

Parent's Page

A Look at Our Book

Today your child enjoyed the book *Too Many Tamales* by Gary Soto. It's a warm story about a girl who tried to eat herself out of trouble when she loses her mother's diamond ring in the tamale batter. The book reminds us how important foods are to our family celebrations and culture.

Ask your child about the healthy snack they prepared along with this story!

Make time to read together 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!

It's a Sandwich! by Roberta Duyff

Let's Eat by Anna Zamorano

Yoko by Rosemary Wells

Everybody Cooks Rice by Norah Dooley

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.

Maybe you are familiar with tamales, or perhaps they are a new food for you and your family. Here is some tamale information you might like to share with your family.

Tamales are tasty masa or corn meal pockets that are made with either pork or beef. They are wrapped in corn husks, steamed and then served on a plate with some hot chile or salsa on the side.

At first glance, they may look confusing to eat. The tamale's outer layer is corn husk, and that is definitely not eaten. It is there to hold the tasty inner ingredients in place. Making tamales "from scratch" is quite an effort—they require some work and a good attitude, or even someone to gossip with while you're working. That speeds up the work and builds lots of fun into the process!

Tamale comes from the Nahuatl Indian word "tamali." The Nahuatl were an Indian tribe that lived in Mexico many years ago. In Mexico as well as some parts of the U.S., tamales are traditionally served on special holidays, like Christmas Eve and New Year's.

There are many variations and recipes for tamales. Today everything can be purchased ready made and ready-to-make, and that makes tamale-making easy and fun. Tamale making can be a great family time.

Homemade Tortillas

Serves 6

- 1 cup flour
- 1 tablespoon shortening
- 1/2 teaspoon salt
- 1/2 teaspoon baking powder
- 1/3 cup warm milk

1. In a medium-size bowl, mix flour, shortening, salt and baking powder until it crumbles. Slowly add milk and stir until ingredients are combined.
2. Knead dough on an unfloured surface to form a soft ball.
3. Divide dough into 6 pieces and roll or pat each into a thin, flat circle.
4. Place one tortilla at a time on an ungreased skillet or griddle over medium-high heat and cook each side for 1 to 2 minutes.
5. Serve warm with butter or honey.

Nutrition Facts	
Serving Size 1 tortilla (37g)	
Servings Per Container 6	
Amount Per Serving	
Calories 100	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 17g	6%
Dietary Fiber less than 1g	2%
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 6%

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