



Let's Read About Healthy Eating

Prekindergarten nutrition education newsletter

Lesson 9

Beans have protein too!

Beans and lentils have iron and protein but cost less than meat. They are also high in fiber and low in saturated fat. Your children learn by watching you. Choose a variety of beans such as kidney beans, pinto beans, or lentils and they will be more likely to try it too!

What can you do to help your child like foods made with beans?

Children love to be involved in choosing food.

- At the store, let your child choose a new bean.
- Add beans to soups, stews, casseroles, stir-fry and salads.
- Texture can make a difference. If your child doesn't like whole beans, try using refried beans or mashed black or pinto beans as a dip or spread for burritos.
- Offer small amounts at the beginning of the meal when your child is hungry.

Children can learn about healthy eating and being 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)



Kids in the Kitchen

Your child can learn about healthy eating by making food. Have your child help you make the Bean Dip by helping with tasks like:

- Mashing the beans
- Stirring ingredients together

Be sure to tell other family members how your child helped.

Trying a new food?

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

Recipe

Bean Dip

(Makes 2 cups)

A great after-school snack!

Ingredients:

- 1 15-ounce can pinto beans, drained and mashed
- ½ cup salsa
- Dippers (vegetables, whole-wheat crackers, baked tortilla chips)

Directions:

1. Wash hands and surfaces.
2. Mix mashed beans and salsa in a bowl. Stir well.
3. Warm dip by cooking in the microwave. Stir every 30–45 seconds until heated through.
4. Refrigerate leftovers.



Have your child help you plan meals

Helping you plan meals is a good way for your child to learn about healthy food choices. Your child watches you. If you plan healthy meals, so will your child!

- Have your child help you make a list of foods your family likes to eat.
- Ask your child to pick a bean or vegetable to use in meals.
- Have your child help you make a shopping list. For example, ask your child to count how many potatoes you have on hand or to see if you have any milk left.

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