care about what's going on in their lives.
- * Notice times when your kids are more likely to talk – for example, at bedtime, before dinner, in the car – and be there to listen to them.
- * Learn what your children like to do (e.g., favorite foods to eat, cook, etc.) and show interest in them or offer to do those things with them.
- * Start conversations by sharing what you have been thinking about rather than beginning a conversation with a question.

Let your kids know you're listening

- * When your children are talking about things that bother them, stop what you are doing and listen.
- * Express interest in what they are saying without questioning them.
- * Listen to their point of view, even if it's difficult to hear.
- * Let them complete their point before you talk.
- * Express understanding to them whenever possible.

Respond in a way your children will hear

- * Stay calm; kids will tune you out if you appear angry or defensive.
- * Say your opinion without putting down theirs; say that it's okay to disagree.
- * Try not to argue about who is right. Instead say, "I know you disagree with me, but this is what I think."
- * Think about your child's feelings rather than your own during your conversations.

Parenting is hard work

- * Listening and talking is the key to a healthy connection between you and your children. But parenting is hard work and keeping a good connection with kids can be challenging, especially since parents are dealing with many other pressures. If you are having problems over a long period of time, you might want to consider seeing a mental health professional to get support.

Remember:

- * Ask your children what they may want or need from you in a conversation, such as advice, simply listening, help in dealing with feelings, or help solving a problem.
- * What are you eating as a parent? How does this impact your children?
- * Kids learn by imitating. Most often, they will follow your lead in the food they eat, how they communicate, how they deal with anger, solve problems, and work through difficult feelings.
- * Talk to your children – don't lecture, criticize, threaten, or say hurtful things.
- * Kids learn from their own choices. As long as the consequences are not dangerous, don't feel you have to step in.

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**10
tips**
Nutrition
Education Series



**MyPlate
MyWins**

Based on the
Dietary
Guidelines
for Americans

Vary your protein routine

Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts, and seeds) sources. We all need protein—but most Americans eat enough, and some eat more than they need. How much is enough? Most people, ages 9 and older, should eat 5 to 7 ounces* of protein foods each day depending on overall calorie needs.

1 Vary your protein food choices

Eat a variety of foods from the Protein Foods Group each week. Experiment with beans or peas, nuts, soy, and seafood as main dishes.

2 Choose seafood twice a week

Eat seafood in place of meat or poultry twice a week. Select a variety of seafood, including those that are higher in oils and low in mercury, such as salmon, trout, and herring.



3 Select lean meat and poultry

Choose lean cuts of meat like round or sirloin and ground beef that is at least 93% lean. Trim or drain fat from meat and remove poultry skin.

4 Save with eggs

Eggs can be an inexpensive protein option and part of a healthy eating style. Make eggs part of your weekly choices.

5 Eat plant protein foods more often

Try beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), nuts, and seeds. They are lower in saturated fat and some are higher in fiber.



6 Consider nuts and seeds

Choose unsalted nuts or seeds as a snack, on salads, or in main dishes. Nuts and seeds are a concentrated source of calories, so eat small portions to keep calories in check.

7 Keep it tasty and healthy

Try grilling, broiling, roasting, or baking—they don't add extra fat. Some lean meats need slow, moist cooking to be tender—try a slow cooker for them. Avoid breading meat or poultry, which adds calories.

8 Make a healthy sandwich

Choose turkey, roast beef, canned tuna or salmon, or peanut butter for sandwiches. Many deli meats, such as regular bologna or salami, are high in fat and sodium—make them occasional treats only.



9 Think small when it comes to meat portions

Get the flavor you crave but in a smaller portion. Make or order a small turkey burger or a "petite" size steak.

10 Check the sodium

Check the Nutrition Facts label to limit sodium. Salt is added to many canned foods—including soups, vegetables, beans, and meats. Many processed meats—such as ham, sausage, and hot dogs—are high in sodium. Some fresh chicken, turkey, and pork are brined in a salt solution for flavor and tenderness.

* What counts as an ounce of protein foods? 1 ounce lean meat, poultry, or seafood; 1 egg; ¼ cup cooked beans or peas; ½ ounce nuts or seeds; or 1 tablespoon peanut butter.