

Pre-School Pages



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

Cooperative
Extension Service
Hopkins County
75 Cornwall Dr
Madisonville KY 42431-8780
270) 821-3650
Fax: (270) 825-5011
www.ca.uky.edu/ces

October 2009

Let's Eat

Breakfast



Breakfast is considered to be the first meal of the day.

Its name comes from two root words—*break* and *fast*. We are “breaking” our “fast” from not having eaten in several hours.

Breakfast should be considered the most important meal of the day. Breakfast studies have shown that school children who eat breakfast:

- Learn more easily;
- Are more attentive in class;
- Need less discipline;
- Participate better in school activities.

A nutritious breakfast plan would include at least one serving from each of these food groups: bread, cereal, rice & pasta; vegetable or fruit; and milk, yogurt and cheese.

Here are some quick breakfast suggestions:

- Low-fat yogurt, fruit, and cereal
- Instant oatmeal, fruit, and milk
- Toasted mini-bagel with low-fat cream cheese, banana slices, and milk
- Granola bar, orange slices, and milk.

Apple Slice Pancakes

Serving Size: 2 pancakes; makes 6 servings

Ingredients:

- 1 Granny Smith apple
- 1 ¼ cups any type pancake mix
- ½ teaspoon cinnamon
- 1 egg
- 2 teaspoons canola oil
- 1 cup low-fat milk



Instructions:

1. Lightly coat a griddle or skillet with cooking spray and heat over medium heat.
2. Peel, core and thinly slice apple into rings.
3. In a large mixing bowl, combine ingredients for pancake batter. Stir until ingredients are evenly moist. (Small lumps are ok! Over-mixing makes pancakes tough.)
4. For each pancake, place apple ring on griddle and pour about ¼ cup batter over apple ring, starting in the center and covering the apple.
5. Cook until bubbles appear. Turn and cook other side until lightly brown.

Helpful Hints: To test the griddle to see if it's hot, sprinkle it with a few drops of water. When the drops sizzle and dance, you are ready to cook! The easiest way to pour the batter onto the hot griddle is to use a ¼ cup measuring cup for each pancake. If the first pancake is too brown, lower the heat.

Nutrition Facts (for 2 pancakes): 160 calories, 4 g fat, 45 mg cholesterol, 360 mg sodium, 24 g carbohydrate, 1 g fiber, 5 g protein.

Source: USDA Nutrition Connection

Dollars and \$ense

Go Green, Save Green this Halloween

Costumes, candy, decorations...Halloween can be a lot of fun, but can be costly not only to our pocket books but also our environment. Think green this Halloween! These tips will help you treat your pocket book and the Earth right on this spooky night.

Costumes:

- Reuse costumes or design new costumes using clothes and materials you already have.
- Hold a costume swap party. Trade costumes from previous years with friends and neighbors.
- Shop at yard sales and thrift shops for clothing and accessories to make or embellish your costume.
- Donate old costumes to local charities.

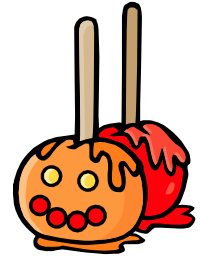
Decorations:

- Save and reuse Halloween decorations from year to year.
- Use items from your backyard or the local farmers' market. Hay bales, mums, pumpkins, gourds, fodder shocks, dried flowers, and leaves and branches can be used throughout autumn, and then composted once the season is over.
- Witches, bats, and skeletons made from everyday materials, such as cotton balls, egg cartons, and cardboard, are great craft projects for kids.



Trick or Treat:

- Make homemade goodies, such as cookies, caramel apples, and popcorn balls, for family and friends (and their little ghosts and goblins).
- Purchase treats that have a minimal amount of packaging to reduce waste.
- Instead of candy, buy pencils made from recycled materials to hand out.
- In case you have leftovers, buy items you and your family will enjoy.



Source: Ashley Osborne, Extension Associate for Environmental and Natural Resource Issues, University of Kentucky, College of Agriculture

Notification to Public About How to File a Civil Rights Complaint

The Cooperative Extension Service prohibits discrimination in its programs and employment on the basis of race, color, age, sex, religion, disability, or national origin.

To file a complaint of discrimination, contact Rosemary Veach, UK College of Agriculture, Lexington, KY 40546, or Terry Allen, UK Affirmative Action Director, Lexington, KY 40546, or the Secretary of Agriculture, U.S. Department of Agriculture, Washington, D.C. 20250.

Sincerely,



County Extension Agent for
Family & Consumer Sciences

