



Let's Read About Healthy Eating

Prekindergarten nutrition education newsletter

Lesson 8

Start them early with whole grains

Get your kids in the habit of eating and enjoying whole grains when they are young. Choose a variety of grain foods such as whole-wheat bread, whole-wheat pasta, whole-grain cereal and crackers with nutrients and fiber your kids need.

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

Children love to be involved in choosing food.

- At the grocery store, let your child choose a new whole-grain cracker or cereal.
- Try new grains like bulgur or barley. They can be added to soups, stews, casseroles or stir-fries.
- Offer small amounts of new foods like spaghetti made with whole-wheat pasta at the beginning of the meal when your child is hungry.

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)



Kids in the Kitchen

Your child can learn about healthy eating by making food. Have your child help you make the Red and Green Salad by helping with tasks like:

- Washing the greens, pepper and tomato.
- Tearing the greens into pieces.
- Placing the greens on the plates.

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

Don't forget—move more!

Physical activity is an important part of good health. Make family time active time. Do things together such as walking in the park, playing games and swimming.

Recipes

Red and Green Salad

(Makes 6 servings)

A great way to use leftover rice

Ingredients:

- 2 cups cooked rice (try brown rice!)
- ½ cup Italian salad dressing
- ½ cup chopped green, yellow or red pepper
- ½ cup tomato, cut into large pieces
- ¼ cup finely chopped onion
- Spinach or other dark greens

Directions:

1. Wash hands and surfaces.
2. Stir first 5 ingredients together. Chill.
3. Serve over greens.
4. Refrigerate leftovers.

Trying a new food?

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



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-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