

Kid's Korner

Festive Foods For Children To Make

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SHIREMANSTOWN (Cumberland Co.) — Hey, kids, this is the season to help your mom in the kitchen.

Maybe you are too young to make these recipes by yourself, but you can measure some of the ingredients for your mom, place muffin cups in pans, and watch muffins and cookies bake.

You might even want to lick the mixing bowl or wash the dishes. One thing you will want to definitely do is sample the things you bake with a cold drink of milk.

Watch out that you don't eat too many sweets during this holiday season.

Did you know that Americans have become more and more aware of how to include healthy foods in their diet. For example, over the past few years the amount of fat in the "average" American diet has decreased from 44 to 46% of calories to 34 to 35% of calories. That's quite an accomplishment.

During the holiday season, it's easier to let good habits slide because of traditions we've established over generations and generations. Here are some new, nutritious foods that follow dietary guidelines and may be a lot of fun to try during the holidays.

The first idea takes a traditionally sugar-loaded cupcake and replaces it with a pumpkin cupcake. They will smell good while baking and taste great, too! Serve them unfrosted for a nutrient-plus dessert. The pumpkin is high in vitamin A and the raisins add iron.

Pumpkin Cupcakes
Makes 24 cupcakes.
Per cupcake: Calories, 140; Total fat, 6 grams; Saturated fatty acids, 1 gram; Cholesterol 34 milligrams; Sodium 132 milligrams.

1½ cup whole-wheat flour
1 cup all-purpose flour
¼ cup sugar
2 tablespoons baking powder
2 teaspoons ground cinnamon
½ teaspoon ground nutmeg
¼ teaspoon salt
3 slightly beaten eggs
1 cup skim milk
½ cup oil
1 cup canned pumpkin
¼ cup chopped raisins
1 tablespoon vanilla
Preheat oven to 350° F.
Place 24 paper baking cups in muffin tins.

Mix dry ingredients thoroughly.
Mix remaining ingredients; add to dry ingredients. Stir until dry ingredients are barely moistened.

Fill paper cups two-thirds full.
Bake about 20 minutes or until toothpick inserted in center comes out clean.

Remove from muffin tins and cool on rack.

Freeze cupcakes that will not be eaten in the next few days.

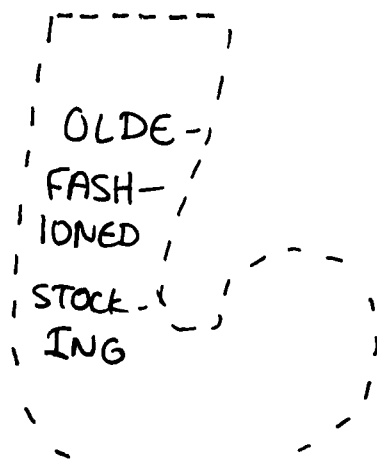
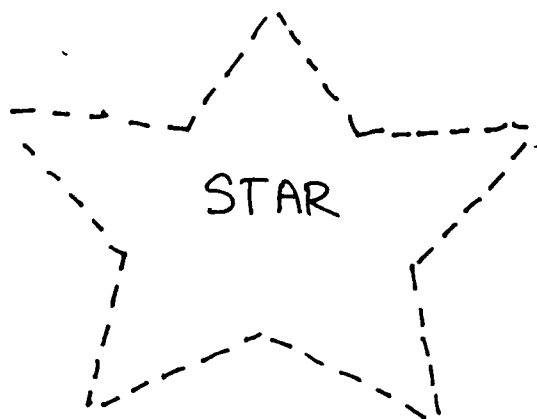


One cup milk is needed for the cupcakes.

Christmas Fruit Kabobs
Ingredients needed: Paper, markers, scissors, glue to decorate. Wooden skewers. Variety of colorful fruit, drained and cut into pieces: Apples, pears, peaches, apricots, oranges, mandarin oranges cut to make colorfully-decorated kabobs.

Use the patterns on this page to cut and decorate holiday shapes out of construction paper. Use scraps of brightly colored paper and markers to decorate the cut-outs. Glue carefully onto dull end of skewer.

Wash hands thoroughly for the next part. Then spear bite-sized pieces of fruit onto the wooden skewers. They'll be colorful, nutritious, and something most kids enjoy making.



Exercise

One last idea for the holidays involves health for children through physical well-being. Stephen G. Rice, Ph. D. of the University of Washington defines health as a positive state of physical and mental well-being. His perspective is that physical activity is the key that leads to fitness. In the 1960s, play was spontaneous. Children just knew when they were tired. In the 90s, play seems to be less available.

Have fun, participating in the exercise as a family, and enjoy a sense of freedom in the activity you choose. A walk on a crisp cool day or a walk in the snow are just two suggestions. You're only limited by your own creativity. Best wishes for a happy, healthy holiday season.



Katie Pitzer, age 10, puts finishing touches on a Christmas Fruit Kabob.

At a recent teleconference, "Working Together for Healthy Children", sponsored by Dairy Council Inc., it was emphasized that most children need to include more fruits, vegetables, and grain products in their choice of foods. Here's another easy idea for kids of all ages help make and drink while they're home from school over the holidays.

Cranberry Fizz

Choose bottled or frozen juice such as: Cranberry, strawberry-apple, cranapple, or peach Seltzer water

Thaw frozen juice or use chilled bottled juice. Add seltzer water instead of tap water. This will give a fizz to the fruit juice and is more nutritious than soda. Try after the holidays with other juices like orange, grape, or pineapple!

