

Adventures in Nutrition With the Show Me Chef

Kindergarten nutrition education newsletter

Want your

kids to reach for

a healthy snack?

Make sure fruits

are in reach. Have

washed fruits in

a bowl for easy

snacking.

Lesson 5

Life's a rainbow – a rainbow of fruit colors

Choose a variety of fruits in different colors:

Red: strawberries, watermelon, apples

Orange: cantaloupe, orange Yellow: grapefruit, banana

Green: honeydew melon, grapes

Blue: blueberry

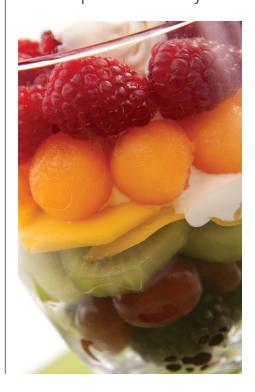
Purple: grapes, plums

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

- Children learn by watching you. If you eat fruits, they will, too!
- Let your kids be "produce-pickers." Help them pick fruits at the store.
- 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
- Children can learn about eating fruits 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
- Children love to be involved in preparing food. Make these recipes together.

Nature's candy box

Children love the sweet taste of fruits and get an added bonus of Vitamins A and C and fiber. Choose fresh fruits, canned fruit in light juice or 100 percent fruit juice.



Recipes

Kids in the Kitchen

Your child gets to practice skills like:

- peeling the banana
- spreading peanut butter

Your child gains other important skills by cooking with you. They learn to communicate and work as part of a team. They also learn to follow directions. These skills will help them in school.

Frozen Banana-O's

Ingredients:

- Banana
- Peanut butter
- Cereal like whole-grain cornflakes or lowfat granola
- Toothpicks

Directions:

- 1. Wash hands and surfaces.
- 2. Peel banana and cut into thick slices. Stick a toothpick into one end and spread peanut butter on the banana.
- Roll banana in cereal and place on plate. Freeze for several hours.
- 4. Before serving, let stand at room temperature for 5 minutes.

Caution! Before eating, take out toothpicks so young children don't eat them.



Sunshine Slushy

(Makes 2 servings)

Ingredients:

- 1 cup 100 percent pineapple juice
- 1 medium sliced carrot
- 2 3 ice cubes

You will need a blender.

Directions:

- 1. Wash hands and surfaces.
- 2. In the blender, add sliced carrot, pineapple juice and ice cubes. Blend at high speed until smooth and slushy.
- 3. Refrigerate leftovers.

Source: The Food Express

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