

Adventures in Nutrition With the Show Me Chef

Kindergarten nutrition education newsletter

Lesson 5

Life's a rainbow a rainbow of fruit colors

Choose a variety of fruits in different colors:

Red: strawberries, watermelon, apples Orange: cantaloupe, orange, peach Yellow: pineapple, banana Green: honeydew melon, grapes Blue: blueberries Purple: grapes, plums

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

Children learn by watching you. If you eat fruits, they will too! Want your kids to reach for a healthy snack? Make sure fruits are in reach. Have washed fruits in a bowl for easy snacking.

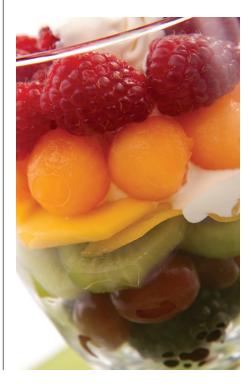
Let your kids be "produce-pickers." Let them help pick fruits they would like to eat at the grocery store or from advertisements.

- Go to your local farmers market to expose your child to new fruits. Find a farmers market at *http://seasonalandsimple.info/*.
- Children can learn about healthy eating and becoming more active from reading books. Want to find books on those topics to read with your child? Go to our Goodreads account *http://umurl.us/OLPI* (Case-sensitive URL)
- Children love to be involved in preparing food. Try making the recipes in this newsletter together.

Nature's candy box

Children love fruit because it is naturally sweet. Fruit is also a good source of vitamins A and C and fiber.

Choose fruit that is fresh, frozen or canned in 100-percent fruit juice.



Kids in the Kitchen

Your child gets to practice skills like:

- peeling the banana
- spreading peanut butter

Your child gains other important skills by cooking with you. They learn to communicate and work as part of a team. They also learn to follow directions. These skills will help them in school.

Recipes

Frozen Banana-O's

Ingredients:

- Bananas
- Peanut butter
- Crushed cereal such as whole-grain cornflakes or low-fat granola
- Toothpicks

Directions:

- 1. Wash hands and surfaces.
- 2. Peel a banana and cut into thick slices. Stick a toothpick into one end and spread peanut butter on the banana.
- 3. Roll banana in cereal and place on plate. Freeze for several hours.
- Before serving, let stand at room temperature for 5 minutes.

Caution! Before eating, take out toothpicks so young children don't eat them.



Sunshine Slushy

(Makes 2 servings)

Ingredients:

- 1 cup 100-percent pineapple juice
- 1 medium sliced carrot
- 2–3 ice cubes

You will need a blender.

Directions:

- 1. Wash hands and surfaces.
- 2. In the blender, add sliced carrot, pineapple juice and ice cubes. Blend at high speed until smooth and slushy.
- 3. Refrigerate leftovers.

Source: The Food Express

Find more information and view videos on how moms are helping their families eat healthier foods at *fns.usda.gov/core-nutrition/especially-moms-0*.

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For more information, call MU Extension's Show Me Nutrition Line at 1-888-515-0016. Need help stretching your food dollars? Contact your local resource center or go online to *mydss.mo.gov/food-assistance*



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