

Parent's Page

Dear Parents,

The fourth book in the Eagle Book series is called, *Tricky Treats*. Mr. Eagle encourages the children to choose healthy snacks and not be tricked into eating sweet treats. Healthy foods are identified as “everyday” foods, while less healthy choices are described as “sometimes foods.” Mr. Eagle teaches the children about food safety and the importance of not taking things that belong to someone else. Tricksters are a favorite story character of people all over the world. In this story, Coyote tries to trick the children, but Mr. Eagle puts a stop to the nonsense.

Mr. Eagle knows that everyone likes to snack. “Everyday” snacks in the book include apple slices, carrots, water, and cherries. Can you think of more?

Coyote’s bag had “sometimes” snacks like cookies, fruit drink, soda pop and potato chips. Sugary cereal is another “sometimes” food.

Choose “Friendly” Foods

“Friendly” foods or “everyday” foods keep us healthy and prevent diabetes. They are low in fat and sugar, low in salt and high in fiber and vitamins. They also include carbohydrates like whole grain brown bread that takes longer to digest than bread made from white flour.

To eat less fat, choose lean meat, fish, chicken or turkey and drink lowfat or skim milk.

Old Wise Eagle says, “When picking a snack or a treat, we need to make sure it does not have a lot of sugar in it. We also need to remember that small amounts are better and fruits and vegetables every day make for healthy snacks.”



“Tricky” Foods

Some food products claim to be “sugar free” but are full of fat.

Muffins, cookies, yogurt and dairy creamers are examples of foods that may be “tricked out” to appear healthier than they are.

Lowfat frozen dinners may also mislead you into thinking they are healthy, when, in fact, they are very high in salt.

“Fruit” drinks contain very little fruit.

Brown bread is not always whole grain.

Read labels to learn the facts.

Physical Activity burns up calories and turns it into energy to feed our muscles, instead of being store as fat. Having too much stored up fat can increase our chances of getting diabetes.

Adapted from the Eagle Books; written by Georgia Perez, illustrated by Patrick Rolo and Lisa A. Fifield. Published by the U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Division of Diabetes Translation, National Diabetes Prevention Center.

K-STATE Research and Extension This material is funded by USDA SNAP. USDA is an equal opportunity employer and provider. SNAP provides food assistance to people with low income. It can help you buy nutritious foods for a better diet. For information, call 1-888-369-4777.





Bread Pudding

Ingredients:

- 8-9 slices of toasted bread
- 1/4 c. raisins
- 1/4 c. chopped pecans (optional)
- 1/2 c. shredded light cheddar cheese
- 1 t. cinnamon
- 3-4 cups naturally sweetened apple juice



1. Coat the inside of a crock pot with non-stick spray. Layer bread, raisins, pecans, cheese in the crock pot.
 2. Sprinkle cinnamon on the layer and pour on just enough juice to moisten bread.
 3. Repeat layering. Set the crock pot on low setting and heat about one hour, until the cheese melts.
- Serve warm.

Nutrition Analysis: 1/8 recipe provides 150 calories, 2g total fat, 1g saturated fat, 0g trans fat, 5 mg cholesterol, 200mg sodium, 28g total carbohydrate, 2g dietary fiber, 12g sugar, 5g protein

Miss Rabbit wants the children to sample fruits and vegetables of different colors. Offer kids a colorful fruit for dessert.