

Parent's Page

Dear Parent:

As parents, we want to share many important lessons with our children. Two valuable things parents can teach their children are a love of reading and a love for healthy foods. The Book in a Bag program was designed to develop both of these skills—reading books that focus on foods together with your child. Reading to your child says “you are important, and I enjoy spending time with you.”

The planned fun activities that go along with each book will help your child remember the story and the food message that it brings. Parents, you will want to remember these tips when reading with your child:

- 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!**



Healthy Basics

This lesson centers around healthy grain foods. Our featured grain is oats. You will find recipes using oatmeal and other oat cereal, and suggested activities using oats.

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.



Oatmeal is nutritious enough to eat every day!
To keep it interesting, here are some suggestions
for topping your morning bowl of oats.

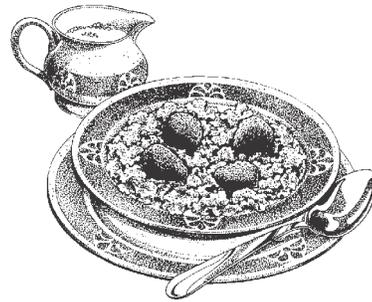
Strawberry yogurt and sliced banana

Peanut butter and apple butter

Coarsely chopped canned peaches
and a sprinkle of cinnamon

Chunky applesauce

Raisins and cinnamon sugar



Read All About It!

The featured book in this lesson is:

The Seven Silly Eaters by Mary Ann Hoberman
Ages 4–7

Additional books you might enjoy sharing with your child are:

Pancakes, Pancakes by Eric Carle
Ages 4–8

Jake Baked the Cake by B.G. Hennessy
Ages 4–8

More Spaghetti, I Say! by Rita Golden Gelman
Ages 5–7

Check for these titles at the public library!

Try this activity

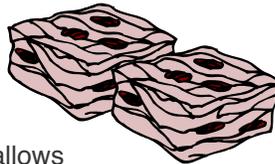
Use this fun oatmeal dough
to model like clay!

1 cup flour
2 cups oatmeal
1 cup water

Gradually add water to flour and oatmeal
in bowl. Knead until mixed—this dough is
sticky, but unique in texture. Model as
with clay.

Breakfast Bars

16 bars



6 tablespoons margarine
3 cups miniature marshmallows
1/2 cup peanut butter
1/2 cup nonfat dry milk
1/4 teaspoon cinnamon
1 cup raisins
4 cups toasted oat rounds

1. Butter a square pan, 9x9x2".
2. In a large saucepan, melt butter and marshmallows over low heat, stirring constantly.
3. Stir in peanut butter until melted.
4. Remove from heat and stir in milk and cinnamon.
5. Fold in raisins and cereal, stirring until evenly coated.
6. With buttered hands, pat into pan.

Nutrition Facts

Serving Size (39g)
Servings Per Container 16 bars

Amount Per Serving 1 bar		Calories from Fat 80	
Calories 170		% Daily Value*	
Total Fat 9g			13%
Saturated Fat 1.5g			8%
Cholesterol 0mg			0%
Sodium 160mg			7%
Total Carbohydrate 21g			7%
Dietary Fiber 1g			5%
Sugars 16g			
Protein 4g			
Vitamin A 10%		Vitamin C 6%	
Calcium 4%		Iron 10%	

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