



# KidFood

*Healthy Eating for Today's Kids*

**Nutrition Matters**

October 2009

## Kitchen Helpers

**The best way to teach your child about healthy eating is to cook and eat together!**

- ✓ Bring your small child into the kitchen with you.
- ✓ Remember - safety first! Keep young children away from hot stoves, sharp knives, and electric appliances.
- ✓ Let your child help you in the kitchen as soon as he is able. It's a great way to introduce new foods.
- ✓ Children who help choose, wash, and cook new foods are more likely to try them.
- ✓ Trying new foods will increase the variety of foods that your child likes.



Small children have short attention spans. Cook quick and easy meals.

**Try to finish cooking in 15 to 30 minutes.**

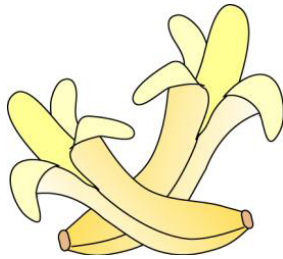


### Cereal Balls

- 1 cup crispy rice cereal or corn flakes
  - $\frac{1}{2}$  cup peanut butter
1. Crush cereal in a bowl.
  2. Mix peanut butter into cereal.
  3. Form into small balls.
  4. Place the balls into the refrigerator for 10 minutes or until firm.
  5. Eat!

## Small Children Can Help

- ☺ Wash fruits and vegetables in water - potatoes, carrots, green beans, pea pods, and squash.
- ☺ Tear lettuce into small pieces for a salad.
- ☺ Stir foods together in a bowl. Give your child a large spoon. Let him stir together muffins, pancakes, and other batters.
- ☺ Spread peanut butter on bread, crackers, and apple slices.
- ☺ Peel fruit - bananas, oranges, and grapefruits.
- ☺ Mash soft vegetables - potatoes, sweet potatoes, and squash.
- ☺ Peel hard boiled eggs.
- ☺ Press cookie cutters into bread slices, tortilla shells, and cheese slices.
- ☺ Wipe up the mess after cooking.
- ☺ Clean up the table after eating.



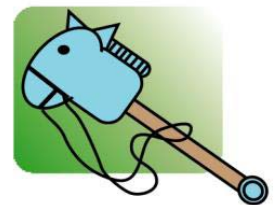
## Praise Your Child

When your child helps in the kitchen, tell him that he did a great job and you are proud of him.

Tell family and friends that your child is a great help in the kitchen.  
**And let your child hear you tell them!**

## Turn on some music and dance like the animals!

- ♪ Wave your arms like a monkey ♪
- ♪ Hop like a bunny ♪
- ♪ Wiggle like a snake ♪
- ♪ Gallop like a horse ♪
- ♪ Walk like a spider ♪
- ♪ Stretch like a cat ♪
- ♪ Fly like a bird ♪



Turn on music to dance to.

Have one person turn off the music.

When the music stops, freeze in that position until it starts again.

See what funny positions you and your children freeze in!

## Is Pizza a Healthy Choice for My Child?

Pizza can be part of a healthy diet.

It is a good source of protein, calcium and vitamins.

Pizza is great for a quick and easy meal on those busy days.

Serve a fruit or vegetables with pizza:

- Banana chunks, orange slices
- Mandarin oranges - canned
- Peach or pear slices - fresh or canned in juice
- Apple slices
- Kiwi fruit - cut in half and eat with a spoon
- Raw baby carrots
- Raw broccoli or cauliflower
- Tomato slices
- Cherry or grape tomatoes
- Cucumber sticks

## Make a Happy Face on Your Pizza

- 😊 Ham or turkey strips - **eyes, nose or mouth.**
- 😊 Green or black olive slices - **eyes.**
- 😊 Tomato, green or red pepper slices - **smiles.**
- 😊 Shredded carrots, shredded cheddar cheese, or chopped spinach - **hair.**
- 😊 Mushrooms - **eyes, nose or mouth.**
- 😊 Bake mini pizzas in a 375° oven for about 5 to 10 minutes.

1. Refrigerator biscuit dough can also be used for mini pizzas.
2. Roll or press out a biscuit for each pizza, layer on the toppings, and bake!



Let's have a pizza party!

Children love pizza.

Arrange the ingredients on a plate. Let your child make his own special pizza.

Mini pizzas are fun for lunch or snack!

- Toast English muffins.
- Top English muffins with pizza sauce.
- Sprinkle with shredded mozzarella cheese
- Decorate your pizza!



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## Nutrition Matters

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