



Adventures in Nutrition With the Show Me Chef

Kindergarten nutrition education newsletter

Lesson **4**

Veggies are fun!

Concerned your child doesn't like vegetables? Make eating veggies fun – the recipes and ideas in this newsletter will help. Remember, children learn by watching you. If they see you eat vegetables, they will, too!

What can you do to help your child choose a variety of vegetables?

- They learn from watching you. Eat veggies and your kids will too.
- Children love to be involved in preparing food. Make these recipes together.

Children can learn about healthy eating from reading books. Want to find more books to read with your child? Go to www.michigan.gov/documents/mde/lm_2010_Mahoney_Chidrens_booklist_332683_7.pdf



Let's Make Sheep

Children can make cauliflower sheep all by themselves.

For each sheep, they will need:

- 1 piece of cauliflower (stem removed)
- 3 raisins
- ½ piece of low-fat string cheese, cut into 4 pieces
- 1 tablespoon low-fat or reduced-fat cheese spread

Directions:

1. Wash hands and surfaces.
2. Put a piece of cauliflower on a plate.
3. To make legs, stick the four pieces of string cheese to the flat side of cauliflower with cheese spread.
4. To make the eyes and nose, dip three raisins in the cheese spread and attach to the cauliflower. Yum!

Recipes

Kids in the Kitchen

With these recipes your child gets to practice skills like:

- washing vegetables
- dipping vegetables into the Bunny Dip



Bunny Dip

(Makes 2 cups)

Ingredients:

- 1 cup plain low-fat yogurt
- 1 cup light or fat-free sour cream
- 1 package ranch dressing mix
- Vegetables for dipping such as carrots, broccoli, cauliflower or cherry tomatoes, cut in half

Directions:

1. Wash hands and surfaces.
2. Stir all ingredients together in a medium-size bowl.
3. Refrigerate leftovers immediately.



More fun with veggies

Vegetables are fun to eat – use these ideas:

- Make trees by using broccoli as tree tops.
- Make Ants on a Log by spreading peanut butter (or other spread like reduced-fat cream cheese) on celery stalks. Sprinkle with raisins (ants).



Ants on a log



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