



KidFood

Healthy Eating for Today's Kids

Nutrition Matters

April 2011

Rice Meat Balls

Great recipe - bakes in the oven with no fuss!

- 1 pound lean ground beef
 - 2 cups cooked brown rice
 - 1/4 cup finely chopped onion
 - 1 egg
 - 1/2 teaspoon salt
 - 1/8 teaspoon pepper
 - 1/2 teaspoon garlic powder
 - 2 cans (15 ounces each) tomato sauce
 - 1 cup water
 - 2 teaspoons Worcestershire sauce
1. Mix ground beef, cooked rice, onion, egg, salt, pepper and garlic powder together. Shape the meat mixture into small meatballs.
 2. Place the meatballs in a baking dish.
 3. Mix tomato sauce, water and Worcestershire sauce together and pour over meatballs.
 4. Cover and bake in a 350° oven for 30 minutes.
 5. Remove cover and bake for 30 minutes longer.

Try Something Different...

- Use beef broth instead of water in sauce while baking.
- Add ½ teaspoon chili powder to make spicy meatballs.
- Add 2 tablespoons of fresh cilantro, basil or Italian parsley to the meatballs.
- Add 1 tablespoon dried oregano or Italian herbs to the meatballs.
- Add some finely shredded carrots or finely chopped spinach to the meatballs.



Serve meatballs over:

- noodles
- mashed potatoes
- baked potato

Serve with a vegetable:

- steamed broccoli
- cooked carrot slices
- green beans or green peas

What's a Parent to Do?

Let your child decide how much he will eat.

- ✓ Don't bribe or beg your child to eat.
- ✓ Don't limit how much your child eats.
- ✓ Your child is more likely to be a fussy eater if you force, bribe or beg him to eat.
- ✓ Your child is more likely to overeat if you try to control or limit how much he eats.



Be a Good Role Model

- ♥ Give your child the same healthy foods that you are eating.
- ♥ Sit together with your child at mealtimes.
- ♥ Don't talk about how much or how little you and others are eating.
- ♥ Stop eating when you are full.



What's Your Parenting Style at Mealtimes?

Are you strict and insist that foods are eaten?

Do you often forget to have meals, and grab food when you or your children are hungry?

It's best not to be too strict or too indifferent about mealtime.

Have expectations about meals and snacks for your family,

but don't force or bribe your children to eat.

Which mealtime parenting style is best for children?

Your child will eat best when he knows what to expect:

- There are planned meal and snack times at about the same time each day.
 - There are a variety of healthy foods at meals and snacks.
 - Your child decides how much of each food he will eat.
 - Meals and snacks are fun and happy times for your family.
- Talk with the other adults in your household - agree together to have meal and snack times that your family enjoys and looks forward to.



What Can You Do?

- Make Rice Meat Balls with my family.
- Talk with other adults about the best mealtime parenting style for your family.
- Let children decide how much they will eat of each food.
- Other: _____





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