



Let's Read About Healthy Eating

Prekindergarten nutrition education newsletter

Lesson **2**

Bread

Your children watch what you do. Choose whole-wheat bread at meals and for snacks, and they will, too! Trying a new bread? Children may not accept new foods right away. Be patient! Offer new foods more than once.

- Talk with your child about the different types of breads you see at the store.
- Children love to help! Ask your child to serve bread to the family.
- Help your child toast bread and make a sandwich for another family member.
 - Talk about how it is important for an adult to take food out of an oven or toaster.

What can you do to help your child try new grain foods?

- Buy a new grain food at the store. Let your child help you pick it out.
- Eat the new grain food with your child. Your child learns to try new foods by 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/aGM>

(Case-sensitive URL)



Give yourself and those you love the goodness of whole grains.

Children like to help you prepare food Make art from bread dough

You will need:

- Frozen whole-wheat bread dough, thawed
- Baking sheets
- Parchment baking paper

1. Preheat oven to 375 degrees F.
2. On a clean, floured surface, divide dough so that your child has a portion to form into a shape.
3. Place dough shapes on a baking sheet covered with parchment baking paper
4. Let dough rise for 15–20 minutes in a warm, draft-free place.
5. Bake bread on center shelf of oven for 15–20 minutes, until golden brown. Baking time will vary depending on thickness and size of dough.

Kids in the Kitchen

Children can help with these recipes by:

- stirring ingredients
- filling muffin cups and adding jam

Recipes



Jammin' Muffins

(Makes 12 muffins)

These muffins have a surprise in the middle!

Ingredients:

- 2 cups flour, or 1 cup flour and 1 cup whole-wheat flour
- ¼ cup sugar
- ½ teaspoon salt
- 1 tablespoon baking powder
- 1 cup low-fat milk
- 1 egg, beaten
- ¼ cup vegetable oil
- Your favorite jam or jelly
- Non-stick cooking spray

Directions:

1. Wash hands and surfaces.
2. Preheat oven to 350 degrees F.
3. Spray a 12-cup muffin pan with vegetable cooking spray.
4. In a mixing bowl, mix the flour, sugar, salt and baking powder.
5. In another bowl, mix the beaten egg, oil and milk. Mix the liquid and dry ingredients together.
6. Fill each muffin cup ⅓ full. Add 1 teaspoon of jam to each muffin cup. Then finish filling cups to ⅔ full.
7. Bake 30 minutes or until golden brown.
8. Enjoy! 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>.

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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