



# FAMILY AND FOOD MATTERS TO CAREGIVERS & KIDS

A PROGRAM FOR WELLNESS

Video 6 Handouts



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## Let's Cook



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

### Chinese Veggies and Rice

Serves: 4, 1 ½ cups per serving

Prep Time: 15 minutes

Cook Time: 35 minutes



#### Ingredients:

- 1 cup brown rice
- 2 medium carrots
- 2 medium celery stalks
- ½ pound broccoli
- 1 small jalapeno
- 1 clove garlic
- 6 ounces boneless chicken or firm tofu
- ¼ cup low sodium soy sauce
- 1 tablespoon cornstarch
- 2 tablespoons canola oil
- ½ teaspoon ground ginger

#### Materials:

- Cutting board
- Measuring cups
- Measuring spoons
- Medium pot with lid
- Medium skillet
- Vegetable peeler
- Sharp knife
- Small bowl

#### Directions:

1. Cook rice according to package directions. Set aside and keep warm in a covered container. Make vegetable mixture while rice is cooking.
2. Peel and rinse carrots. Rinse celery and broccoli.
3. Dice carrots and celery. Chop broccoli into small pieces.
4. In a small bowl, measure and stir together soy sauce, brown sugar, and cornstarch.
5. Peel, rinse, and mince fresh ginger, if using. Stir minced ginger into the soy sauce mixture.
6. Heat a large sauté pan over medium-high heat, and add canola oil.
7. Add chicken or tofu. Cook for 8-10 minutes.
8. Add chopped vegetables into sauté pan. Cook for 5-7 minutes, stirring often.
9. Pour soy sauce mixture into sauté pan.
10. Bring to a boil. Reduce heat and simmer about 2 minutes or just until sauce is slightly thickened.
11. Serve vegetables over brown rice.

#### Chef's Notes:

- Sauté any variety of vegetables.
- Cook more rice than is needed for this recipe and plan to use it for another recipe later in the week.

## Let's Eat



Families enjoy their healthy meal together. When families are finished eating, let's all clean up together.



## More to Think About



# Ellyn Satter's Division of Responsibility in Feeding

Parents are  
responsible for:

**What, When and Where**

### Parents' Feeding Jobs:

- Choose and prepare the food.
- Provide regular meals and snacks.
- Make eating times pleasant.
- Show children by example how to behave at family mealtime.
- Be considerate of children's lack of food experience without catering to likes and dislikes.
- Not let children have food or beverages (except for water) between meal and snack times.
- Let children grow up to get bodies that are right for them.

Children are  
responsible for:

**How Much and Whether**

### Children's Eating Jobs:

- Children will eat.
- They will eat the amount they need.
- They will learn to eat the food their parents eat.
- They will grow predictably.
- They will learn to behave well at mealtime.



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# Roadwork: Family Review



Families can use this to check-in with each other and see the progress they have made! Facilitators will also check-in with families to see how things are going.

★ What is going well with *Respectful Communication* in your family? \_\_\_\_\_

Do you need help with Respectful Communication in your family? Yes No

Please explain: \_\_\_\_\_

★ What is going well with *Relationships* in your family? \_\_\_\_\_

Do you need help with Relationships in your family? Yes No

Please explain: \_\_\_\_\_

★ What is going well with *Responsibilities* in your family? \_\_\_\_\_

Do you need help with Responsibilities in your family? Yes No

Please explain: \_\_\_\_\_

★ What is going well with *Rules* in your family? \_\_\_\_\_

Do you need help with Rules in your family? Yes No

Please explain: \_\_\_\_\_

★ What is going well with *Supports* in your family? \_\_\_\_\_

Do you need help with Supports in your family? Yes No

Please explain: \_\_\_\_\_

★ What is going well with *Stress* in your family? \_\_\_\_\_

Do you need help with Stress in your family? Yes No

Please explain: \_\_\_\_\_

**PLEASE NOTE:** If you need help with any "R" or an "S", please speak to your group facilitator as soon as possible.



## More to Think About

### **Tips for re-adjusting responsibilities:**

Everyone should agree about the responsibilities each person has in the family. Responsibilities expected of each family member should be fair and be age appropriate (especially for children).

