



# HeadStartNews

## Beef

Beef is a good source of protein, B vitamins, iron and zinc. Beef can also be high in fat and costly, making it hard to fit into a tight budget. However, it is possible to purchase lowfat cuts of beef at little cost.

When buying beef, think of the cost per serving as well as the cost per pound. The more bone and fat a piece of beef has, the less meat is available for serving. For instance, a flank steak has no bones and little fat. One pound of flank steak can serve more people than a pound of spareribs. Spareribs have so much bone and fat that fewer people can be served.

Less tender cuts of beef contain little fat and are available at low cost. Beef flank steak, stew meat and boneless beef roasts are less costly. Less tender cuts of meat require longer cooking times and moist heat methods, such as stewing. The liquid breaks down tough connective tissue and makes meat tender.

Save money by dividing a large cut of meat for several meals. For example, buy a large arm roast on sale. Prepare stir fry from the more tender section. Use other sections for a pot roast, or cubed for stew meat.

About one-half of all beef eaten in the

United States is ground beef. Lower priced ground beef has more fat and is made from less costly cuts of beef. Reduce calories and fat by draining the fat after cooking. Then rinse the cooked ground beef with hot water before adding it to recipes.

Meat is the best source of protein. But if a child won't eat meat or only eats small amounts, other foods are good sources of protein. Enough protein can be found in the grain, vegetable, fruit and dairy groups to meet the needs of a growing child.

Eggs, milk, yogurt, cottage cheese and cheese are good sources of protein in the dairy group. Other good sources are dried beans and lentils. Add them to soups, rice and spaghetti sauce. Bread, cereal, rice and pasta also contain protein.

You don't need to prepare a separate meal for a child who doesn't like meat. Instead, plan meals and snacks carefully with another protein source: peanut butter, cottage cheese, cheese, dried beans or eggs. Keep offering small portions of meat. Slip meat into dishes, such as tacos, soups, chili and spaghetti, when you can. Don't force children to eat all you serve; just be patient and set a good example.



## Oven Steak and Vegetables



### What You Need:

- 1 to 1-1/2 pounds beef round steak
- 1/4 cup flour
- 2 tablespoons vegetable oil
- 1 (16-ounce) can diced tomatoes
- 1/2 cup chopped onion
- 4 medium carrots, cut into strips
- 2 cups zucchini, sliced

### How To Fix:

1. Trim fat from outside of meat. Cut meat into as many serving pieces as needed.
2. In plastic bag, combine half of flour and all the meat. Shake until meat is coated with flour.
3. In fry pan, brown meat in hot oil. Put meat in baking dish. Save meat drippings in fry pan.
4. In fry pan, blend remaining flour into meat drippings. Stir in undrained tomatoes and onion. Stir until thick and bubbly.
5. Pour mixture over meat. Add carrots. Cover and bake at 350° F one hour. Remove from oven.
6. Add zucchini. Cover and bake 15 or 20 minutes more, until meat and vegetables are tender. Serve with rice. Serves 6. (239 calories and 11 grams fat per serving)

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## Speech Development

There are skills parents need to watch for at certain stages of a child's speech growth. Contact your health care provider if your child has any of the following:

Infants to three months old:

- Isn't startled by loud sounds.



Infants six to 12 months old:

- Fails to turn towards an interesting sound.
- Doesn't use some kind of vocal sounds such as "oohs" and "ba-bas."

Infants six to 12 months old:

- Babbles only a little or uses only

a few sounds.

- Doesn't recognize family names or own name.

One-year-olds:

- Uses fewer than 10 words by 18 to 24 months.
- Doesn't respond to requests to locate familiar objects, such as "Where's the ball?"

Two-year-olds:

- Uses fewer than 50 words or no two-word combinations by 24 to 36 months.
- Is understandable less than 70 percent of the time.

## Breastfeeding and Infant's Need for Water

Breastfed babies don't need extra water. In fact, it can be harmful. Breastmilk is more than 87 percent water. When thirsty, a breastfed baby will cry to let mom know it's time to nurse.

When some babies are given extra water, they drink so much that they don't nurse enough. Their stomachs become full of water and they aren't

hungry or thirsty.

Water doesn't contain the calories and nutrients babies need for growth and good health. Some babies can drink so much water that it makes them sick. Also, breastfed babies may have a hard time switching from breastfeeding to the bottle—especially when they are newborns.

## Getting Back In Shape After A Pregnancy

After the birth of a baby, the body takes a while to return to its former shape. For nine months, a pregnant woman's body goes through many changes. The uterus has grown as much as 50 times its original size, blood volume has increased 30 to 50 percent, and stomach muscles have stretched twice their former length. No wonder a new mother still looks six months pregnant.



It takes at least four to eight weeks to get back into shape. Ask a health care provider for a balanced healthy food plan and a gentle exercise program to help regain strength and shape. Crash diets are not the answer.

## Movement

Dancing to music can help children develop large muscles, improve motor skills, learn more about their own bodies and improve their self-concept.



The following activities are great for rainy days when children can't play outside.

