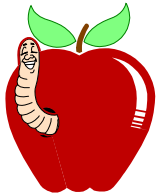


FAMILY & CONSUMER SCIENCES

Pre-School Pages



A newsletter for parents of pre-schoolers
packed with food, facts & fun
from your local county extension office

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March 2009

Kid Care

Five “Peas” for Raising a Veggie-Loving Child

Promotion

Placing vegetables up-front-and-center increases the likelihood that they will be eaten.

Always keep plenty of cleaned, ready-to-eat vegetables at eye level in the refrigerator. In the late afternoon (when kids are super hungry), set out a bowl of pea pods, baby carrots, grape tomatoes or broccoli florets on a table or area nearby the children. It won't take long for the veggies to disappear!



Persistence

Even if you have an ironclad vegetable-resistant child, it's important to continue to serve vegetables at the family table. It sometimes takes over 10 exposures to a new food for a child to muster up the courage to try it. But if the food becomes familiar enough, the odds increase that the child will actually sample the food.

NOTE: Don't force the issue, though. When you force a “bite” or two, it actually makes a child more resistant to trying new foods. The important thing is that you continue to serve vegetables and set a good example by eating them yourself.

March is National Nutrition Month

Personalize

Try serving vegetables in a variety of ways. Some kids like them fresh and crunchy while others preferred them lightly steamed. Mixed dishes such as vegetable soup, stir fry dishes, spinach lasagna and burritos served with fresh salsa are more appealing to some children.

Plant

Gardening is perhaps the best way to get kids interested in trying new vegetables. Assign children a small plot in the yard and let them choose which vegetables to plant. Kids take pride in the foods they grow and will enjoy sampling their harvest.

Produce Story Books

There are a lot of fun children's books with a "eating vegetables" theme. Children have fun hearing/reading these stories while they hear positive messages about eating vegetables.

Reprinted with permission from *Feeding Kids: News & Views on Child Nutrition* written by Connie Evers, M.S., R.D. <http://nutritionforkids.com>



Let's Eat

Food Group Funny Face

Serves 1 (serving size, 1 cracker)

- 1 tablespoon peanut butter
- 1 large graham cracker or use whole grain or saltine crackers
- 1 tablespoon shredded cheddar cheese
- 3-4 raisins
- 2 large green peas
- 1 grape cut in half



1. Spread peanut butter on a cracker in the shape of a face.
2. Sprinkle grated cheese at top for hair.
3. Place raisins on cracker for mouth.
4. Use peas for eyes and 1/2 grape for nose.

Note: This snack is for children over 2 years.

Source: Adapted from: Kids a Cookin', Kansas Family Nutrition Program, available at Food Stamp Nutrition Connection Recipe Finder <http://recipefinder.nal.usda.gov/>

Let's Sing

Enjoy reading this silly fill-in-the-blank puzzle to your friends and family!

DIRECTIONS:



1. Fill in the following blanks:

A. Favorite song: _____

B. A Color: _____

C. Type of animal: _____

D. A room in your house: _____

E. Favorite vegetable: _____

2. Use your answers to fill in the letter blanks in the story below.

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Thinking I was all alone, I started to sing

A: _____ at the top of my lungs. Little did I know that a crazy yellow vegetable was listening (and laughing at me)! I guess it makes sense when you think about it because a corn plant is known for its ears. Next, I noticed that a potato was watching me (they can grow eyes, you know). This tater lady told me she didn't like the B: _____ sneakers I was wearing. She actually wanted to squash and throw them out the window! Just when I thought things couldn't get any weirder, I looked outside and saw a

C: _____ laying an eggplant. Frightened, I headed for the

D: _____ but the only "rooms" in my house I could find were mushrooms. Luckily, I woke up and realized I was having another one of those crazy veggie dreams! I hurried downstairs to the kitchen and snacked on E: _____. In case you didn't know, that's the only cure for a nightmare on Veggie Street!



March 8-Daylight Saving Time Begins

March 17-St. Patrick's Day

March 20-First Day of Spring

Sincerely,

Nancy C. Kelley
 County Extension Agent
 For Family & Consumer Sciences

