

Parent's Page

A Look at Our Book

Today your child enjoyed the book *Yoko* by Rosemary Wells. In the book, Yoko brings sushi (SOO-shee) for lunch, but is teased by her classmates. When the teacher creates an international food day, with children bringing foods from their own culture to share, the class still refuses to try Yoko's sushi. But classmate Timothy is still hungry and tries her food. He likes it! We hope your family enjoys trying foods from other cultures.

Make time to read together with your child. When you read together, remember these tips:

- 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 the 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!

Mr. Belinsky's Bagels by Ellen Schwartz
Market Day by Lois Ehlert
How My Family Lives in America by Susan Kuklin

Check for these titles at the public library!

Yoko's Rice Pudding

6 servings, 1/2 cup each

- 3 cups cooked enriched white rice or brown rice (not instant)
- 3 cups low fat milk
- 1/3 cup sugar
- 1 1/2 teaspoons cinnamon
- 1 teaspoon vanilla

1. Put cooked rice, milk, sugar and cinnamon in a saucepan.
2. Place saucepan over medium heat and bring to a simmer. Lower heat, simmer uncovered until thickened (about 25-30 minutes), stirring often.
3. Remove saucepan from heat. Stir in vanilla.
4. Pour pudding into serving dish. Serve hot or cold.

For variety, try:

- adding 1/2 cup raisins before cooking pudding
- serving with fresh or drained canned fruit
- sprinkling a bit of ground nutmeg on each serving



Nutrition Facts

Serving Size 1/2 cup (218g)
Servings Per Container 6

Amount Per Serving		Calories from Fat 0
Calories	180	% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 75mg		3%
Total Carbohydrate 36g		12%
Dietary Fiber less than 1 gram		3%
Sugars 18g		
Protein 7g		
Vitamin A 6%		Vitamin C 2%
Calcium 20%		Iron 4%

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

Recipe to Get Kids (and Families!) to Try New Foods

1. One step at a time – Offer one new food at a time.
2. A taste is just a taste – Let your child decide how much to try, even if it's only 1/2 teaspoon!
3. What goes in may come out...and that's ok! Kids will be more likely to try new foods if they have the option to not swallow them.
4. If at first you don't succeed...try again – Many young children need to try a food 8 to 10 times, so be patient and don't give up.
5. Be a role model – Kids are more likely to try foods that Mom and Dad are willing to try.
6. Capitalize on "food tasting" friends – Encourage kids to sit by "good tasters" so they can see that kids do like new foods.
7. Serve an unfamiliar food with familiar ones – It makes the meal much more friendly.
8. Color and texture make a difference – Children prefer bright colors and interesting textures.
9. Involve children in the preparation – Kids are more likely to try foods they have helped prepare.
10. You can lead them to a new food...but you can't MAKE them eat. Never force a child to try a food.
11. Put the Pyramid on their plates – Offer your children a variety of foods from all five groups of the Food Guide Pyramid.
12. Think "Book in a Bag" – Read stories about food to your children. We have suggested some on this page!

(Tips adapted from National Dairy Council Nutrition Education Program, 1995).