



Let's Read About Healthy Eating

Prekindergarten nutrition education newsletter

Lesson **11**

Fruits—quick, tasty and good for you!

Most children love fruit. It's naturally sweet, and it's full of important nutrients like vitamin C, potassium, and fiber.



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)

Children take their lead from you.

Your children watch what you do. Choose fruits and vegetables at meals and for snacks and they will too!

- When offering a new fruit, serve a very small portion for your child to try.
- Be sure to introduce a new fruit to your child. For example, "This is the kiwi we bought at the store. I like kiwi because it is juicy and sweet."
- Children love to eat foods they help choose and prepare. At the store, let your child pick apples to make the recipe in this newsletter.
- Go to your local farmers' market to expose your child to new fruits. Go to seasonalandsimple.info to find a farmers market near you and to find great recipes.

View videos to see how moms are helping their families eat healthier foods, get more information at <https://www.fns.usda.gov/core-nutrition/especially-moms-0>.

Kids in the Kitchen

Your child can help in the kitchen by:

- washing the apples under running water
- spooning the Amazing Three-Way Apples over ice cream or pancakes
- mashing the peaches

Recipes

Amazing Three-Way Apples

Ingredients:

- ½ cup 100 percent apple juice
- ½ cup water
- 4 medium apples
- ¼ teaspoon cinnamon (optional)

Directions:

1. Wash hands and surfaces.
2. Wash apples and cut them into slices or rings. Remove the core.
3. In a large pan, bring the apple juice, water and cinnamon to a boil.
4. Stir in the apples and cook until tender.

Three ways to serve:

1. Warm with ice cream
2. As a topping for whole-wheat pancakes or waffles
3. Stirred into plain or vanilla low-fat yogurt



Let's pick apples

This is a great way to stretch.

1. Stand with feet about shoulder-width apart, knees lightly bent, hands on hips.
2. With your right hand, reach as high as you can and pretend to pick the reddest, juiciest apple on the tree. Squat down and put your apple in a pretend basket.
3. Then return your right hand to your hip and reach up with your left hand to pick an apple.
4. Repeat five times on each side.



Yo-Peach Treat

A great breakfast snack!

Ingredients:

- Plain low-fat yogurt
- Canned peaches in light juice, drained
- Chopped nuts (optional)

Directions:

1. Wash hands and surfaces.
2. Mash peaches.
3. For each serving, spoon ½ cup of yogurt into bowl. Top with mashed peaches. Sprinkle on nuts.
4. Refrigerate leftovers immediately.

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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