

# Pre-School Pages



A newsletter for parents of pre-schoolers  
 packed with food, facts & fun  
 from your local county extension office

Cooperative Extension Service

Carlisle County  
 65 John Roberts Drive  
 Bardwell, KY 42023

(270) 628-5458  
 Fax: (270) 628-3722  
 extension.ca.uky.edu

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## Reducing Sedentary Behavior and Screen Time

The American Heart Association has recently come out with a new statement addressing the problem of inactive children, more specifically screen time and the frequency of childhood obesity.

According to the National Health and Nutrition Examination Survey, it is estimated that children and adolescents are sedentary, or not active, an average of seven hours per day. This survey also found that the amount of time children are sedentary increases as they get older.

During these sedentary hours, most kids are watching screens. Screen time or times that children are sitting, are among the most notable factors for obesity. Screen time was also seen to increase with children's age.

Screen time has become a part of our everyday lives and has increasingly become a part of a child's life. This study by the AHA found that screen time leads to weight gain and ultimately childhood obesity.

Although it's not yet clear how much screen time we should allow children, there is enough evidence to suggest that sedentary

behavior and screen time should be reduced however possible.

With this new information and statistics, it is important to encourage children to be active. We can start by suggesting different activities to our children, and perhaps put a limit on television or computer time after school.

Outdoor play and face-to-face interaction with other children is highly suggested. Overall, the more active our children are, the better their health will be.



References: <https://www.ahajournals.org/doi/10.1161/CIR.0000000000000591>

Source: Janet Mullins, Extension Specialist for Food and Nutrition; Hannah Ford-Hickey, Graduate Student

## Easter Egg Safety

Easter is right around the corner and if you're planning to decorate eggs, here are a dozen food safety tips to help make sure you or someone else doesn't end up sick.



- Use one set of eggs for decorating and hunting, and another for eating. To be really safe, use plastic eggs for your egg hunt instead of real ones.
- When buying eggs look for eggs that are clean, free of cracks and stored in a refrigerated case. Purchase eggs before the 'sell by' date.
- Keep eggs refrigerated until use. Eggs should be stored in the carton on a refrigerator shelf and not in the door. The refrigerator temperature should be 40 degrees F or below.
- Wash your hands thoroughly with soap and warm water before and after handling raw eggs or cooked eggs that will be eaten.
- Make sure you use only food-grade dyes for coloring. It's safe to use commercial egg dyes, liquid food coloring or fruit-drink powders.
- After coloring, return the eggs to the refrigerator within 2 hours. Do not let them sit out on the counter.
- Handle eggs carefully. If the shells crack, bacteria can enter the egg and cause illness. Discard any eggs that are cracked or dirty.
- When hiding eggs for a hunt, choose hiding places that are protected from dirt, moisture, pets and other possible sources of bacteria.
- Total time for hiding and hunting eggs should not exceed 2 hours.
- Hard boiled eggs that have been refrigerated properly must be eaten within one week of cooking.
- If a hard-boiled egg has a greenish ring around the yolk it just means it has been overcooked. It is still safe to eat.

**Reference:** FDA (May 2016) Egg Safety: What You Need to Know. Retrieved February 2017 from <https://www.fda.gov/Food/ResourcesForYou/Consumers/ucm077342.htm>

**Source:** Annhall Norris, Extension Associate for Food and Nutrition, University of Kentucky; College of Agriculture, Food and Environment

## Cinnamon-Sprinkled French Toast

- 2 large eggs
- 2 tablespoons milk, fat-free
- ½ tsp ground cinnamon, or to taste
- 2 slices whole wheat bread
- 1 tsp soft (tub) margarine
- 4 teaspoons light pancake syrup



Crack two eggs into flat-bottomed bowl. Thoroughly whisk in milk and cinnamon. Dip bread slices, one at a time, into egg mixture in bowl, wetting both sides. Re-dip, if necessary, until all the egg mixture is absorbed into the bread.

Heat a large, non-stick skillet over medium heat. Add butter. Place dipped bread slices in skillet. Cook for 2½-3 minutes per side, or until both sides are golden brown.

Drizzle with syrup. Serve when warm.

Yield: 2 (1 slice) servings

Calories: 190; carbohydrate: 19 g; protein: 10 g; total fat: 8 g; saturated fat: 3 g; cholesterol: 215 mg; fiber: 2 g; sodium: 250 mg

Source: US Department of Health and Human Services

Sincerely,

*Brooke Hagancamp*

Extension Agent for  
Family & Consumer  
Sciences Education

