



Let's Read About Healthy Eating

Pre-kindergarten nutrition education newsletter

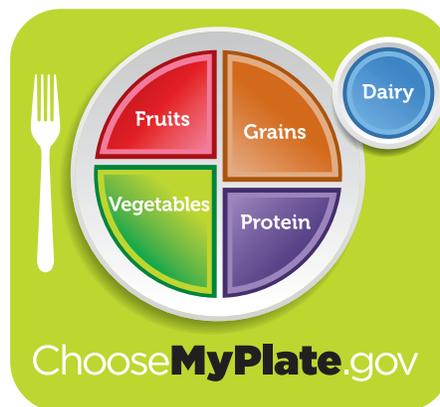
Lesson **7**



Variety is the spice of life and good for your health

Your children learn by watching you. Choose a variety of foods and they will too!

Use MyPlate to remind you and your family to choose a variety of foods when planning a meal. A healthy meal starts with more fruits and vegetables and smaller amounts of grains and protein foods. Dairy foods can be a drink or low-fat foods like cheese added to the meal or low-fat, non-fat yogurt with fruit as a dessert.



U.S. Department of Agriculture. ChooseMyPlate.gov

What can you do to help your child choose a variety of foods?

Children love to be involved in choosing food.

- At the store, let your child choose new fruits or vegetables, a new whole-wheat, whole-grain (and low sugar) cereal or a new bread that is 100 percent whole wheat.
- Talk or read about a new food before serving it.
- Offer small amounts of new foods at the beginning of the meal when your child is hungry.
- Go to your local farmers' market to expose your child to new fruits and vegetables. Find a farmers' market at http://agebb.missouri.edu/fmkt_dir/index.htm or other Missouri local foods at <http://foodcircles.missouri.edu/sources.htm>

Trying a new food?
Children may not take to new foods right away.
Be patient!
Offer new foods more than once.

Recipes

Kids in the Kitchen

Get your child involved in making these quick and easy recipes.

Pizza My Way

Spread tomato sauce on 100 percent whole-wheat toast. Sprinkle with pizza seasoning (garlic powder, basil, oregano). Top with a slice of low-fat cheese. Place on a baking sheet about 4 inches from the broiler. Broil several minutes until topping is bubbly. Serve with low-fat or fat-free milk.

Tuna-Wich

Mix drained tuna in water with light, reduced-fat or fat-free mayonnaise and garlic powder. Stir in small pieces of fruits such as grapes or apples. Spread on 100 percent whole-wheat toast. Serve with low-fat or fat-free milk.

Hot Tomato

Spread 100 percent whole-wheat toast with light, reduced-fat or fat-free mayonnaise and mustard. Add a juicy tomato slice. Top with grated low-fat cheese. Place on a baking sheet about 4 inches from the broiler. Broil several minutes until topping is bubbly. Serve with low-fat or fat-free milk.

Don't forget – move more!

Physical activity is an important part of good health. Make family time active time. Do things together such as walking in the park, playing games and swimming.

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

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

Make meals and memories together. It's a lesson they'll use for life.

