

# Healthy Eating for Children

# 儿童健康饮食

Building lifelong healthy eating habits starts at a young age, which can directly affect their physical, mental, and intellectual health into adulthood. Establishing a healthy relationship with food is a very important part of their at-home education. Have your children engage in some hands-on activities by helping you with meal planning, grocery shopping, and food preparation.

### Meal planning:

- Ask your children what they liked/didn't like last week and why
- Make notes on their likes/dislikes. If their likes are mostly processed and unhealthy foods, skip those for this week's meal and talk about trying something new
- Modify recipes with your kids by asking for their input

### Grocery shopping:

- Have your children go grocery shopping with you and ask them to help you pick up fruits and vegetables
- Help them figure out fresh versus non-fresh and why it is important to choose one piece of fruit over another
- Ask your children to help you pick out different colors of fruits and vegetables ("pick a rainbow of fruits and veggies!")
- Snacks/desserts: if food is considered a choice of treat, choose healthier alternatives:
  - Pick a few sweeter or pricier fruits as very special treats. That way, it becomes a healthy food that kids crave for!
  - Fruits that are good for dipping: Apples or bananas with peanut butter or honey
  - Fruits that are sweet: Frozen grapes, strawberries, watermelon

### Food preparation:

- Ask children to help get things from the fridge or pantry
- Ask children to involve in steps that you consider safe (toss, mix, taste)

培养终身的健康饮食习惯要从小开始，这可以直接影响到他们成年后的身体、精神和智力健康。建立和食物的健康关系是家庭教育中非常重要的一部分。让您的孩子参与一些实践活动，例如帮助您计划膳食、买菜和准备食材。

### 膳食计划:

- 问问您的孩子上周喜欢/不喜欢什么，为什么？
- 记下他们喜欢/不喜欢的东西。如果他们喜欢的大多是加工和不健康的食物，那么这周的饭菜就跳过这些食物，并谈谈尝试新的东西。
- 通过征求孩子们的意见，与他们一起修改食谱

### 买菜:

- 让您的孩子和您一起去买菜，让他们帮助您挑选水果和蔬菜。
- 帮助他们理解新鲜与非新鲜蔬果区别，以及为什么选择一种水果比另一种水果重要
- 请您的孩子帮助您挑选不同颜色的水果和蔬菜（例如说“帮我挑选五颜六色水果和蔬菜！”）。
- 零食/甜点：如果食物被作为一种奖励，请选择更健康的替代品：
  - 挑选一些少甜或价格较高的水果作为特别奖励。这样，它就成了孩子们渴望的健康食品！
  - 适合蘸吃的水果：苹果或香蕉加花生酱或蜂蜜
  - 适合甜食的水果：冻葡萄、草莓、西瓜

### 准备食材:

- 请孩子帮忙从冰箱或储藏室里取东西
- 请孩子参与您认为安全的烹饪步骤（搅拌、混合、品尝）



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**吃得好，保持健康！**  
**EAT WELL,**  
**STAY HEALTHY!**

**蔬菜聚光灯: 罗勒**  
**VEGETABLE SPOTLIGHT:**  
**SWEET BASIL**



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# 豆腐卷心菜炒罗勒 (4人份)

## Tofu and Cabbage Stir-Fry with Basil (SERVES 4)

### 材料:

- 1包硬豆腐，沥水后切块
- 1汤匙减盐酱油
- 6瓣大蒜，切碎
- 2个鸡蛋，打匀
- 1磅绿色卷心菜，切碎
- 1汤匙剁碎的生姜
- ¼杯罗勒，切碎

### INGREDIENTS:

- 1 pack firm tofu, drained and cubed
- 1 tbsp low sodium soy sauce
- 6 cloves garlic, minced
- 2 eggs, beaten
- 1 lb green cabbage, chopped
- 1 tbsp minced ginger
- ¼ cup basil, chopped

### 步骤:

1. 在一个平底锅中，用中火加热一汤匙食用油。加入豆腐，煮至豆腐略呈金色，约需5分钟。
2. 将一半的大蒜末加入豆腐中，然后将豆腐推到锅的一侧。在平底锅空一侧加入鸡蛋，炒熟。然后把豆腐和鸡蛋一起翻炒，而后把它放在大盘子里。
3. 在同一锅中，用中火加热另一汤匙食用油。加入卷心菜，煮至微焦并变软，约8分钟。加入生姜和剩余的大蒜，翻炒至出香味，约1分钟。
4. 倒入酱油，煮约2分钟。将豆腐和鸡蛋倒入。用黑胡椒和红辣椒片调味。关上火，加入罗勒搅拌均匀。与糙米一起食用。



### INSTRUCTIONS:

1. In a pan, heat a tbsp of cooking oil over medium heat. Add the tofu and cook until the tofu is slightly golden, ~5 minutes.
2. Add half of the minced garlic to the tofu then push the tofu to one side of the pan. Add eggs to the empty side of the pan and let cook before scrambling. Stir the tofu and eggs together and transfer to a large plate.
3. In the same pan, heat another tbsp of cooking oil over medium heat. Add the cabbage and cook until lightly charred and softened, ~8 minutes. Add ginger and the remaining garlic and stir until fragrant, ~1 minute.
4. Pour in the soy sauce and cook for ~ 2 minutes. Fold in the tofu and egg mixture. Season with black pepper and red pepper flakes. Turn off the heat and stir in the basil. Serve with brown rice and enjoy!