



Adventures in Nutrition With the Show Me Chef

Kindergarten nutrition education newsletter

Lesson **1**

Wash hands to keep germs away

Your child learned that it's important to wash our hands after we use the bathroom, before we eat or prepare food, after we touch pets and after blowing our nose. Washing our hands for 20 seconds helps ensure that we get rid of germs. Wash hands thoroughly – the palms and backs of the hands, between fingers and under fingernails and up to the wrist. Dry hands with a paper towel. You should spend 20 seconds washing your hands, or enough time to sing “the ABCs” or “Happy Birthday.”

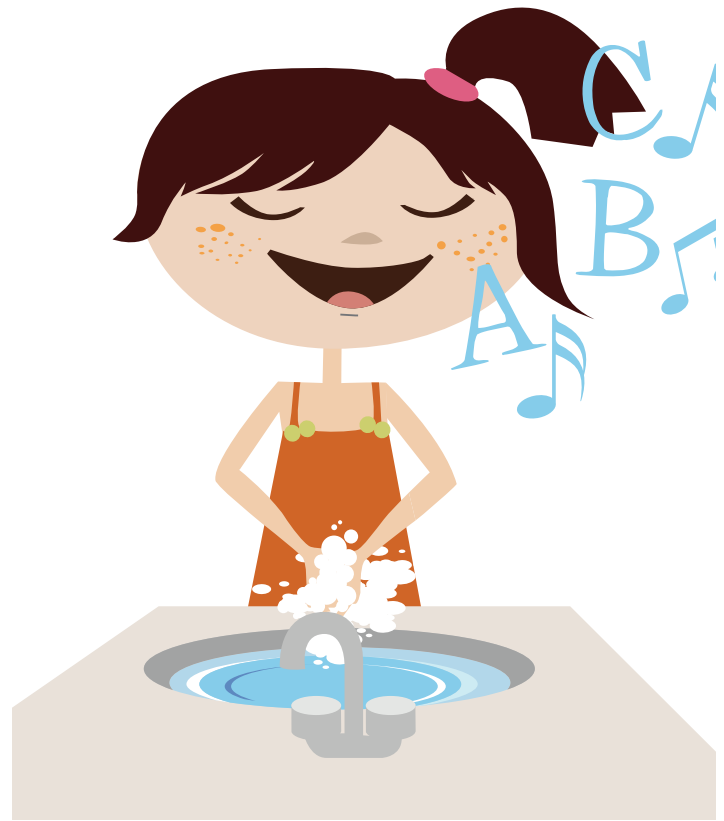
What can you do to help your child remember to avoid spreading germs?



- Remind your child to sneeze or cough into the inside of their elbow if a tissue isn't available.
- When you cough or sneeze, use a tissue or use the inside of your elbow. Your child learns from watching you.

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)



What can you do to help your child remember to wash hands?

- When you wash your hands at home, sing the “ABCs” or “Happy Birthday” song.
- Make washing hands a part of the family meal routine. Before sitting down to eat together as a family, have everyone wash their hands. Your child learns from watching you. If you or other family members wash their hands, your child will, too!
- Make washing hands fun.

Kids in the Kitchen

Make this recipe together with your child. Wash your hands together before you begin to remind your child that washing hands is important to do before preparing food.

Recipe

Apple and Cheese Sandwich

(Makes 1 serving)

Apples taste great with cheese.

Ingredients

- ½ whole-wheat bagel (or ½ whole-wheat English muffin or 1 slice whole-wheat bread)
- 1 apple
- 1 slice low-fat cheddar or American cheese
- Cinnamon (optional)

Directions:

1. Wash hands and surfaces.
2. Preheat oven to 350 degrees F.
3. Slice the apple to make round apple slices.
4. Put the cheese slice on the bread.
5. Put an apple slice on top of the cheese and sprinkle with cinnamon.
6. Bake in oven for 5 to 10 minutes at 350 degrees F. Watch to make sure it doesn't burn.
7. Sandwich is ready when cheese starts to melt.
8. Refrigerate leftovers immediately.



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