

What We Learned Today

Exploring New Foods

Children are more likely to try new foods if they have the opportunity to experience or “explore” the food first. This can include touching, smelling, squeezing, and then tasting the new food.



During today’s ChildcareAlive! activity, we explored kiwi using all of our senses: sight, taste, texture, sound, and smell. Ask your child what they remember about exploring kiwi.

Sight: green (inside), bright, brown, fuzzy

Taste: sweet, sour, tangy

Texture: fuzzy, slippery, slimy, hairy

Sound: slurp, squish

Smell: citrus-y, sweet



Kiwis are a part of the **Fruit** group on MyPlate. Kiwis are a great source of **fiber, vitamin C, and vitamin E**. Fiber helps stomachs to run smoothly, and vitamins C & E contain antioxidants to keep us healthy. Children ages 2-5 years need about 1-1½ cups of fruit per day. Check out choosemyplate.gov to learn more.

Kids in the Kitchen

Smoothies are a perfect way to enjoy a variety of food groups in one delicious beverage. They are also easy to prepare, providing a great opportunity for your children to get involved in the kitchen.



Today, we tasted a strawberry, kiwi and banana smoothie, and your children helped prepare it, too! Try making it at home, and remember to encourage your child to help. You may even try adding other fruits to the smoothie, but remember to let your child “explore” any new fruit added.

Strawberry Kiwi Banana Smoothie
¾ cup frozen or fresh strawberries or blueberries
½ banana, sliced
½ kiwi, peeled and diced
¾ cup skim milk
½ cup fat-free vanilla or plain yogurt

Mix all ingredients in a blender until smooth. Makes about 2 cups.

Encouraging a Picky Eater

Picky eating is a typical behavior for many preschoolers, but can still be very frustrating. Try some of these tips to encourage a picky eater to try new foods.

Encourage exploring foods. The more comfortable a child is with a new food, the more likely they are to try it.

Offer smaller portions. Some children may be overwhelmed by large portions of foods, but are more willing to try a new food if given a very small quantity.

Be patient and persistent. Accepting new foods takes time. Consistently offer foods many times, so children have the chance to develop a taste for this food. Children can only eat foods that they are offered.

Invite your child into the kitchen. Children usually get more excited about new foods and are more willing to try foods when they take a part in making a meal or snack.

Let your child be a "produce picker." Encourage children to pick out fruits and vegetables at the grocery store.



Recipes To Try At Home

Cinnamon Tortilla Chips

Ingredients:

10 large whole wheat flour tortillas
½ to 1 tsp cinnamon
⅓ cup sugar
Cooking Spray



Directions:

Preheat oven to 350° F. Mix cinnamon and sugar together and place in an empty spice container. Coat one side of tortilla with cooking spray. Cut into wedges of desired size and place in a single layer on baking sheet. Sprinkle with cinnamon sugar. Spray again with cooking spray. Bake for 8-10 minutes. Cool for 15 minutes. Makes about 10 servings.

Source: "Now Serving: Meals with Help from Kids"
Available at: www.ag.ndsu.edu/publications/food-nutrition
North Dakota State University Extension Service, www.ndsu.edu/eatsmart

Pinto Bean Tacos

Ingredients:

½ lb. lean ground beef
*lean = 90/10 or higher
2 (16 oz) cans kidney or pinto beans
1 onion, chopped
1 package taco seasoning
Taco toppings of choice: shredded cheese, lettuce, tomatoes, etc.
8 small, soft tortillas



Directions:

Drain one can of beans and mash with a fork. Drain other can of beans (but do not mash). Set aside. Brown ground beef and onion in frying pan. Drain fat. Add whole beans and mashed beans to ground beef and mix well. Serve in flour tortillas and top with cheese, lettuce, and tomatoes. Makes about 8 tacos.

Source: "Now Serving: Tasty and Healthful Meals on a Budget"
Available at: www.ag.ndsu.edu/publications/food-nutrition
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