

Pre-School Pages



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

Cooperative Extension Service

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Kids Care

Caffeine and Kids: What You Should Know

Caffeine is the most commonly ingested drug found naturally in teas and coffees, the most popular beverages consumed around the world. It can also be found in many beverages commonly consumed by children and youth, such as soft drinks, energy drinks and chocolate milk. Caffeine is popular because of its energy-boosting, mind-jolting effects, but research is starting to surface that explains the effects this drug may have on children and youth during development.

A recent report from national data showed that 75 percent of children in the United States between the ages of 6-19 regularly consume caffeine. In addition, caffeine consumption in kids has been linked to the following:

- Disrupted sleep
- Potential long-term behavioral problems
- Anxiety
- Hyperactivity
- Lack of focus
- Dehydration

The suggested intake for youth ages 12-18 years old is approximately 100mg/day. For children under the age of 12, caffeine intake should be limited to under 50mg/day. For comparison, one cup of black coffee contains around 100mg and one standard energy drink contains around 80mg of caffeine.

Unfortunately, when children and youth choose beverages with caffeine, they are replacing healthier options such as water and milk. Keep in mind moderation especially when it comes to children and youth and make sure kids are receiving the nutrients they need to grow and develop through healthy beverage choices.



Reference: <https://www.ncbi.nlm.nih.gov.ezproxy.uky.edu/pmc/articles/PMC5445139/pdf/fpsyt-08-00080.pdf>

Source: Heather L. Norman-Burgdolf, Extension Specialist for Food and Nutrition; University of Kentucky, College of Food, Agriculture and Environment



Play Time

Peanut Butter Play Dough



Mix together:

- 1 cup creamy peanut butter
- 1 cup light corn syrup
- 1-1/4 cup powdered milk
- 1/4 cup powdered sugar

Turn dough out on a powdered sugar

surface. Squish, push, and pound it until smooth. When you are ready to use it, use cookie cutters or your own imagination to form the dough into any shape that you wish, such as a snake, snowman, star, etc. Refrigerate. When firm, the shapes can be eaten if desired (if clean hands were used to mix, knead, and cut out shapes!).

Let's Eat

Fruit Mini Squares

Ingredients

- 1 square graham cracker
- 1 teaspoon vanilla yogurt
- 2 tablespoons chopped fruit (e.g., blueberries, grapes, strawberries, bananas, kiwi, blackberries, raspberries, mandarin oranges.)
- Drizzle of honey or maple syrup
- Sprinkle of cinnamon

Note: For dairy allergies, use lactose-free yogurt or apple butter. For gluten allergies, use gluten-free crackers.

Directions

1. Top the cracker with yogurt and fruit, and sprinkle with cinnamon and drizzle with honey or maple syrup.

Yield: 1 serving

Serving Size: 1 mini square

Nutrition Facts Per Serving: 60 calories; 2g fat; 0g trans fat; 5mg cholesterol; 290mg sodium; 5g carbohydrate, 0g fiber; 1g sugar; 0g added sugars; 3g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 0% Daily Value of Iron; 2% Daily Value of potassium.

Source: Nutrition Education Program, University of Kentucky Cooperative Extension Service.



Sincerely,

Brooke Hogancamp

Brooke Hogancamp
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