



Let's Read About Healthy Eating

Pre-kindergarten nutrition education newsletter

Lesson **11**

Fruits – quick, tasty and good for you!

Fruits are naturally low in fat, sodium and calories. They fill you up.



Children can learn about healthy eating and being more active from reading books.

They also learn from watching you—choose fruits and vegetables at meals and your children will, too.

Children take their lead from you.

Your children watch what you do. Choose fruits and vegetables at meals and for snacks and they will too!

- Children love to be involved in preparing food. At the store, let your child pick a fruit to try at home.
- At the store, have your child find and name all fruits that are the same color.
- Children love to eat foods they help choose and prepare. At the store, let your child pick apples to make the recipe in this newsletter.
- Go to your local farmers' market to expose your child to new fruits. Find a farmers' market at <http://agebb.missouri.edu/fmktDir/index.htm> or other Missouri local foods at <http://foodcircles.missouri.edu/sources.htm>

Sign up for a free e-newsletter at missourifamilies.org/newsletter/.

View videos to see how moms are helping their families eat healthier foods, get more information at http://www.fns.usda.gov/fns/corenutritionmessages/especially_for_moms_page.htm

Recipes

Kids in the Kitchen

Your child can help in the kitchen by:

- washing the apples under running water
- spooning the Amazing Three-Way Apples over ice cream or pancakes
- mashing the peaches

Amazing Three-Way Apples

Ingredients:

- ½ cup 100 percent apple juice
- ½ cup water
- 4 medium apples
- ¼ teaspoon cinnamon (optional)

Directions:

1. Wash hands and surfaces.
2. Wash apples and cut them into slices or rings. Remove the core.
3. In a large pan, bring the apple juice, water and cinnamon to a boil.
4. Stir in the apples and cook until tender.

Three ways to serve:

1. Warm with ice cream
2. As a topping for whole-wheat pancakes or waffles
3. Stirred into plain or vanilla low-fat yogurt



Yo-Peach Treat

A great breakfast snack!

Ingredients:

- Plain low-fat yogurt
- Canned peaches in light juice, drained
- Chopped nuts (optional)

Directions:

1. Wash hands and surfaces.
2. Mash peaches.
3. For each serving, spoon ½ cup of yogurt into bowl. Top with mashed peaches. Sprinkle on nuts.
4. Refrigerate leftovers immediately.

Let's pick apples

This is a great way to stretch.

1. Stand with feet about shoulder-width apart, knees lightly bent, hands on hips.
2. With your right hand, reach as high as you can and pretend to pick the reddest, juiciest apple on the tree. Squat down and put your apple in a pretend basket.
3. Then return your right hand to your hip and reach up with your left hand to pick an apple.
4. Repeat five times on each side.

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