





Mini-Broccoli Pizza **RECIPE**

Ingredients:

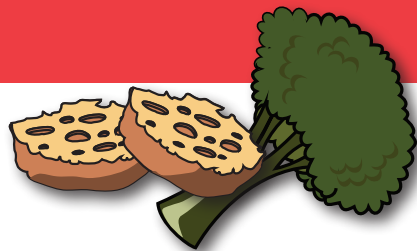
- ☐ 1 whole wheat English muffin, halved
- ☐ 2–3 Tablespoons tomato sauce
- ☐ handful of broccoli florets, cut into small pieces no larger than $\frac{1}{2}$ inch
- ☐ shredded part-skim mozzarella cheese or reduced fat cheese

SAFETY TIPS!

-  Keep children away from a hot stove.
-  Cut broccoli into pieces no larger than $\frac{1}{2}$ inch to prevent choking.

Directions:

- 1** Preheat oven to 350 degrees.
- 2** Ask your child to spread a layer of tomato sauce on each English muffin half.
- 3** Have your child decorate the English muffin with several broccoli pieces cut no larger than $\frac{1}{2}$ inch.
- 4** Sprinkle shredded part-skim mozzarella cheese or reduced-fat cheese over the mini pizzas.
- 5** Bake the mini pizzas for a few minutes until cheese is melted and the English muffin is crispy.



REMEMBER:

Your children are more likely to try a new food if you try it with them!

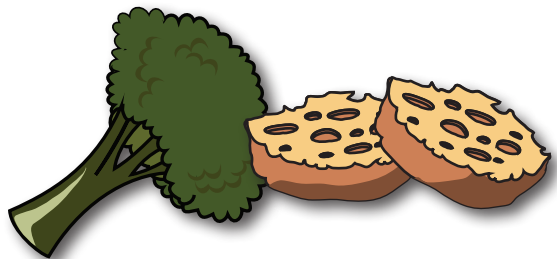




SHOPPING LIST

- ☐ broccoli, either one head fresh, or one 16 oz. bag frozen
- ☐ shredded part-skim mozzarella cheese or reduced fat cheese of choice
- ☐ tomato sauce
- ☐ whole wheat English muffins

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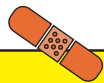
Module 2

Pear & Cheese Snack **RECIPE**

Ingredients:

- ☐ 2 pears, cored and cut into small pieces
- ☐ part skim mozzarella cheese or reduced fat cheese

SAFETY TIPS!



- * Never keep a knife within reach of a young child.
- * Cut pears into pieces no larger than 1/2 inch to prevent choking.

Directions:

- 1 Ask your child to wash two pears under running tap water.
- 2 Core pear and cut into small pieces.
- 3 Serve your child a snack of pears and pieces of cheese.

REMEMBER:

Your children are more likely to try a new food if you try it with them!



SHOPPING LIST

- ☐ 2 fresh pears
- ☐ part-skim mozzarella cheese or reduced fat cheese



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Purchasing Cheese Lower in Fat **TIPS**

For most people over the age of two, cheese lower in fat is a healthier option than regular cheese. Part-skim mozzarella and reduced fat cheese are both lower in fat and good sources of calcium.

Cheese	Serving Size	Calories	Grams of Fat	Calcium (mg)
Part-skim Mozzarella	1 oz	80	5	200
Reduced-fat 2% Cheddar	1 oz	90	6	200
Cheddar	1 oz	110	9	200
Swiss	1 oz	100	8	250
Pepper Jack	1 oz	100	9	150
Monterey Jack	1 oz	100	8	200



Module 2

Purchasing Low-Fat Milk **TIPS**

For most people over the age of two, low fat milk (fat-free or 1%) is a healthier option than 2% milk or whole milk. Children under the age of two need the extra fat in whole milk. Low fat milk has less of the things that are not as good for us (fat, saturated fat, and cholesterol), but just as much of the good stuff (calcium and vitamin D) as whole or 2% milk.

Per Serving	Fat Free Milk (Skim)	1% Milk	2% Milk (Reduced Fat)	Whole Milk
Calories	90	110	130	160
Fat (g)	0	2.5	5	8
Saturated Fat (g)	0	1.5	3	5
Cholesterol (mg)	5	15	20	35
Calcium (% Daily Value)	30%	30%	30%	30%
Vitamin D (% Daily Value)	25%	25%	25%	25%

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Module 2

Purchasing Cereal **TIPS**

Choosing a healthy cereal can be tricky. Look for low sugar cereals with whole grain as the first ingredient. Reading nutrition labels will ensure that your family is eating healthy cereal at home. Below are some tips for the cereal aisle at your local grocery store.

Nutrition Facts

Serving Size 1 cup (28g)
Children Under 4 - ¾ cup (21g)

Servings Per Container about 18
Children under 4 - about 24

Amount Per Serving	Cereal	with ½ cup skim milk	Cereal for Children Under 4
Calories	100	140	80
Calories from Fat	15	20	10
% Daily Value**			
Total Fat 2g*	3%	3%	1.5g
Saturated Fat 0g	0%	3%	0g
Trans Fat 0g			0g
Polyunsaturated Fat 0.5g			0g
Monounsaturated Fat 0.5g			0g
Cholesterol 0mg	0%	1%	0mg
Sodium 190mg	8%	10%	120mg
Potassium 170mg	5%	11%	130mg
Total Carbohydrate 20g	7%	9%	15g
Dietary Fiber 3g	11%	11%	2g
Soluble Fiber 1g			0g
Sugars 1g			1g
Other Carbohydrate 16g			12g
Protein 3g			2g

Ingredients: Whole Grain Oats (includes the oat bran), Modified Corn Starch, Sugar, Salt, Tripotassium Phosphate, Wheat Starch, Vitamin E (mixed tocopherols) Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B₆ (pyridoxine hydrochloride), Vitamin A (palmitate), Vitamin B₂ (riboflavin), Vitamin B₁ (thiamin mononitrate), A B Vitamin (folic acid), Vitamin B₁₂, Vitamin D₃.

TIP 1

Choose cereals that are low in sugar, with 7 grams or less of sugar per serving.

TIP 2

Choose cereals that are made from whole grains. Look at the list of ingredients on the nutrition label and select cereals that list a **whole** grain as the first ingredient:

whole wheat ■ whole oats ■ whole grain ■
whole corn ■ whole rye ■ whole grain barley ■

