



# Let's Read About Healthy Eating

Prekindergarten nutrition education newsletter

Lesson **5**

## Strong bodies need strong bones

Children 2 to 3 years old need two cups of milk or yogurt, and children 4 to 8 years old need 2½ cups of milk, yogurt or other foods that provide the same amount of calcium each day. Your children learn by watching you. Choose milk and other foods with calcium, and they will, too! Can't drink milk? Try lactose-free milk or non-dairy plant milk with calcium.

### What about cream cheese, butter or cream?

They have little or no calcium and are high in saturated fat. This makes them a poor choice for dairy foods.

### What can you do to help your child choose milk and other foods with calcium?

Children love to be involved in choosing and preparing food. At the store, let your child pick the flavor of yogurt they like. Or try a new type of cheese that your child and other family members can taste, such as cheddar, Monterey Jack or part-skim mozzarella string cheese.

While shopping, ask your child:

*Where does milk come from?*

*Why are milk and foods from milk important to eat?*

### Trying a new food?

Children may not take to new foods right away. Be patient! It can take quite a bit of time and several offerings before young children will accept a new food.



Children can learn about healthy eating and being more active from reading books.

Want to find books on those topics to read with your child?

Go to our Goodreads account

**<http://umurl.us/aGM>**

*(Case-sensitive URL)*

## Kids in the Kitchen

Get your child involved in preparing food at home. When kids are involved in preparing the food, they are more likely to eat it. Your child can help you with these recipes by:

- washing vegetables
- stirring ingredients
- spooning yogurt or cottage cheese into cups

## Recipes

### Yogurt Sundaes

(Makes 2 servings)

*A sweet treat that's good for you!*

#### Ingredients:

- 1 6-ounce container low-fat vanilla or other flavor yogurt
- ½ cup chopped fruit, any kind
- ½ cup low-fat granola or other whole-grain cereal

#### Directions:

1. Wash hands and surfaces.
2. Spoon yogurt, fruit and cereal into bowls or cups in layers.
3. Serve right away or refrigerate leftovers.

Freeze the sundaes and serve them frozen.



### Little Dippers

*Helps kids learn to try new flavors!*

#### Ingredients:

- Low-fat cottage cheese
- Carrot sticks
- Assorted seasonings such as garlic powder, onion flakes, lemon juice, cinnamon

#### Directions:

1. Wash hands and surfaces.
2. Spoon cottage cheese into several small cups or bowls.
3. Add a small amount of seasoning to each bowl. Stir.
4. Give children carrot sticks to dip and taste with.
5. Refrigerate leftovers immediately.

Round foods are a choking hazard to children under the age of five. Be sure to cut round foods down the middle to make a half-moon shape to prevent choking

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For more information, call MU Extension's Show Me Nutrition Line at 1-888-515-0016.

Need help stretching your food dollars? Contact your local resource center or go online to [mydss.mo.gov/food-assistance](http://mydss.mo.gov/food-assistance)