



# Adventures in Nutrition With the Show Me Chef

Kindergarten nutrition education newsletter

Lesson **6**

## They're still growing

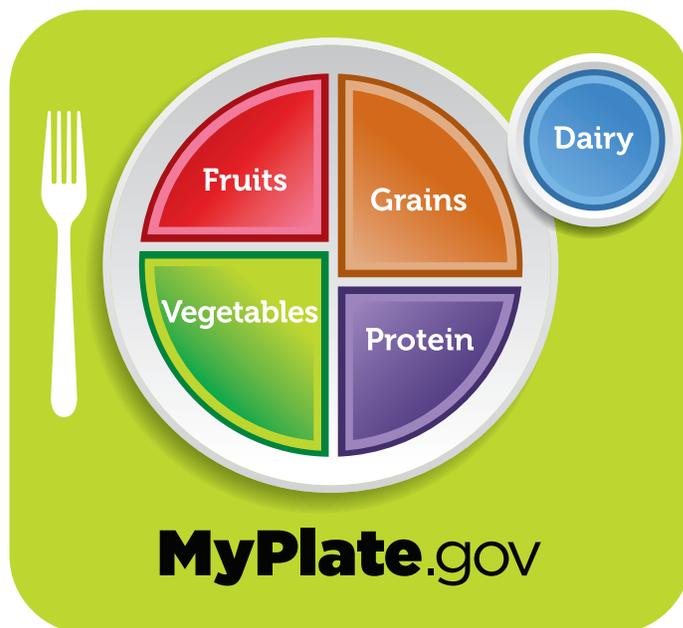
Children and adolescents need calcium to build strong bones. Dairy foods like milk, cheese and yogurt are our best sources of calcium. Serve fat-free or low-fat milk at meals. You can also find calcium in a variety of non-dairy foods like calcium-fortified soy milk, beans, and green leafy vegetables such as broccoli, kale and spinach. Canned fish with bones can be another good source of calcium.



Hang MyPlate on your refrigerator or cupboard to remind you and others in the house to include dairy foods to make a healthy plate.

### What if milk causes tummy problems?

If you have stomach cramps, gas or diarrhea after drinking milk, you may be lactose intolerant. People with lactose intolerance have trouble digesting lactose, the sugar in milk. If you think your child may be lactose intolerant, check with your doctor before cutting back on milk. Lactose-free milk and non-dairy calcium-fortified alternatives (such as soy or almond milk) are good options.



*U.S. Department of Agriculture. MyPlate.gov*

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

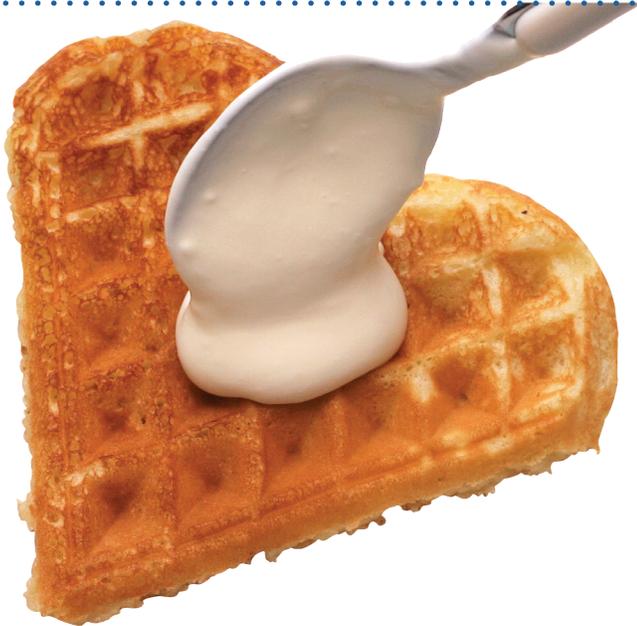
- Children learn by watching you. If you choose milk or other dairy foods, they will, too! Offer yogurt, cheese, or cottage cheese for a calcium-rich snack.
- Children can learn about drinking milk or choosing other foods with calcium from reading books. Want to find more books to read with your child? Go to our Goodreads account <http://umurl.us/OLPI> (Case-sensitive URL)
- Children love to be involved in preparing food. Make the recipes on the back together.

## Kids in the Kitchen

Your child gets to practice skills like:

- spreading yogurt on the waffles
- sprinkling cheese on tortilla chips

## Recipes



### Chilly Willy Waffles

#### Ingredients:

- Any flavor low-fat yogurt
- Frozen whole-wheat waffles

#### Directions:

1. Wash hands and surfaces.
2. Toast waffles.
3. Spread yogurt on a waffle. Top with another waffle.
4. Freeze on a tray. Store in a plastic bag or container in the freezer.



### Macho Nachos

#### Ingredients:

- Baked tortilla chips
- Low-fat or fat-free refried beans
- Low-fat cheddar cheese, shredded
- Salsa (mild)

#### Directions:

1. Wash hands and surfaces.
2. Arrange tortilla chips in a single layer on a plate. Top each chip with a teaspoon of refried beans or bean dip and sprinkle with shredded cheese.
3. Microwave on high until cheese is melted (30 seconds or more). Serve with salsa.
4. Refrigerate leftovers immediately.

Find more information and view videos on how moms are helping their families eat healthier foods at <https://www.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](http://mydss.mo.gov/food-assistance)