



KidFood

Healthy Eating for Today's Kids

Nutrition Matters

August 2013

Garden Pizza

- 1 cup refried beans
- 4 (6 to 8 inch) corn or whole wheat tortillas
- 1 to 2 tomatoes, chopped
- 1 cup finely chopped green or red peppers
- 1/2 cup shredded cheddar cheese
- Shredded lettuce and Salsa

1. Place the tortillas on a baking sheet.
2. Spread 3 to 4 tablespoons of refried beans on top of each tortilla. Top with chopped tomatoes and peppers.
3. Bake in a 375° oven until tortillas are crisp and slightly brown, about 7 minutes.
4. Remove from oven. Sprinkle with shredded cheese. Serve with shredded lettuce and salsa.

Try something different:

- Add shredded cooked chicken (rotisserie or leftover grilled chicken) before baking.
- Top with cooked ground beef or turkey, sprinkled with taco seasoning before baking.
- Add finely chopped onions or mushrooms.
- Season with chopped fresh cilantro after baking.

End a Meal with Summer Fresh Fruit

- Sliced Peaches or Pears
- Cantaloupe or Honeydew chunks
- Slice of Watermelon
- Dish of Blueberries or Strawberries
- Apple Slices



Summer Fruits & Veggies

If your child has refused to eat certain fruits and vegetables in the past, try them in the summer.

Fruits and Veggies taste better during the summer.

It's a great time to try vegetables prepared in different ways.
Take your child to the local Farmers' Market.

Take a ride in the country.

Visit local gardens, farms and orchards to pick your own fresh fruits and vegetables.

Talk about how fruits and vegetables grow.
Your child will be more likely to eat the fruits and veggies that he picks or chooses.



Try a New Veggie!

- ☺ Dip raw snow peas pods, cucumber and zucchini slices, green and red pepper strips, or kohlrabi strips in a low-fat dill dip or Ranch salad dressing.
- ☺ Serve baked spaghetti squash with shredded parmesan cheese.
- ☺ Make a **Summer Slaw** - finely shred 2 to 3 different vegetables (zucchini, carrots, cabbage, cucumbers or peppers). Mix with low-fat Ranch salad dressing or Italian salad dressing.

Why is My Child a Picky Eater?

It can be normal for a young child to be picky about eating new foods.

This fear of new foods can reach its peak between the ages of 2 and 6 years.

Keep offering a variety of foods.

If your child refuses to eat a certain food now, try it again later. Your child can learn to like a certain food if he tastes it many times. And he sees others eating and enjoying the food.

Your child is growing fast, and his tastes in food are also changing.

Be positive!

"This peach tastes like summer."

"This broccoli tastes like green beans."

"Broccoli looks like little trees."

"I like this salad - it's crunchy and fresh!"

"Kiwi is pretty when cut in half."

Let your child help in the kitchen:

- Wash vegetables in a sink of water.
- Break green beans in half.
- Husk corn on the cob
- Remove peas from their pods.
- Stir salads together.
- Add vegetables to dishes.
- Break cauliflower and broccoli into small pieces.

Try It!

Children who are willing to taste new foods are more likely to eat a large variety of foods.

Make it fun when trying new foods!

- ✓ Offer a new food along with familiar foods. It will be less scary for your child to see a new food on his plate.
- ✓ Start with a small amount of a new food. If your child asks for more, serve more.
- ✓ Offer new foods often. Try new foods and recipes. Your child will learn that trying new foods is a normal habit for your family.
- ✓ Let your child see you taste and enjoy new foods. Children learn best by watching their parents and others eat.
- ✓ Keep secrets. If you or others do not like certain foods, do not talk about them. Only say 'good things' about food at the family table.



Offer new foods to your child at the beginning of a meal.

He may be more likely to try a new food when he is hungry.

If he tastes it, he may like it!

What Can You Do?

- Make a Garden Pizza for my family using summer fresh vegetables.
- Ask my child to taste new foods, but not force or bribe him to eat.
- Let my child help choose fruits or vegetables at the Farmers' Market, local orchard or farm.
- Other: _____





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