



Adventures in Nutrition With the Show Me Chef

Kindergarten nutrition education newsletter

Lesson **3**

Whole grains make a difference.

Whole grains keep your heart healthy and are good for digestion and a healthy weight. Choose foods with “100 percent whole wheat” or “100 percent whole grains” on the label. Or check the ingredient list to see if the word “whole” is before the first ingredient listed (for example, whole-wheat flour). If it is, it’s whole grain.

It’s easy to get your children in the habit of eating and enjoying whole grains if you start when they are young. Whole grains provide B vitamins, minerals and fiber to help them be strong and healthy.

What can you do to help your child choose a variety of breads and other grain foods?

- Next time you are at the grocery store see how many breads your child can count.
- Children love to be involved in preparing food. Make this recipe together.



**Start
them early
with whole
grains.**

Children can learn about healthy eating 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

Recipe

Kids in the Kitchen

Your child gets to practice skills like:

- cracking eggs
- stirring batter
- filling muffin cups

Hidden Treasure Muffins

(Makes 12 muffins)

Ingredients:

- 1 ½ cups flour (or try ¾ cup flour and ¾ cup whole-wheat flour)
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ¼ cup sugar
- 2 eggs
- 1 cup low-fat milk
- ½ teaspoon vanilla
- ¼ cup vegetable oil
- Vegetable cooking spray
- Fruit pieces, chunks such as strawberries

Directions:

1. Wash hands and surfaces.
2. Preheat oven to 375 degrees.
3. Spray vegetable cooking spray in a 12-cup muffin tin.
4. In a large bowl, mix the flour, baking soda, baking powder, salt and sugar. Stir until it is well mixed.
5. In a medium-size bowl, mix eggs, milk, vanilla and oil. Stir about 20 times.
6. Add the liquid ingredients to the dry ingredients. Stir until the batter is smooth. Don't mix too much.
7. Fill each muffin cup half full. Put a strawberry or fruit chunk in the center of each muffin. Push it down with your finger.
8. Bake the muffins for 15 – 20 minutes. Stick a toothpick or fork into a muffin to see if it is done. The toothpick should come out clean. If not, bake several more minutes and test again.
9. Remove the muffins from the pan to cool for at least 10 minutes. The fruit gets very hot!



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.



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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