



KidFood

Healthy Eating for Today's Kids

Nutrition Matters

November 2013

Kids Want to Have Fun!

**Is your child a fussy eater?
Most preschool children will be picky at times.**

Making foods fun to eat is one of the best ways to encourage healthy eating and prevent fussy eaters. Your child will want to taste new foods!

Put Color on Your Plate.

Colorful foods are fun to eat - they look good and taste good! Add a little color to your child's plate with a few sliced strawberries, couple slices of kiwi, dark green lettuce leaf, couple cherry tomatoes, or carrot sticks.



Give Foods a Name.

It may seem silly, but kids like to eat foods with funny names. Name foods after a favorite pet, friend, family member, or cartoon character. Serving a new soup or sandwich? Give it a name such as "Sammy Soup, Louie's Burgers, or Daddy's Casserole".

Cut Food into Fun Shapes.

Use a knife or cookie cutter to make fun shapes. Cut sandwiches into small pieces. Cut vegetables such as carrots, cucumbers, zucchini into long thin strips. They will be easy to pick up, dip and eat.

Use a Happy Face.

Put a happy face on your child's food. Use a thin slice of carrot, zucchini, tomato, or lettuce to create a smile. Add a couple eyes with peas, raisins or a tiny piece of a black olive or blueberry. Draw a smile on your child's food whenever you can.

**Offer a variety of healthy foods.
Let your child decide how much to eat.**

Eat a Rainbow of Fruits and Vegetables

1. Color a rainbow on a piece of paper and hang it on your refrigerator.
2. When you and your child eat a fruit or vegetable, ask her..."What color is it?"
3. Draw a picture of each fruit or vegetable that you eat on the rainbow.
4. Watch your rainbow grow with fruits and vegetables.
5. Make a goal - when you and your child have eaten 10 to 15 different fruits and vegetables, you have reached the end of the rainbow!
6. At the end of the rainbow, have a fun activity that your family will do together such as going to the zoo or having a family movie night.



Taste New Foods

- ☺ Serve a new food or dish at least once a week. Try an avocado, roasted veggies, new casserole, or sandwich.
- ☺ Ask everyone in the family to taste the new food. Talk about it - was it sweet? Spicy? Yummy?
- ☺ Do you like it a lot? Do you like it a little? Maybe you don't like it today, but you will try it again later?

Drummies & Stuffing

Yummy dinner for moms, dads, and kids.

Roast Chicken Drumsticks

Toss raw chicken legs with a little vegetable oil and place them on a metal baking sheet in single layer. Sprinkle with salt and pepper. Bake in a 400° oven for 30 minutes.

Make the Stuffing

- ½ cup chopped celery
- ½ cup chopped onion
- 2 (14.5 ounce) cans chicken broth
- 1 cup water
- 1 tablespoon poultry seasoning
- 1 tablespoon dried Italian herbs
- 8 cups dry bread cubes

1. Place the broth, water, celery, onion and seasonings in a pan over medium heat. Simmer for 10 minutes.
2. Pour hot broth and vegetables over dry bread cubes. Stir together.

Bake Together!

1. Spray a baking dish with a cooking spray. Place the stuffing in the baking dish.
2. Place the baked chicken legs on top of the stuffing. Arrange chicken legs in a circle, or a single line.
3. Bake in a 375° oven for 30 more minutes. Serve with cooked green beans, carrots, or broccoli.



Homemade Bread Cubes

1. Cut bread into 1/2 inch cubes.
2. Place bread cubes on a metal baking pan in a single layer.
3. Bake in a 350° oven for 10 minutes, or until cubes are light brown. Turn bread cubes a couple times while baking.
4. Place in a freezer bag, if not using right away. Bread cubes can be kept in your freezer for 2 or 3 months.



What Can You Do?

- Create fun meals with my child.
- Make bread cubes out of extra bread and use for meals.
- Bake Drummies & Stuffing for my family, and serve with veggies.
- Other: _____



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