

# Parent's Page

## A Look at Our Book

Today your child enjoyed the book *Build a Burrito* by Denise Vega. In this English and Spanish counting book, readers build a mouth-watering burrito and count to its completion. Ask your child about the healthy snack the class prepared after reading the book.

Make time to read with your child. Remember these tips when sharing a story:

- Make it 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!

- *The Biggest Sandwich Ever* by Rita Golden Gelman
- *Carla's Sandwich* by Debbie Herman
- *Chicks and Salsa* by Aaron Reynolds
- *Hola! Jalapeno* by Amy Wilson Sanger

**Check for these titles at the public library!**

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Research and Extension

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It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.



Book in a Bag—Build a Burrito

## Burrito Bundle

Makes 6 burritos; 12 servings

### Ingredients:

6 flour tortillas (6 to 8-inch size)  
2 cups cooked rice, warm  
1 can (15-ounce) chili beans  
1 pound lean ground beef, cooked and drained well  
1 can diced green chiles, mild, drained  
1 cup shredded lettuce  
1 cup diced tomatoes  
1/2 cup sliced black olives, drained  
1 cup shredded cheddar cheese  
Salsa and sour cream, optional



### Directions:

1. Place each tortilla on a plate and layer remaining ingredients on tortilla.
2. Roll or fold tortilla. Cut in half to serve.

**Suggestions:** Prepare rice and ground beef ahead and keep warm in slow cooker.

*Nutrition Facts:* 1/2 burrito provides 330 calories, 12g total fat, 4.5g saturated fat, 0g trans fat, 30mg cholesterol, 680 mg sodium, 40g total carbohydrate, 4g dietary fiber

## Breakfast Burrito

Makes 4

### Ingredients:

1/2 cup grated cheddar cheese  
2 eggs, scrambled  
4 flour tortillas (6 to 8-inch size)  
4 tablespoons salsa, optional

### Directions:

1. Put 2 tablespoons cheese and 1/4 cup scrambled eggs on each tortilla.
2. Heat 2 tortillas at a time in microwave on high for 30 to 45 seconds or until cheese melts.
3. Top with salsa if desired, roll up and serve.

*Nutrition Facts:* 1 burrito provides 210 calories, 10g total fat, 4.5g saturated fat, 140mg cholesterol, 350 mg sodium, 19g total carbohydrate, 1g dietary fiber

## Parent Tips

### Tips for Building a Better Burrito

Try these healthy choices for variety and a nutritional boost:

1. Whole wheat tortillas
2. Lowfat cheese
3. Lean ground beef or shredded roast beef
4. Other healthy protein choices, including fish (cod, for example), chicken, lean pork
5. Lowfat sour cream
6. Shredded carrot, chopped fresh spinach, shredded cabbage or broccoli slaw mix
7. Canned beans – your choice! Black, fat free refried, pinto beans, red beans or a mix
8. Instead of guacamole, try a sliced or chunked avocado