



# Adventures in Nutrition With the Show Me Chef

Kindergarten nutrition education newsletter

Lesson **6**

## They're still growing.

**H**elp your kids grow strong. Serve fat-free or low-fat milk at meals. Other foods have calcium like calcium-fortified soy milk, beans, green vegetables like broccoli, kale and spinach. Canned salmon with bones is a good source of calcium (salmon in pouches don't have bones).

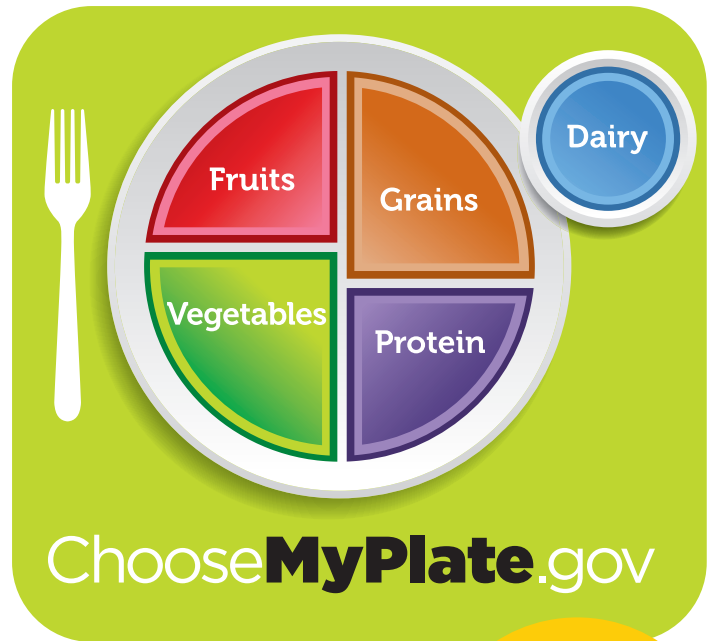


Hang MyPlate on your refrigerator or cupboard to remind you and others in the house to include dairy foods to make a healthy plate.

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### What if milk causes tummy problems?

If you have stomach cramps, gas or diarrhea after drinking milk, you may be lactose intolerant. People with lactose intolerance have trouble digesting lactose, the sugar in milk. If you think your child may be lactose intolerant, check with your doctor before cutting back on milk. Lactose-free milk is available in the grocery store.



U.S. Department of Agriculture.  
ChooseMyPlate.gov

### What can you do to help your child choose milk and other dairy foods?

- Children learn by watching you. If you eat choose milk or other dairy foods, they will, too!
- Children can learn about eating drinking milk or choosing other foods with calcium from reading books. Want to find more books to read with your child? Go to [www.michigan.gov/documents/mde/Im\\_2010\\_Mahoney\\_Chidrens\\_booklist\\_332683\\_7.pdf](http://www.michigan.gov/documents/mde/Im_2010_Mahoney_Chidrens_booklist_332683_7.pdf)
- Children love to be involved in preparing food. Make these recipes together.

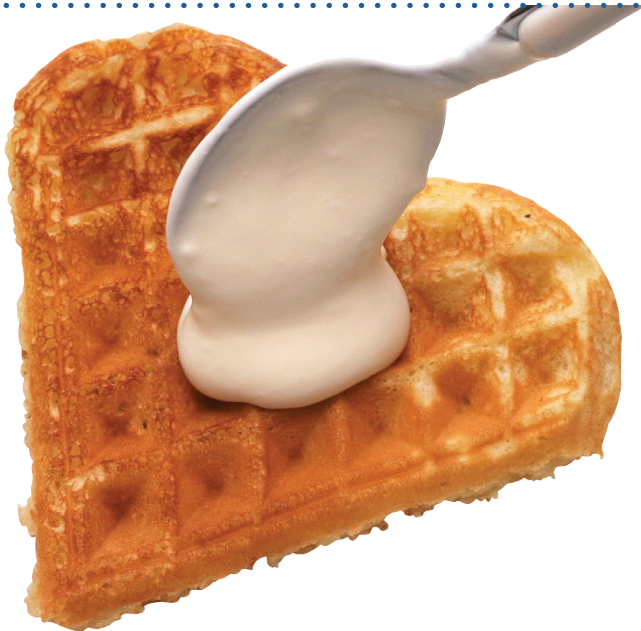
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# Recipes

## Kids in the Kitchen

Your child gets to practice skills like:

- spreading yogurt on the waffles
- sprinkling baked tortilla chips with cheese



### Chilly Willy Waffles

#### Ingredients:

- Any flavor low-fat yogurt
- Frozen whole-wheat waffles

#### Directions:

1. Wash hands and surfaces.
2. Toast waffles.
3. Spread yogurt on a waffle. Top with another waffle.
4. Freeze on a tray. Store in a plastic bag or container in the freezer.



### Macho Nachos

#### Ingredients:

- Baked tortilla chips
- Low-fat or fat-free refried beans
- Low-fat cheddar cheese, shredded
- Salsa (mild)

#### Directions:

1. Wash hands and surfaces.
2. Arrange tortilla chips in a single layer on a plate. Top each chip with a teaspoon of refried beans or bean dip and sprinkle with shredded cheese.
3. Microwave on high until cheese is melted (30 seconds or more). Serve with salsa.
4. Refrigerate leftovers immediately.

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](http://www.fns.usda.gov/fns/corenutritionmessages/especially_for_moms_page.htm)