



# KidFood

*Healthy Eating for Today's Kids*

**Nutrition Matters**

November 2011

## Easy Side Salads that Kids Love

Is half of the food on your plate fruits and vegetables? If not, add more...

Serve a side salad made with fruits or vegetables.

### **Broccoli and Raisins**

Combine chopped broccoli and raisins with low-fat Ranch salad dressing.

### **Bunny Salad**

Combine  $1\frac{1}{2}$  cups shredded carrots and  $\frac{1}{2}$  cup pineapple chunks together.

Stir in  $\frac{1}{4}$  cup low-fat mayonnaise and  $\frac{1}{4}$  cup orange juice.

### **Pineapple Orange Salad**

Combine crushed pineapple (drained) and mandarin oranges (drained) with low-fat vanilla yogurt.



### **Easy Fruit Salad**

Combine canned fruit of your choice (peaches, pears, oranges) with fresh fruit of your choice (sliced bananas, chopped grapes or apples). Top with a little shredded coconut.

### **Coleslaw**

Combine shredded cabbage and carrots with low-fat Ranch salad dressing.

### **Orange Spinach Salad**

Combine baby spinach with canned mandarin oranges (drained). Toss with a small amount of low-fat Italian salad dressing.



## My Lunch, My Way

Now that you've stirred together a salad, serve it for lunch:

- ☺ Turkey or ham sandwich with *Broccoli Raisin Salad*
- ☺ Peanut butter sandwich with *Bunny Salad*
- ☺ Baked chicken legs with *Pineapple Orange Salad*
- ☺ Meatballs with barbecue sauce with *Easy Fruit Salad*
- ☺ Small pork chop, whole wheat noodles and *Coleslaw*
- ☺ Spaghetti with tomato sauce and *Orange Spinach Salad*



***Make half your plate fruits and vegetables!***



### What Can You Do?

- Offer a side salad at lunch time.
- Make half my plate fruits and vegetables.
- Create a safe place inside my home for children to play.
- Other: \_\_\_\_\_



## Mealtime Parenting Tips

### "Should I reward my child for eating vegetables?"



- No, rewards for eating can send the wrong message to your child. Your child may think that vegetables taste bad, if you have to reward him for eating them.
- Or he may overeat to receive a reward or your attention. Let your child learn to eat when he is hungry and stop eating when he is full.

### "How can I encourage my child to eat vegetables?"

- Eat vegetables with your child. Children like to eat what they see their parents and others eating.
- Try serving the vegetables first on his plate - he may be hungry and more likely to eat them.
- Let your child decide how much of each food he will eat. Never force him to eat.

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## Play Inside

*It was a hot summer!*

*Winter is coming. Keep your child active and happy during the winter.*

### Make a Play House

Use large cardboard boxes to create a Play House:

- Cut out doors, windows and secret hallways to connect rooms.
- Make a door out of cardboard.
- Tape the door onto the house with duct tape to make a swinging door.
- Decorate with stickers. Cut out pictures and tape onto boxes - flowers, birds.
- Draw pictures on the boxes and color with crayons.
- Create a roof for your house.





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## Nutrition Matters

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