

# PARENT PAGES

## Food Mood



### Tips for Offering New Foods

1. Cook together. Children love helping in the kitchen. They like to try foods they help make.
2. Eat together. Children take their lead from you. Make healthy choices and your child will too.
3. Offer only one new food at a time. Serve something that you know your child likes along with a new food.
4. Serve foods in new ways so your child will want to try them.
5. Let your child learn by serving their own plate.
6. Share the adventure. Try new foods together.

**Today at child care your child was offered some new foods to taste.** Sometimes new foods take time. Children don't always take to new foods right away. Offer new fruits and veggies many times. Give them a taste at first and be patient with them. You may wish to try the recipe below for a healthy new main dish.

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### Lentil Spaghetti Sauce

Yield: 6 cups

Serves: 8 adults

#### Ingredients

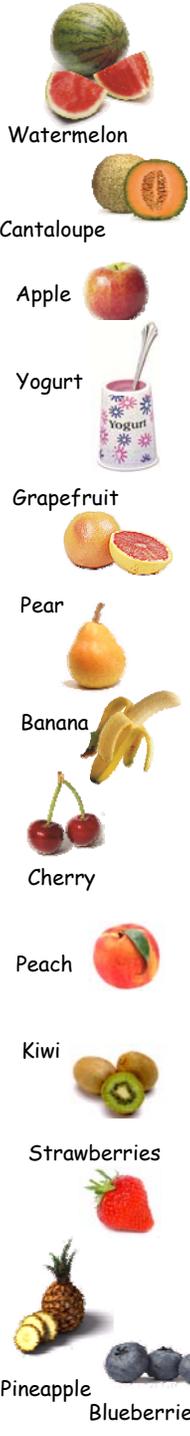
- 2 cups water
- 1 cup uncooked lentils
- 1 cup chopped medium onion
- 1 28-ounce can of crushed tomatoes
- 1 8-ounce can of tomato sauce
- 1 clove garlic, minced
- 1/2 teaspoon oregano, optional
- 1 4 1/2-ounce can mushrooms, optional.

#### Steps

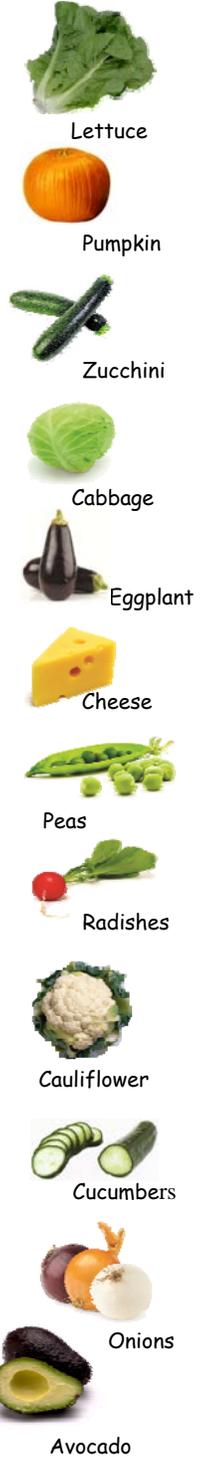
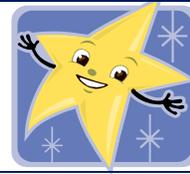
1. **Rinse the lentils in water. Drain in a strainer over a bowl, and pick out any stones.**
2. **In a saucepot add onions and rinsed lentils to water.**
3. Bring to a boil; reduce heat to low and simmer.
4. Cook until tender, about 30-45 minutes (the water will be almost gone). Stir.
5. Add remaining ingredients and simmer for 20-30 minutes.
6. Serve over cooked spaghetti.
7. **Enjoy.**

**Have your child help you do the bold steps.**

Adapted from Just Say Yes to Fruits and Vegetables Cookbook and reprinted with permission.



# I Tried It!



New Food Tried	Stars
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	

Plums



Tomatoes



Artichoke

Peppers



Broccoli



Corn



Carrot



Avocado

Onions

**Directions:** Post this chart on your refrigerator. Write the name of each new food your child tries in the first column of the chart. Help your child put a star sticker (or draw a star) in the second column each time he or she tries that food.

Adapted from Nibbles for Health.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-342-3009. This material was funded by USDA's SNAP. FNS/USDA reserves a royalty-free non-exclusive license to reproduce, publish, use or authorize others to use all videos or literature including copyrighted items resulting from this project. In accordance with Federal law and USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.