



KidFood

Healthy Eating for Today's Kids

Nutrition Matters

April 2013

Kids in the Kitchen

Make Mini Pizzas with your children - perfect for their little hands.

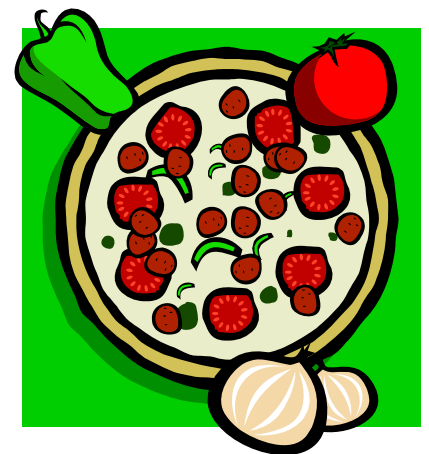
1. Start with a loaf French Bread.
2. Slice the bread into 1/2 inch slices.
3. Place bread slices on a metal baking sheet.
4. Bake in a 400° oven for 2 to 3 minutes. Turn bread slices over once while cooking and toast on both sides.
5. Create Mini Pizzas with your kids:
 - Spread 1 tablespoon of pizza sauce on each slice of toast.
 - Sprinkle with a little shredded mozzarella or cheddar cheese.
 - Top with a variety of ingredients:

Veggies:

- sliced cherry tomatoes
- chopped spinach
- sliced mushrooms
- finely chopped red and green peppers

Protein Foods:

- chopped ham or turkey
- cooked hamburger or chicken
- drained tuna fish
- small cooked shrimp



6. Bake in a 400° oven for 2 to 3 minutes, or until the cheese melts. Serve.

Make a Mini Mexican Pizza - Top toast with 1 tablespoon of salsa, 1 tablespoon of cooked taco meat, and a little shredded cheddar cheese. Bake until cheese melts. Remove from the oven and top with shredded lettuce. Enjoy!

Eating with Kids

There is a lot of information on the internet, TV, books, and from relatives on how to feed children. Some of this advice is very good, but some is not so good.

Here are five common myths about preschool children:

Myth #1 - Small children need to eat special foods.

Fact - Small children will eat more than chicken nuggets, hamburgers, and macaroni. They enjoy eating foods with a lot of flavor, and don't need bland foods. Your child will want to eat the food that he sees you and others enjoying. Choose healthy foods that you like to eat.

Some foods may need to be adjusted so they are easier to eat - steak or pork chops can be cut into very thin, small pieces; or raw vegetables can be cooked before eaten as finger foods.

Myth #2 - Small children need to snack often.

Fact - Children (and parents) don't need to snack all day long. Three meals and 1 to 2 snacks a day is enough. If your child snacks all day long, he may refuse to eat meals.

Myth #3 - You should make another meal if your child refuses to eat.

Fact - Don't be a short order cook! Your child will learn to eat the meals that you cook. If he refuses to eat, ask him to stay at the table with the rest of the family during the meal. He may start eating, or he can eat at the next snack or meal.

Myth #4 - Snacks are treats.

Fact - Snacks are healthy foods - fruits, vegetables, whole grains, dairy, and protein foods. A small child is growing fast and needs to eat healthy foods, not foods high in fat, sugar, and calories. Fruit is our favorite snack. Snack on a banana, orange, apple, kiwi, or other fruit with your child.



Myth #5 - Your child won't get enough nutrition, if he doesn't eat vegetables.

Fact - There may be times when a child refuses to eat his vegetables. It's better to ignore this behavior than to bribe him to eat vegetables. It takes time for some children to learn to like vegetables.

Offer fruits - They have many of the same nutrients. Keep offering vegetables in a variety of ways - steamed, raw with dip, and mixed into foods. Eat your vegetables - your child is watching, and he will want to eat his veggies, too!

Spring Fruit Salad

Serve a fruit salad with mini pizzas.

Makes 4 to 6 servings

Select 3 or 4 different fruit:

Pineapple	Oranges
Kiwi	Grapes
Mango	Peaches
Pears	Bananas
Apples	Strawberries or Blueberries

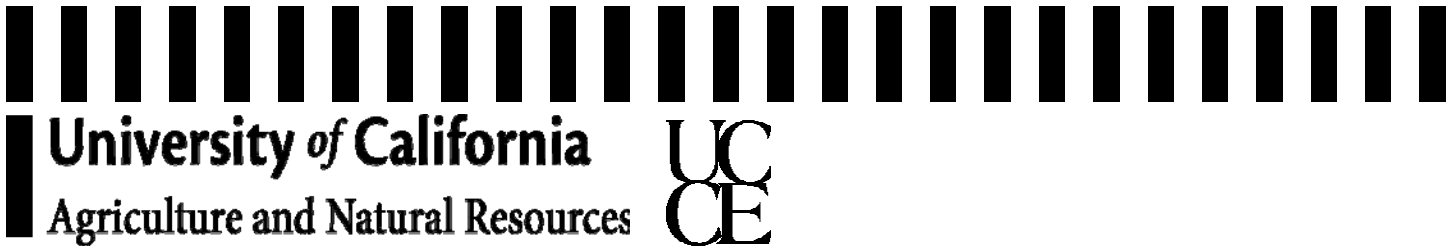
1. Cut fruit into small, fun shapes.
2. Your child can help make this salad by cutting soft fruit with a plastic knife.
3. Place 4 cups of cut fruit into a bowl.
4. Sprinkle with 1/4 cup orange or apple juice.
5. Stir gently and serve.

*Top fruit salad with a scoop of yogurt
or a sprinkle of granola, if desired.*



What Can You Do?

- Make Mini Pizzas or Spring Fruit Salad with my child.
- Snack on healthy foods, not foods high in fat, sugar, and calories.
- Not bribe or reward my child to eat his vegetables.
- Other: _____



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