

Parent's Page

A Look at Our Book

Today your child enjoyed the book **We Eat Dinner in the Bathtub** by Angela Shelf Medearis. In the book, Josh and Harris agree to eat dinner together. They realize how different family meals are in each home, but they decide they like the difference!

You and your family benefit from eating meals together. While schedules often make it difficult to eat together as a family, studies show that it is worth the effort. Talk at the table helps a child's vocabulary to grow. It is believed that family meals help a child succeed in school and develop higher self-esteem. Children choose more nutritious foods when they see parents making healthful choices at mealtime. Try to eat a family meal at least two to three times a week, and enjoy the time together!

- Make reading a special time together.
 - Follow the story, but take time for your child's questions or remarks.
- Put variety and "life" into your reading voice—show you enjoy reading, too!
- Include older children and other family members—we are never too old to hear a good story.
- Show your child how to handle books carefully—use a bookmark to mark page, and turn pages gently.
- Most importantly—**HAVE FUN!**



Read All About It!

Here are some additional books you might enjoy sharing with your child!

D.W. the Picky Eater by Marc Brown
Potluck by Anne Shelby
Mealtime by Maureen Roffey
When I Eat by Mandy Suhr

Check for these titles at the public library!

K-STATE
Research and Extension

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.



Super Spaghetti Supper

Makes 4–6 large servings



- 1 pound ground beef or turkey, browned
- 3 3/4 cups hot water
- 1 can (6 ounces) tomato paste
- 5 ounces spaghetti, dry and broken into 3-4 inch pieces
- 1 tablespoon dried onion
- 1/2 teaspoon Italian seasoning
- 1/2 teaspoon garlic powder

Mix browned, drained meat with hot water, tomato paste and broken spaghetti in electric skillet. Add onion and spices; cover skillet and bring to boil. Simmer for 20 to 25 minutes, stirring frequently, until spaghetti is tender and mixture reaches 165 degrees F.

Nutrition Facts	
Serving Size (128g)	
Servings Per Container 6	
Amount Per Serving	
Calories 340	Calories from Fat 140
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 6g	29%
Cholesterol 75mg	25%
Sodium 90mg	4%
Total Carbohydrate 24g	8%
Dietary Fiber 2g	6%
Sugars 4g	
Protein 25g	
Vitamin A 8%	Vitamin C 10%
Calcium 2%	Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet.

Cooking with your child is fun, and helps build reading skills. Here are some tips that may help you make our recipe at home.

- Use a skillet on top of the stove instead of an electric skillet if you prefer.
- This dish is tasty topped with grated cheese before it is served.
- Don't have any spaghetti on hand? Use dry elbow macaroni instead.
- Let your children help in the kitchen. They are more open to tasting new foods when they help prepare them!

Here is another simple recipe that kids will love to help with and eat!

Surprise Pockets

Makes 10 pockets

- 1 (12-ounce) package of 10 refrigerated buttermilk biscuits
- 3/4 cup finely chopped cooked chicken, turkey or ham
- 3/4 cup shredded cheese, any type

Heat the oven to 400 degrees. Open the can of biscuits. Flatten each biscuit down into a 5-inch circle. Put about 1 tablespoon of meat filling and about 1 tablespoon of cheese into the center of each biscuit. Fold the biscuit in half into the shape of a half circle.

Place the folded biscuits on a cookie sheet, flatten the edges down with a fork or your fingers. Bake 10 minutes or until biscuits are golden brown.

Nutrition Facts	
Serving Size 1 pocket (53g)	
Servings Per Container 10	
Amount Per Serving	
Calories 160	Calories from Fat 80
% Daily Value*	
Total Fat 9g	13%
Saturated Fat 3.5g	17%
Cholesterol 15mg	5%
Sodium 550mg	23%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 7g	
Vitamin A 2%	Vitamin C 0%
Calcium 6%	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet.