



Adventures in Nutrition With the Show Me Chef

Kindergarten nutrition education newsletter

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.

Want your kids to reach for a healthy snack? Make sure fruits are in reach. Have washed fruits in a bowl for easy snacking.

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 low-fat 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.
3. 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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