



KBCS HEALTHY NEWS

Easy Recipe | Food Trends | Active Lifestyle

How can we help our kids eat better?

Preschool to Preteen: Model Positive Habits

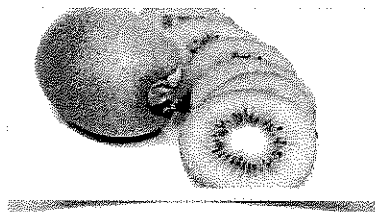
For this age group, maintaining positive habits at home is especially important.

1. Make sure every bite your child eats is as nutrient dense as possible. Allowing them to fill up on non-nutritive calories (like too much juice) can displace the nutritious foods they would have otherwise eaten.
2. Fill nutrition gaps with a range of healthy snacks. What your child eats between meals is just as important as what is eaten during meals.
3. Choose whole grains and whole grain products (breads, pastas, brown rice, bulgur, oatmeal) instead of refined grain products.
4. Model good nutrition choices. If you choose fries instead of a baked potato, you can't expect them to do the opposite.
5. Limit access to "junk" foods, but provide some alternative sweet options. Making all sweets forbidden may only intensify a child's attraction to them.
6. Discourage the habit of eating and watching television

Our Mission: At KBCS School we believe nutrition is an essential part of our students education. To accomplish this goal, our Cafeteria Committee has partnered with Food 'n Colors Consulting Chef Nidia Santiago to provide every student with information of a balanced, multi-cultural and nutritious meal. Healthy eating habits will keep the children's mind sharp and ready for learning

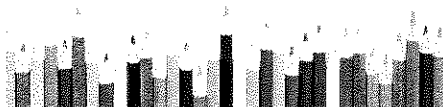
Ingredient of the Month! KIWIFRUIT

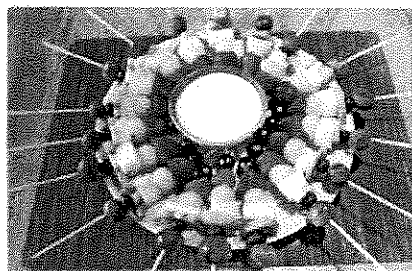
The kiwifruit grows on a vine. It looks like an egg with a fuzzy brown fur on the outside. The inside shows a bright-green flesh speckled with tiny black seeds. It has a refreshingly sweet taste with a hint of tang and crunchy edible seeds. There is also a smooth-skinned variety, called golden kiwi. Kiwi berries are a small bite-sized, fuzz-free brown skin and green flesh. It is eaten whole and unpeeled and tastes similar to the green kiwi.



Fun Facts:

- Kiwi belongs to the berry family.
- Kiwi was renamed after the kiwi bird, a flight-less bird native to New Zealand whose fuzzy coat resembles the skin of the fruit.
- Kiwi is packed with fiber contained in its skin and small black seeds.
- Kiwi contains almost twice as much vitamin C as an orange.





Kiwi & Fruits Kabobs with Mango Sauce

Ingredients

- 1 Tbsp finely chopped mint leaves
- 1/2 cup greek yogurt
- 1 Tbsp honey
- 1 tsp Vanilla extract
- 1/2 pineapple, peeled, cored and cubed
- 1/2 cup mango cubed
- 2 kiwis, peeled and cubed
- 1 1/2 cups strawberries, hulled, cut in half
- 1/2 cup blueberries
- 1/2 cup seedless grapes

Method of Preparation

1. Mix yogurt, honey, and vanilla together; add the mint leaves.
 2. Cover and refrigerate until needed.
 3. Thread fruit onto 10 short wooden skewers.
- Arrange on large serving tray with sauce bowl in center. Enjoy!

Nidia Santiago, CC, MBA

Chef / Founder

Food n Colors Catering, inc.

Culinary Consultant for Schools

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FSU Alumni, JWC Alumni

Member of the American Culinary

Federation

8 Great Tips for Parents to help Kids eat healthy.

1. Get your kids involved in planning and preparing meals.
2. Go to the source by visiting a farmer's market and dairy farm
3. Make healthy snacks available at home or on the go.
4. Give kids freedom of choice with a base meal and optional toppings.
5. Offer them nutritious smoothies and slushies to ensure proper consumption of vitamins and minerals.
6. Be a role model - let your kids see you enjoying fresh, healthy foods on a regular basis.
7. Don't give up! It can take 5 to 10 exposures before a child is willing to take the plunge on a new taste.
8. Start early and use all snacks and mealtimes as opportunities to teach healthy eating.

Our Culinary Consultant, Chef Nidia Santiago will join KBCS School Cafeteria Team to support Healthy Eating Habits during the 2014-2015 School Year.

If you would like to make a personal appointment with Chef Nidia please send an email to nsantiago@foodncolors.com



Cooking Classes, Private Parties

NIDIA SANTIAGO



FOOD 'N COLORS

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