

# Parent's Page

## A Look at Our Book

Today your child enjoyed the book “*Why Should I Eat Well?*” by Claire Llewellyn and illustrated by Mike Gordon. In the book, Rachel helps Monica learn about the importance of a healthy diet. Monica finds out that good food choices really do taste good!

Children need to make their own food choices. They usually eat better when they feel in control of their food choices. Ellyn Satter, family therapist, feeding specialist and author discusses the division of responsibility in feeding:

- Parents are responsible for the **what**, **when** and the **where** of feeding.
- Children are responsible for the **how much** and **whether** of eating.

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

- Make it a 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!

*Feast for 10* by Cathryn Falwell

*Eating Well* by Lisa Trumbauer

*Good Food* by DeMar Reggier

*I Will Never Not Ever Eat a Tomato* by Lauren Child

*Good Enough to Eat* by Lizzy Rockwell

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

**K-STATE**  
Research and Extension

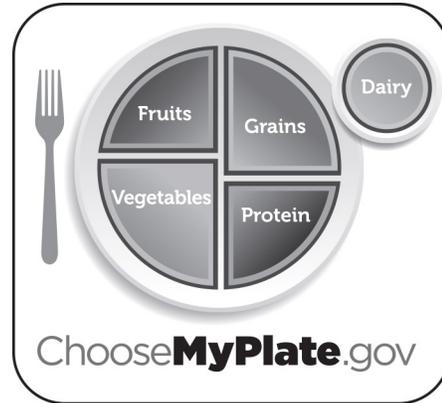
This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious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



## Explore food with young children

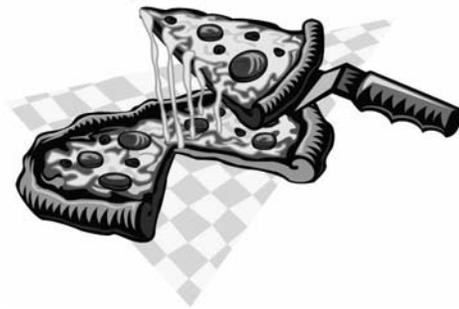
Kids need to be encouraged to eat smart and to move more. As parents and caregivers, we can help make opportunities for those healthy choices, and we can model the behaviors we hope to see in our children. Here are some ideas to help children eat well:

- At the grocery store, have children name fruits and vegetables they see. Let them choose a special one to take home and try.
- At home, talk about the different groceries purchased and look at food labels.
- Let children help decide the menu and find a kitchen task they can do.
- Most children like to help in the kitchen and if they've had a hand in food preparation, they are more likely to taste it!
- Grow seeds and plants in a garden or visit a farmers' market.



Visit the MyPlate Kid's Place at:  
<http://www.choosemyplate.gov/kids/>

## MyPlate Pizza Snacks



1 package (7.5 ounces) refrigerated biscuit dough  
 1/4 cup pizza sauce  
 2/3 cup diced ham  
 1/2 cup crushed pineapple, drained  
 2/3 cup shredded mozzarella cheese

1. Preheat oven to 400 degrees.
2. Spray baking sheets with nonstick vegetable spray.
3. Separate biscuits and flatten on baking sheet, leaving space between biscuits so edges do not touch.
4. Spread 1 teaspoon pizza sauce on each biscuit.
5. Top each biscuit with 1 tablespoon diced ham, 2 teaspoons pineapple, and 1 tablespoon shredded cheese.
6. Bake for 8-10 minutes or until biscuits are light brown and cheese is melted.

**Optional:** Substitute chopped green pepper, turkey pepperoni, or cooked ground beef for basic ingredients as desired.

Nutrition Facts	
Serving Size (56g)	
Servings Per Container 10	
Amount Per Serving	
<b>Calories</b> 110	Calories from Fat 45
% Daily Value*	
<b>Total Fat</b> 5g	8%
Saturated Fat 1.5g 9%	
<b>Cholesterol</b> 10mg	3%
<b>Sodium</b> 400mg	17%
<b>Total Carbohydrate</b> 11g	4%
Dietary Fiber less than 1g 3%	
Sugars 3g	
<b>Protein</b> 5g	
Vitamin A 2%	Vitamin C 2%
Calcium 6%	Iron 4%

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