



Let's Read About Healthy Eating

Prekindergarten nutrition education newsletter

Lesson **3**

Make half your plate fruits and vegetables

Hang MyPlate on your refrigerator or cupboard to remind you and others in the house to make half your plate fruits and vegetables.

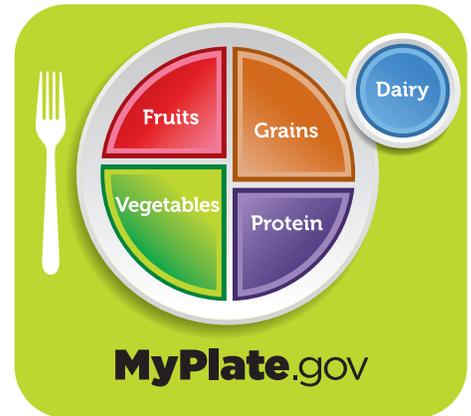
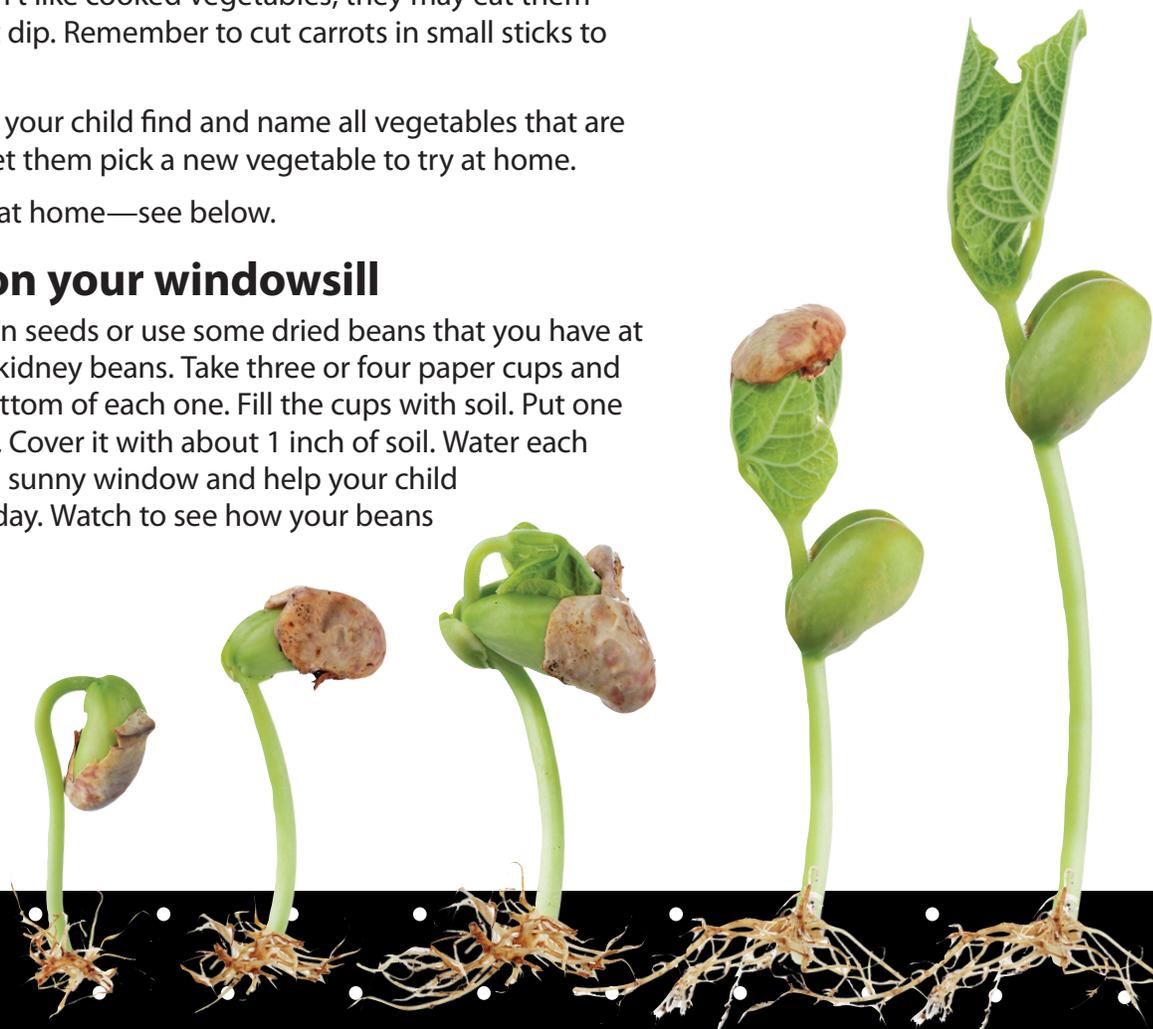
They learn from watching you

Your children watch what you do. Choose vegetables at meals and for snacks, and they will, too! Trying a new vegetable? Children may not accept new foods right away. Be patient! It can take several attempts before a new food is accepted.

- If your child doesn't like cooked vegetables, they may eat them raw with a yogurt dip. Remember to cut carrots in small sticks to prevent choking.
- At the store, have your child find and name all vegetables that are the same color. Let them pick a new vegetable to try at home.
- Grow something at home—see below.

Grow beans on your windowsill

Buy a package of bean seeds or use some dried beans that you have at home—like pinto or kidney beans. Take three or four paper cups and poke a hole in the bottom of each one. Fill the cups with soil. Put one dry bean in each cup. Cover it with about 1 inch of soil. Water each cup. Put the cups in a sunny window and help your child water the cups each day. Watch to see how your beans are growing.



U.S. Department of Agriculture.
MyPlate.gov

Kids in the Kitchen

Children can help with these recipes by:

- washing the vegetables
- choosing the beans for the stir-fry

Recipe

Rainbow Veggie Stir-Fry

(Makes 8 servings)

Ingredients:

- 4 cups cooked beans (kidney, pinto or others) or canned beans, drained and rinsed
- 1 medium onion, chopped
- 2 medium carrots, chopped
- 2 cups cabbage, chopped
- 1 green or red pepper, chopped
- ¼ teaspoon pepper
- ½ teaspoon garlic powder
- 1 tablespoon vegetable oil
- 4 cups cooked rice (try brown rice!)

Directions:

1. Wash hands and surfaces. Rinse all vegetables.
2. Stir-fry onion and carrots in hot oil for 5 minutes.
3. Stir in cabbage and sprinkle with pepper and garlic powder. Cover and cook on low heat until cabbage is tender but crisp, about 5 minutes.
4. Add cooked beans and pepper. Cook 5 minutes longer, stirring frequently.
5. Serve over cooked rice.
6. Refrigerate leftovers.

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/aGM>

(Case-sensitive URL)

Stir-fry dishes are a great way to use leftover or frozen veggies, beans or soy foods like tofu. Try different herbs and spices to find different flavors your family likes.



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