

## Good Food

This month in THE GREAT BODY SHOP, your child learned about healthful foods. To go along with the unit, the song “A Party in Cool Dude’s Tummy” was played.

**Lesson 1:** Food Needs for Life

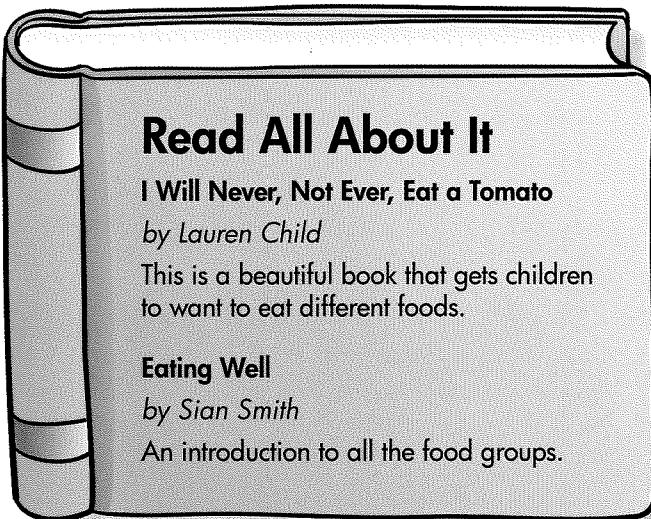
**Lesson 2:** Healthful or Less Healthful

**Lesson 3:** Good Food Comes in Many Forms

**Lesson 4:** Before We Eat—Food Handling

## Practice Choosing Healthful Foods!

Talk about the healthy foods your family enjoys. Fill your plate with them to match the plate on page 3.



Study after study has shown that kids who don’t eat breakfast don’t do as well in school. Breakfast will give your child energy to learn and play all day. Fussy eaters will be more interested in breakfast if they’re allowed to choose what they eat. Remember, good food is good for you at any time of day. A burrito or a tuna sandwich can be a healthful choice for breakfast.

## Cool Dude’s Super Duper Breakfast Sandwich

To make Cool Dude’s favorite breakfast, you will need:

- a piece of whole wheat bread, or ½ English muffin
- one slice of cheese
- ¼ apple, sliced very thin

Toast the bread or muffin. Cover with apple slices. Place cheese on top. Put under the broiler until the cheese melts. (Let it cool a bit before eating!) Adult supervision required!!

## Good Foods Can Be Fun Foods

- Serve cut-up vegetables with a low or non-fat salad dressing dip. Try cut-up fruit with a fat-free vanilla yogurt dip.
- Make peanut butter and banana (instead of jelly) sandwiches on whole wheat bread.
- Let your child make his or her own frozen fruit juice pops. (They’re lower in sugar and cheaper than “store bought,” too.)
- Make “Crunchy Munchies” with your child by mixing two different unsweetened cereals, raisins, sunflower seeds, and/or nuts.
- Have a party. Each child can bring a different ethnic food.

What’s Cooking? USDA Mixing Bowl—Hundreds of easy, cheap recipes to cook with your child. (Website is available in both English and Spanish):

[whatscooking.fns.usda.gov](http://whatscooking.fns.usda.gov)

## Word Wise

Practice finding these words.

- |              |               |               |
|--------------|---------------|---------------|
| <b>food</b>  | <b>fish</b>   | <b>apple</b>  |
| <b>plate</b> | <b>eating</b> | <b>bread</b>  |
| <b>good</b>  | <b>like</b>   | <b>please</b> |