



Let's Read About Healthy Eating

Pre-kindergarten nutrition education newsletter

Lesson **4**

Let your kids be produce pickers.



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

Your children watch what you do.

Choose fruits and vegetables at meals and for snacks and they will too!

- Children love to be involved in preparing food. At the store, let your child pick a fruit or vegetable to try at home.
- At the store, have your child find and name all fruits and vegetables that are the same color.
- Children love to eat foods they help choose and prepare. At the store, let your child pick a fruit or vegetable to make one of the recipes in this newsletter.

Sign up for a free e-newsletter at missourifamilies.org/newsletter/.

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

Recipes

Kids in the Kitchen

Children are more likely to eat what you prepare if they are involved in making it. They can help with these recipes by:

- crushing the graham crackers
- dipping banana slices in orange juice
- making the ants on a log

**Cook together.
Eat together. Talk together.
Make mealtime a family time.**

Banana Crunchos

(Makes 2 servings)

Fruits are naturally sweet and pack a bonus of vitamins and minerals! These can also be frozen and eaten as frozen treats!

Ingredients:

Banana
½ cup 100 percent orange juice
2 graham crackers

Directions:

1. Wash hands and surfaces.
2. Crush graham crackers into crumbs.
3. Peel banana and cut into slices.
4. Dip slices in orange juice and roll in graham cracker crumbs.



Ants on a Log

(Makes 1 serving)

Children love the name of this treat!

Ingredients:

Celery stalk
Raisins
1 tablespoon reduced-fat peanut butter (or substitute fat-free cream cheese)

Directions:

1. Wash hands and surfaces.
2. Wash celery. Cut into 2 or 3 pieces.
3. Stuff celery with cream cheese.
4. Sprinkle with "ants" (raisins).
5. Refrigerate leftovers immediately.

