

PARENT PAGES

Awesome Appetites



Ways to Encourage Good Eating Habits

1. Cook together. Children love helping in the kitchen.
2. Offer your child healthy foods for meals and snacks.
3. They take their lead from you. Eat healthy foods and your child will too.
4. Let your child decide what to eat and how much.
5. Patience works better than pressure.
6. Children are more likely to enjoy a food when eating it is their own choice.
7. Make meal times happy times.

Today at child care your child learned that it is important to listen to their body and eat when hungry and stop eating when full. Let them learn by serving themselves. Teach them to take small amounts at first. Tell them they can get more if they're still hungry. Eat together. Talk together. Make mealtimes a family time.

Cheese Stuffed Potatoes

Yield: 8 potato halves

Serves: 8 adults

Ingredients

4 baking potatoes
1 cup low-fat cottage cheese
2 tablespoons low-fat (1% or less) milk
2 tablespoons minced onion (optional)
4 ounces shredded low-fat cheddar cheese
1/4 teaspoon paprika.

Steps

1. **Scrub potatoes** and remove any blemishes.
2. ***Bake potatoes** in oven preheated to 400 degrees until tender (about 30 to 40 minutes).
3. Slice each potato in half, lengthwise. Scoop out the pulp with a spoon, leaving 1/4-inch thick shells.
4. **Blend cottage cheese, milk, and onion with spoon.** Add potato pulp and mix until light and fluffy.
5. **Fill potato halves with mixture. Sprinkle with shredded cheese and paprika.**
6. Return to oven to reheat for 10 minutes.
7. **Enjoy!**

*Microwave Method: Pierce potatoes with a fork and place in microwave. Cover potatoes with waxed paper and heat on high until tender, about 5 to 10 minutes.

Have your child help you do the bold steps.

Adapted from [Recipes and Tips for Healthy, Thrifty Meals](#).

How Many Times Has Your Child Asked

“Can I Help?”

Children love helping in the kitchen. Helping makes your child feel needed. Your child can help in many ways, and they will learn skills that they’ll use for life. Make meals and memories together.

Ways Your Child Can Help in the Kitchen

1. **Help** set the table.
2. **Wash** fruit and vegetables.
3. **Tear** lettuce and mix salad.
4. **Snap** green beans.
5. **Shake** a bottle of salad dressing.
6. **Spread** soft margarine on bread.
7. **Stir** batter with a spoon.
8. **Cut** soft fruit with a butter knife.
9. **Peel** hard cooked eggs.
10. **Wrap** potatoes in foil for baking.
11. **Put** bread or rolls in a basket.
12. **Bring** items to the table.
13. **Pour** water from a small pitcher.
14. **Bring** their dishes to the sink after eating.
15. **Place** items in the trash.



Make mealtime a family time.

You may not be able to eat together every day. Try to have family meals at least four times a week.

See what works, and plan from there.

Adapted from [Nibbles for Health](#).