

**Family Living Focus**  
by  
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Nutrition Agent



are easy to eat and some foods that require the use of the utensils and provide some challenge. Here is a fun recipe to try with your children:

**Fruit Kabob Recipe**  
Sliced bananas  
Sliced strawberries  
Cubed cheese  
Pretzel sticks  
Poke the pretzel sticks through the fruits and cheese chunks.

Tip: Include the child by giving them a plate with one of each item. Allow the child to choose what to eat alone and what to put together!

Enjoy a healthy snack!  
When feeding children, always avoid choking foods, such as hard candy, nuts, grapes, coarsely cut meats, raw carrots, apples, and popcorn.

Don't get too caught up in evaluating your child's diet. Do not worry about it.

Pay attention to whether he or she seems energetic and is growing well.

Enjoy your kids, they are only small once.

**Five Ways To Encourage Good Eating For Preschool-aged Children**

1. Provide meals and snacks at appropriate times.
2. Provide some finger food at each meal or snack.
3. Provide a variety of foods, especially fruits and vegetables.
4. Serve some familiar foods with new foods.
5. Serve healthy foods every few hours. Healthy foods include; lean meats, dairy products (low-fat over age 2), whole grains and fruits and vegetables.

Children should have food from the food guide pyramid at all times. Healthy food that is needed includes whole grains, fruits and vegetables, dairy foods, lean meats, nuts, beans, legumes, eggs, poultry and fish.

There is no good or bad food. However, children need vitamins and minerals for growing. Because children eat less than adults, it is essential they get what they need. Extra foods should be limited, including foods high in fat, salt and sugar. Children will be robbed twice if they eat candy, for example. The candy would give extra calories and fill the child.

If the child ate an orange instead, the child would get vitamin C and many other good things. However, when the child eats empty calories such as candy, soda, etcetera, he or she will not have room for what he or she needs to grow.

To encourage young toddlers to eat; serve some finger foods and familiar foods. This way they can have some foods that



Seventeen West Snyder FFA members earned gold medals in the Pennsylvania FFA recordkeeping contest at Penn State. Gold medal winners include, row 1, left to right, Phaedra Wray, Kelly Bedlyon, Sheri Hood, Kate Heeter, and Jodi Fetterolf. Row 2, Shane Kreamer, Laura Knepp, Mike Fultz, Mike Sassaman, and Joe Adams. Row 3, Chuck Kessler, Daphne Wagner, Victoria Adams, Hannah Etzler, Jenna Briggs, and Amanda Shaffer.

**West Snyder FFA Members Win In State FFA Recordbook Contest**

On Feb. 8-10, 37 West Snyder FFA members entered records at the state FFA recordkeeping career development event.

Thirty-five of these members earned a gold, silver, or bronze medal in this event. Members earned the right to compete at the state level after competing at the SUN Area level in January.

West Snyder members earned 47 state medals from 52 entries. Twenty-one of these medals were gold medals.

Kate Heeter and Lance Herman earned gold medals in beef finishing. Chuck Kessler and Jodi Fetterolf won gold medals in swine finishing. Gold medal winners for practicum skills included Jenna Briggs, Victoria Adams, Kelly Bedlyon, Daphne Wagner, Lance Herman, Mike Fultz, Sheri Hood, Shane Kreamer, Laura Knepp, Mike Sassaman, and Joe Adams.

Gold medal winners in the sheep finishing category included Amanda Shaffer, Hannah Etzler, and Chuck Kessler. Hannah Etzler also won a gold medal in the sheep breeding enterprise. Amanda Shaffer won a gold medal in dairy herd and Phaedra Wray earned a gold medal in off-farm employment.

Twelve silver medals were awarded to West Snyder FFA members, including Tiffany Esbenshade, on-farm employment and practicum skills; Heather Hollenbach, swine finishing; Derek Fetterolf, swine finishing; Douglas Hollenbach, sheep finishing; Melissa McWilliams and Travis Catherman, on-farm employment; Mike Brouse, off-farm employment; and Jason Brosius, Phaedra Wray, Ciara Klingler, Cameron Hackenberg, and Jessica Harper, practicum skills.

Thirteen bronze medals were won by Heather Hollenbach, sheep finishing; Andrew Kreamer, Roger Wilt, and Doug Hollenbach, swine finishing; Laura Knepp and Brad Novinger, on-farm employment; Victoria Adams, off-farm employment; Melissa McWilliams, dairy herd; James Wright and Brad Novinger, poultry production; Mike Sheaffer, field corn; Brandon Herman, beef breeding; and Raymond Hood, practicum skills. FFA members invested many hours of recordkeeping into these financial records.

Amanda Shaffer was named the Snyder County winner of the AgChoice/Pennsylvania Farm Bureau MSC Business Service Award. Her recordbook was selected after she earned two gold medals on the state level.

**Raising Good Eaters Can Be Fun!**

Good nutrition is important at all ages. However, at a very young age, eating patterns and habits can be established. Children learn by example, so set an example by eating right.

When children are growing, they need vitamins and minerals and healthy foods to grow properly. Eat with your child and provide a variety of healthy foods.

The parent/adults responsibility is to serve healthy food at specific times and regularly. It is the child's job to decide whether to eat or not and how much. Ellyn Satter from her book "Child of Mine Feeding with Love and Good Sense."

Serve the right amount of food at appropriate times. Try to provide children their food at the same times everyday. Children have little stomachs and need to eat about every two to three hours. Snacks can be a very important part of the food they eat to grow.

**4-H Summer Program Assistant**

WEST CHESTER (Chester Co.) — Attention all interested men and women who have completed at least one year of college and who are interested in learning more about Penn State cooperative extension and the 4-H Youth Development Program.

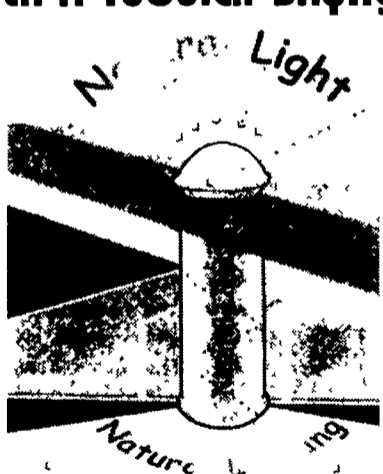
Hands-on experience as a member of the Chester County 4-H team, working with Penn State cooperative extension, is available this summer.

Experiences will be provided through the 4-H Youth Development Program which includes

family living, dairy, livestock, camp, and other Penn State community based programs.

Please send a letter of inquiry with a current resume by April 1 to: Laurie Szoke, Chester County 4-H Coordinator, 601 Westtown Road, Suite 370, West Chester, PA 19382-4546.


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