

# Adventures in Nutrition With the Show Me Chef

Kindergarten nutrition education newsletter

Lesson **8**

## A variety of food shapes makes food interesting!

**F**ood comes in many shapes. Your child can learn about these shapes and eat a variety of foods every day for good health.

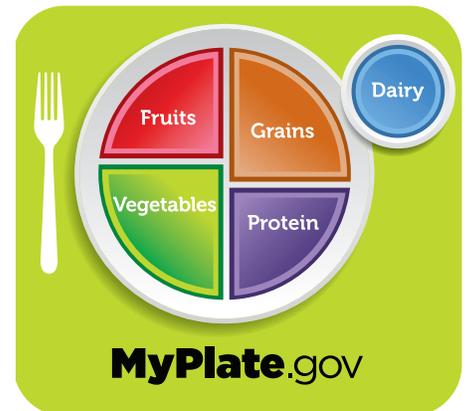
### Shapes that food comes in

- **Circles:** O-shaped cereal, pancake or waffle, carrot slices
- **Triangles:** whole-wheat crackers, baked tortilla chips, melon wedges, pizza
- **Squares:** slices of low-fat cheese, whole-wheat bread, square-shaped cereal
- **Rectangles:** celery sticks, corn on the cob, whole-wheat crackers

For a healthy and creative snack, provide a variety of different shapes of food, and see what kind of design your child can make on his or her plate. The recipe on the back of this handout provides one fun idea.

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)



U.S. Department of Agriculture. MyPlate.gov

*Hang MyPlate on your refrigerator or cupboard to remind you and others in the house to choose a variety of foods when planning a meal.*

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

- Offer a variety of foods, especially fruits and vegetables. Be positive and encourage your child to try new things.
- Children learn by watching you. If you eat a variety of foods, they will, too!
- Children love to be involved in preparing food. Make these recipes together.

# Recipes

## Clown Faces

(Makes 2 servings)

### Ingredients:

- 1 100-percent whole-wheat bagel, cut in half
- 1 tablespoon reduced-fat or fat-free cream cheese or hummus
- Vegetables like green or red pepper, carrots, tomato, celery
- Low-fat cheese or 98-percent fat-free deli meat

### Directions:

1. Wash hands and surfaces.
2. Wash vegetables and cut into pieces. Cut cheese or deli meat into pieces. Put in small bowls.
3. Spread cream cheese or hummus on each bagel half.
4. Make clown faces from the vegetable, meat and cheese pieces.
5. Refrigerate leftovers immediately.



## Salad in a Cup

(Makes 1 serving)

### Ingredients:

- 2 or 3 raw vegetables like dark green leafy lettuce, carrot sticks, broccoli and cherry tomatoes (cut in half)
- Low-fat salad dressing

### Directions:

1. Wash hands and surfaces.
2. Wash vegetables and cut up. Put them in bowls with spoons for dipping.
3. Put salad dressing in a small bowl.
4. Have your child dip vegetables into salad dressing.

*It's fun to eat out of a cup!*

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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)