Let children wear comfortable clothes so they can move freely; barefoot is best. Find a soft music radio station without ads, or use a musical instrument such as a drum or a tambourine. Let children move to the music. You can join in too. Stop the music and ask, "Can you make yourself tall?" Start the music again and let children explore ways to make themselves tall (dancing with their hands above their heads). After a while, stop the music and ask another question such as, "Can you make yourself low?" Restart the music. This time they may crawl or wiggle on the floor. Other questions might be, "Can you make yourself big or small?"

Moving to music teaches ideas such as; slowly, quickly, backwards and sideways.

Questions for older children:

- "Can you get your head lower than your feet?"
- "Try to hop in more than one direction."
- "Can you stretch your arm in one direction and the opposite leg in another?"

To help children relax after physical activity, ask them to lie down on the floor with hands out to their sides. Teach them to breathe deeply and slowly. Ask them to feel like they are floating and all their muscles are relaxed.

# Pneumonia in Children: Causes, Symptoms, Treatment & Prevention

The word pneumonia means "*infection of the lung.*" Pneumonia was very dangerous in past generations. Thankfully, today most children can recover from it easily with medical attention.

Read on to learn the causes of pneumonia, common symptoms, how it's treated and how to help prevent the illness.



## *Mycoplasma pneumoniae* infections

There has been a recent **increase** (<https://www.cdc.gov/ncird/whats-new/mycoplasma-pneumoniae-infections-have-been-increasing.html>) in *Mycoplasma pneumoniae* (*M. pneumoniae*) infections, especially in children. *M. pneumoniae* is a common reason for mild respiratory illness. It can also cause a less severe form of pneumonia known as "walking pneumonia."

## What causes pneumonia?

Most cases of pneumonia follow a viral upper respiratory tract infection. Pneumonia is also caused by bacterial infections. Also, if a viral infection has irritated the airway enough or weakened a child's immune system, bacteria may begin to grow in the lung; this adds a second infection to the original one.

Most forms of pneumonia are linked to viral or bacterial infections that spread from person to person. They are common during the fall, winter, and early spring, when children spend more time indoors in close contact with others.

## Signs & symptoms of pneumonia in children

Pneumonia usually produces a **fever** ([/English/health-issues/conditions/fever/Pages/default.aspx](#)), which may cause sweating, chills, flushed skin and discomfort. A child also may lose their appetite and seem less energetic than normal. Babies and toddlers may seem pale and limp, and cry more than usual.

Because pneumonia can cause breathing difficulties, you may notice these other, more specific symptoms, too:

- Cough
- Fast, labored breathing
- Drawing in of the skin between and around the ribs and breastbone
- Flaring (widening) of the nostrils
- Pain in the chest, particularly with coughing or deep breathing
- Wheezing

- Pale, gray or bluish-colored lips or nail beds, depending on skin tone, caused by decreased oxygen in the bloodstream [Back to Top](#)

The doctor usually diagnoses pneumonia after looking at signs and symptoms and examining your child. However, a **chest X-ray** ([/English/health-issues/conditions/treatments/Pages/Imaging-Tests.aspx](#)) sometimes is needed to confirm the diagnosis and to determine the extent of lung involvement.

## Are some children at higher risk of getting pneumonia?

Children whose immune defenses or lungs are weakened by other illnesses, such as cystic fibrosis ([/English/health-issues/conditions/chronic/Pages/Cystic-Fibrosis.aspx](#)), asthma ([/English/health-issues/conditions/allergies-asthma/Pages/What-is-Asthma.aspx](#)), or cancer ([/English/health-issues/conditions/cancer/Pages/default.aspx](#)) may be more likely to develop pneumonia. Those whose airways or lungs are abnormal in other ways may also have a higher risk.

## Pneumonia treatment

When pneumonia is caused by a virus, usually there is no specific treatment other than rest and the usual measures for fever control. Cough suppressants containing codeine or dextromethorphan should not be used. Coughing is helpful in clearing the excessive secretions caused by the infection. Viral pneumonia usually improves after a few days, although the cough may last several weeks.

Because it is often difficult to tell whether the pneumonia is caused by a virus or by a bacteria, your pediatrician may prescribe an antibiotic. All antibiotics should be taken for the full prescribed course and at the recommended dose. Your child will feel better after just a few days. Do not stop the antibiotic early because the infection could return.

Check back with the doctor if your child shows any of the following signs that the infection is worsening or spreading.

- Fever lasting more than a few days despite using antibiotics
- Fever that goes away and then returns after a few days
- Trouble breathing
- Increased lethargy and sleepiness
- Signs of infection elsewhere in the body: red, swollen joints, bone pain, neck stiffness, vomiting, or other new symptoms or signs

## Prevention: the pneumonia vaccine

Your child can be vaccinated against pneumococcal infections ([/English/health-issues/vaccine-preventable-diseases/Pages/Pneumococcal-Infections.aspx](#)), a bacterial cause of pneumonia. The American Academy of Pediatrics recommends that all children starting at 2 months of age receive this immunization (called pneumococcal conjugate ([/English/safety-prevention/immunizations/Pages/Pneumococcal-Conjugate-Vaccine-What-You-Need-to-Know.aspx](#))). A series of doses is given at 2, 4, 6, and 12 to 15 months of age, at the same time that children receive other childhood vaccines ([/English/safety-prevention/immunizations/Pages/Your-Babys-First-Vaccines.aspx](#)).

