



Let's Read About Healthy Eating

Pre-kindergarten nutrition education newsletter

Lesson **3**

Make $\frac{1}{2}$ your plate fruits and vegetables

Hang MyPlate on your refrigerator or cupboard to remind you and others in the house to make half your plate fruits and vegetables.

They learn from watching you.

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

- Children love to be involved in preparing food. At the store, let your child pick a vegetable to try at home.
- At the store, have your child find and name all vegetables that are the same color.
- Grow something at home – see below.

Grow beans on your windowsill

Buy a package of bean seeds or use some dried beans that you have at home – like pinto or kidney beans. Take 3 or 4 paper cups and poke a hole in the bottom of each one. Fill the cups with soil. Put one dry bean in each cup. Cover it with about 1 inch of soil. Water each cup. Put the cups in a sunny window and help your child water the cups each day. Watch to see how your beans are growing.



Recipes

Stir-fry dishes are a great way to use leftover or frozen veggies, beans or soy foods like tofu. Try different herbs and spices for different flavors your family likes.

Kids in the Kitchen

Children can help with these recipes by:

- washing the vegetables
- choosing the beans for the stir-fry

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/Im_2010_Mahoney_Chidrens_booklist_332683_7.pdf

Rainbow Veggie Stir-Fry

(Makes 8 servings)

Ingredients:

- 4 cups cooked beans (kidney, pinto or others) or canned beans, drained and rinsed
- 1 medium onion, chopped
- 2 medium carrots, chopped
- 2 cups cabbage, chopped
- 1 green or red pepper, chopped
- ¼ teaspoon pepper
- ½ teaspoon garlic powder
- 1 tablespoon vegetable oil
- 4 cups cooked rice (try brown rice!)

Directions:

1. Wash hands and surfaces.
2. Stir-fry onion and carrots in hot oil for 5 minutes.
3. Stir in cabbage and sprinkle with pepper and garlic powder. Cover and cook on low heat until cabbage is tender but crisp, about 5 minutes.
4. Add cooked beans and pepper. Cook 5 minutes longer, stirring frequently.
5. Serve over cooked rice.
6. Refrigerate leftovers.



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