



Let's Read About Healthy Eating

Pre-kindergarten nutrition education newsletter

Lesson **2**

Your children watch what you do. Choose whole-wheat bread at meals and for snacks and they will too! Trying a new bread? Children may not take to new foods right away. Be patient! Offer new foods more than once.

- Ask your child to tell you the names of some of the breads you see at the store.
- Children love to help! Ask your child to serve bread to the family.
- Help your child toast bread and make a sandwich for another family member.
Talk about the safe use of a toaster or when taking bread out of the oven.

What can you do to help your child try new grain foods?

- Buy a new grain food at the store. Let your child help you pick it out.
- Eat the new grain food with your child. Your child learns to try new foods by watching you.

Children can learn about healthy eating and being more active 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



Give yourself and those you love the goodness of whole grains.

Children like to help you prepare food

Make art from bread dough.

You will need:

- Frozen whole-wheat bread dough, thawed
- Baking sheets
- Parchment baking paper

1. Preheat oven to 375 degrees.
2. On a clean, floured surface, divide dough so that your child has a portion to form into a shape.
3. Place dough shapes on baking sheet covered with parchment baking paper.
4. Let dough rise for 15 – 20 minutes in a warm, draft-free place.
5. Bake bread on center shelf of oven for 15 – 20 minutes until golden brown. Baking time will vary depending on thickness and size of dough.–

Recipes

Kids in the Kitchen

Children can help with these recipes by:

- stirring ingredients
- filling muffin cups and adding jam



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Jammin' Muffins

(Makes 12 muffins)

These muffins have a surprise in the middle!

Ingredients:

2 cups flour, or 1 cup flour
and 1 cup whole-wheat flour
¼ cup sugar
½ teaspoon salt
1 tablespoon baking powder
1 cup low-fat milk
1 egg, beaten
¼ cup vegetable oil
Your favorite jam or jelly
Vegetable cooking spray

Directions:

1. Wash hands and surfaces.
2. Preheat oven to 350 degrees.
3. Spray a 12-cup muffin pan with vegetable cooking spray.
4. In a mixing bowl, mix the flour, sugar, salt and baking powder.
5. In another bowl, mix the beaten egg, oil and milk. Mix the liquid and dry ingredients together.
6. Fill each muffin cup 1/3 full. Add 1 teaspoon of jam to each muffin cup. Then finish filling cups to 2/3 full.
7. Bake 30 minutes or until golden brown.

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