If your child did not receive the first doses at the recommended times, talk to your pediatrician about a catch-up schedule. One dose of pneumococcal conjugate vaccine should be given to:

- Healthy children ages 2 through 5 years who have not previously received their recommended doses before the age of 2 years, and to

- children ages 2 through 18 years with certain underlying medical conditions who have not previously received a dose. [Back to Top](#)

Another pneumococcal vaccine (pneumococcal polysaccharide) also is recommended for older children (2 through 5 years of age) who have a high risk of developing a pneumococcal infection. These include children with:

- Sickle cell anemia (</English/health-issues/conditions/chronic/Pages/sickle-cell-disease-in-children.aspx>)
- Heart disease
- Lung disease
- Kidney failure
- Damaged or no spleen
- Organ transplant
- HIV (</English/health-issues/conditions/sexually-transmitted/Pages/HIV-Human-Immunodeficiency-Virus.aspx>) (human immunodeficiency virus) infection

It's also recommended for children taking medications or who have diseases that weaken their immune system. Some children with certain medical conditions may need a second dose of the vaccine.

## More information

- [Caring for Kids with Colds & Flu: Simple Remedies to Ease Symptoms \(/English/health-issues/conditions/chest-lungs/Pages/caring-for-kids-with-colds-and-flu-simple-remedies-that-help.aspx\)](/English/health-issues/conditions/chest-lungs/Pages/caring-for-kids-with-colds-and-flu-simple-remedies-that-help.aspx)
- [RSV: When It's More Than Just a Cold \(/English/health-issues/conditions/chest-lungs/Pages/RSV-When-Its-More-Than-Just-a-Cold.aspx\)](/English/health-issues/conditions/chest-lungs/Pages/RSV-When-Its-More-Than-Just-a-Cold.aspx)
- [Bronchiolitis: What Parents Should Know \(/English/health-issues/conditions/chest-lungs/Pages/bronchiolitis.aspx\)](/English/health-issues/conditions/chest-lungs/Pages/bronchiolitis.aspx)

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# **TOBACCO QUICK FACT**

## **DECEMBER : WHY WAIT TILL THE NEW YEAR? START THE NEW YOU TODAY!**

Many people make New Year's resolutions on January 1 to start the New Year off healthier and stronger. Why wait? Start the New You today. Tobacco use remains the leading cause of preventable death in the US. By quitting, you can cut your risk for heart disease and stroke dramatically, leaving you feeling healthier and stronger.

### **GET STARTED TODAY :**

- Start with a plan. Set a reasonable goal to quit, including a date. Plan ahead.
- Clean out your vehicle or smoking area triggers prior to your quit date.
- Throw out your tobacco delivery system including lighters or vape juice before your quit date so you are ready.

Call the Medication Management Clinic for Tobacco Cessation at

Baptist Health Floyd **812-948-7674**.

## Fun December Activities

1. Play hide-and-seek at home
2. Sing and act out a winter song
3. Ice skating at the skating rink
4. Build a tent with a
5. blanket
6. Take a walk in the park on a warm day
7. Winter



## CABBAGE

**LIKE MOST OF ITS BRASSICA RELATIVES, CABBAGE IS FULL OF HEALTH BENEFITS. RICH IN VITAMIN C AND FIBER, IT ALSO SUPPLIES ISOTHIOCYANATES—CHEMICALS THAT INCREASE THE BODY'S NATURAL DETOXIFICATION SYSTEMS. STUDIES SUGGEST THAT CABBAGE MAY HELP FIGHT BREAST, LUNG, COLON AND OTHER TYPES OF CANCER. THERE ARE MANY VARIETIES OF CABBAGE THAT CAN BE USED RAW, ROASTED, STEWED OR SAUTÉED.**





# APPLE CABBAGE SLAW

**(SERVES 5)**

**1/3 CUP MAYONNAISE**

**1/3 CUP GREEK STYLE PLAIN YOGURT**

**1 TBSP APPLE CIDER VINEGAR**

**1/2 TBSP HONEY**

**1/2 TSP SALT**

**1 SMALL HEAD PURPLE CABBAGE, CUT INTO THIN STRIPS**

**1 LARGE CARROT, SHREDDED**

**1 MEDIUM GRANNY SMITH APPLE, SHREDDED**

**1/3 CUP RAISINS**

**1. STIR TOGETHER THE MAYONNAISE, GREEK YOGURT, APPLE CIDER VINEGAR, HONEY,  
AND SALT.**

**3. PLACE THE SHREDDED CABBAGE, CARROT, APPLE, AND RAISINS IN A LARGE BOWL.  
ADD THE DRESSING OVER TOP, AND STIR UNTIL EVERYTHING IS EVENLY COATED IN  
DRESSING. SERVE IMMEDIATELY.**