- Sit family members down together and talk about the responsibilities that each person has.
- Now think about a day for your family. Are there any responsibilities that are not getting done, or that create a problem within the family?
- If so, address the person who's responsible for that chore or duty. Ask them why they are not able to meet their responsibilities.
- Try to talk using respectful communication and find a solution that works for everyone, so the responsibility will be fulfilled.
- If children feel they have too many responsibilities, think about whether that may be true.
- See if a chore may not be getting done because of things that are taking away the child's attention in the home (i.e., TV, video games, loud talking, etc.). They may need some space for quiet work. Or, if the child doesn't want to start homework immediately, allow them a set period of time (15 min.) to rest, play, watch T.V., etc. before starting homework.

### **Setting a Good Example...As caregivers, it is our job to set a good example for our kids!**

When you say you'll be at your child's school play or help with a science project or homework, make sure you do it!

When making family decisions, include your child (if age appropriate). Remember these decisions will affect your child as well. You may make the final decision, but children are more likely to cooperate if their opinion has been heard.

Explain your decisions to your children. If they know why you decided something or said "No", then they will understand and learn from it and are less likely to 'fight' it.



# Choosing whole-grain foods

Whole grains are important sources of nutrients such as zinc, magnesium, B vitamins, and fiber. There are many choices available to make half your grains whole grains. But whole-grain foods should be handled with care. Over time and if not properly stored, oils in whole grains can cause spoilage. Consider these tips to select whole-grain products and keep them fresh to eat.

## 1 Search the label

Whole grains can be an easy choice when preparing meals. Choose whole-grain breads, breakfast cereals, and pastas. Look at the Nutrition Facts labels and ingredients lists to find choices lower in sodium, saturated fat, and added sugars.



## 2 Look for the word "whole" at the beginning of the ingredients list

Some whole-grain ingredients include whole oats, whole-wheat flour, whole-grain corn, whole-grain brown rice, and whole rye. Foods that say "multi-grain," "100% wheat," "high fiber," or are brown in color may not be a whole-grain product.

## 3 Choose whole grains at school

Prepare meals and snacks with whole grains at home so your kids are more likely to choose whole-grain foods at school.



## 4 Find the fiber on label

If the product provides at least 3 grams of fiber per serving, it is a good source of fiber. If it contains 5 or more grams of fiber per serving, it is an excellent source of fiber.

## 5 Is gluten in whole grains?

People who can't eat wheat gluten can eat whole grains if they choose carefully. There are many whole-grain products, such as buckwheat, certified gluten-free oats or oatmeal, popcorn, brown rice, wild rice, and quinoa that fit gluten-free diet needs.

## 6 Check for freshness

Buy whole-grain products that are tightly packaged and well sealed. Grains should always look and smell fresh. Also, check the expiration date and storage guidelines on the package.

## 7 Keep a lid on it

When storing whole grains from bulk bins, use containers with tight-fitting lids and keep in a cool, dry location. A sealed container is important for maintaining freshness and reducing bug infestations.



## 8 Buy what you need

Purchase smaller quantities of whole-grain products to reduce spoilage. Most grains in sealed packaging can be kept in the freezer.

## 9 Wrap it up

Whole-grain bread is best stored at room temperature in its original packaging, tightly closed with a quick-lock or twist tie. The refrigerator will cause bread to lose moisture quickly and become stale. Properly wrapped bread will store well in the freezer.



## 10 What's the shelf life?

Since the oil in various whole-grain flours differs, the shelf life varies too. Most whole-grain flours keep well in the refrigerator for 2 to 3 months and in the freezer for 6 to 8 months. Cooked brown rice can be refrigerated 3 to 5 days and can be frozen up to 6 months.