



February

# Children's Dental Health Month

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We all know brushing your teeth at least twice a day prevents cavities. But what else can be done to protect our teeth? Dental Decay can begin as early as infancy, before teeth even start to appear.

Here are a few tips to follow to help prevent tooth decay in children:

- Never allow an infant to fall asleep with a bottle.
- Encourage drinking water more than any other beverage
- Serve only 100% Fruit juice
- Don't forget low-fat or non-fat milk
- Provide regular nutritious meals high in calcium (e.g. Broccoli or spinach)



Limit drinking beverages that list these ingredients:	
High-fructose corn syrup	Sucrose
Fruit-juice concentrate	Cane sugar
Corn sweetener	Raw sugar
Honey	Molasses
Brown sugar	Maple syrup

## Chinese New Year Lantern Festival

The Chinese New Year ends with the Lantern Festival. Lanterns may be painted with birds, animals, flowers, and scenes from legend and history. People hang glowing lanterns in temples, and carry lanterns to an evening parade under the light of the full moon.

### PAPER LANTERNS

Materials: Colored construction paper, Tape, stapler or glue, ruler, scissors.

- Fold a rectangular piece of paper in half, making a long, thin rectangle.
- Make about a dozen or more cuts along the fold line. Don't cut all the way to the edge of the paper.
- Unfold the paper. Glue or staple the short edges of the paper together.
- Cut a strip of paper 6 inches long and 1/2 inch wide. •Glue or staple this strip of paper across one end of the lantern - this will be the handle of the lantern.



## Zesty Tostada

### Ingredients

1. Tostada
2. Fat free refried beans, black beans, or kidney beans
3. Low-fat shredded jack cheese
4. Avocado slices
5. Tomato slices

### Instructions

Top the tostada with the beans, cheese, avocado and tomato.  
Serve with low-fat milk.

Courtesy of CDC, Dietary Council of CA and fatsmack.org