

Let's Read About Healthy Eating

Prekindergarten nutrition education newsletter

Lesson 4

Let your kids be produce pickers



View videos to see how moms are helping their families eat healthier foods, get more information at https://www.fns.usda.gov/corenutrition/especially-moms-0.



Your children watch what you do.

- Choose fruits and vegetables at meals and for snacks and they will too!
- Children love to be involved in preparing food. At the store, let your child pick a fruit or vegetable to try at home.
- Fruits and vegetables should always be rinsed with cool running water before they are eaten or prepared. This is a great job that your child can help with.
- Children love to eat foods they help choose and prepare. Let your child help prepare one of the recipes in this newsletter.

Kids in the Kitchen

Kids learn valuable skills when they help in the kitchen, and it's a great time for family bonding. Your preschooler can help with these recipes by:

- crushing the graham crackers
- · dipping banana slices in orange juice
- making the ants on a log

Cook together. Eat together. Talk together. Make mealtime a family time.

Recipes

Banana Crunchos

(Makes 2 servings)

Fruits are naturally sweet and pack a bonus of vitamins and minerals! These can also be frozen and eaten as frozen treats!

Ingredients:

- Banana
- ½ cup 100 percent orange juice
- 2 graham crackers

Directions:

- 1. Wash hands and surfaces.
- 2. Crush graham crackers into crumbs.
- 3. Peel banana and cut into slices.
- 4. Dip slices in orange juice and roll in graham cracker crumbs.



Ants on a Log

(Makes 1 serving) Children love the name of this treat!

Ingredients:

- Celery stalk
- Raisins
- 1 tablespoon peanut butter (or substitute fat-free cream cheese)

Directions:

- 1. Wash hands and surfaces.
- 2. Wash celery. Cut into 2 or 3 pieces.
- 3. Stuff celery with peanut butter (or fat-free cream cheese).
- 4. Sprinkle with "ants" (raisins).
- 5. Refrigerate leftovers immediately.



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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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