



# Let's Read About Healthy Eating

Pre-kindergarten nutrition education newsletter

Lesson **5**

## Strong bodies need strong bones.

Children 2 – 3 years old need 2 cups fat-free or low-fat (1 percent) milk or yogurt, children 4 to 8 years old need 2 ½ cups of low-fat milk, yogurt or other foods that provide the same amount of calcium. Your children learn by watching you. Choose milk and other foods with calcium and they will too! Can't drink milk? Try lactose-free milk or soy milk with calcium.

### What about cream cheese, butter or cream?

They have little or no calcium and are high in fat.

### What can you do to help your child choose milk and other foods with calcium?

Children love to be involved in choosing and preparing food. At the store, let your child pick the flavor of yogurt they like. Or try a new type of low-fat cheese that your child and other family members can taste such as part-skim mozzarella string cheese, cheddar and Monterey Jack.

### Trying a new food?

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

### Shopping with your child

Let your child help choose milk or a food made with milk such as cheese or low-fat yogurt. Ask your child: Where does milk come from? Why are milk and foods from milk important to eat?



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](http://www.michigan.gov/documents/mde/lm_2010_Mahoney_Chidrens_booklist_332683_7.pdf)

# Recipes

## Kids in the Kitchen

Get your child involved in preparing food at home – food you serve is more likely to be accepted. Your child can help you with these recipes by:

- washing vegetables
- stirring ingredients
- spooning yogurt or cottage cheese into cups

### Yogurt Sundaes

(Makes 2 servings)

*A sweet treat that's good for you!*

#### Ingredients:

- 1 6-ounce container low-fat vanilla or other flavor yogurt
- ½ cup chopped fruit, any kind
- ½ cup low-fat granola or other whole-grain cereal

#### Directions:

1. Wash hands and surfaces.
2. Spoon yogurt, fruit and cereal into bowls or cups in layers.
3. Serve right away or refrigerate leftovers.

Freeze the sundaes and serve them frozen.



### Little Dippers

*Helps kids learn to try new flavors!*

#### Ingredients:

- Low-fat cottage cheese
- Carrot sticks
- Assorted seasonings such as garlic powder, onion flakes, lemon juice, cinnamon

#### Directions:

1. Wash hands and surfaces.
2. Spoon cottage cheese into several small cups or bowls.
3. Add a small amount of seasoning to each bowl. Stir.
4. Give children carrot sticks to dip and taste with.
5. Refrigerate leftovers immediately.

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