



# Let's Read About Healthy Eating

Prekindergarten nutrition education newsletter

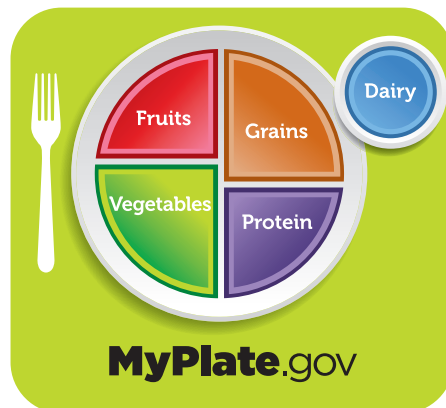
Lesson **7**

## Variety is the spice of life and good for your health

Your children learn by watching you. Choose a variety of foods, and they will, too!



Use MyPlate to remind you and your family to choose a variety of foods when planning a meal. A healthy meal starts with more fruits and vegetables and smaller amounts of grains and protein foods. Dairy foods can include milk or cheese. Yogurt with fruit can be a great dessert.



U.S. Department of Agriculture.  
MyPlate.gov

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

Children love to be involved in choosing food.

- At the store, let your child choose new fruits or vegetables, a new whole-wheat, whole-grain (and low-sugar) cereal or a new bread that is 100 percent whole wheat.
- Talk or read about a new food before serving it. Focus on how delicious the food is in addition to how it will help them grow.
- Offer small amounts of new foods at the beginning of the meal, when your child is hungry.
- Go to your local farmers market to expose your child to new fruits and vegetables. Go to [seasonalandsimple.info](http://seasonalandsimple.info) to find a farmers market near you or to find recipes

### Trying a new food?

Children may not take to new foods right away. Be patient! Offer new foods more than once.

## Kids in the Kitchen

Get your child involved in making these quick and easy recipes.

### Recipes

#### Pizza My Way

Spread tomato sauce on 100 percent whole-wheat toast. Sprinkle with pizza seasoning (garlic powder, basil, oregano). Top with a slice of mozzarella cheese. Place on a baking sheet about 4 inches from the broiler. Broil several minutes until topping is bubbly. Serve with milk.

#### Tuna-Wich

Mix tuna with light, reduced-fat or fat-free mayonnaise and garlic powder. Stir in small pieces of carrots, celery, grapes, or apples. Spread on 100 percent whole-wheat toast. Serve with milk.

#### Breakfast sandwich

Spread 100 percent whole-wheat toast with mashed avocado or hummus. Top with scrambled eggs and a slice of tomato. Serve with milk.

#### Don't forget—move more!

Physical activity is an important part of good health. Make family time active time. Do things together that are fun and active like playing at the park, riding bikes around the neighborhood, or having a dance party in the house.

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>.

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)

**Make meals and memories together. It's a lesson they'll use for life.**



Funded in part by USDA SNAP.

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)