



## Ingredients:

- ☐ ½ cup pineapple (crushed if using canned)
- ☐ 2 cups of plain low-fat or nonfat yogurt
- ☐ 1 can frozen 100% pineapple or orange pineapple concentrate, thawed
- ☐ Paper cups
- ☐ Popsicle sticks





## REMEMBER:

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

## Directions:

- 1** Drain crushed pineapple. If using fresh, cut into small pieces no larger than 1/2 inch to prevent choking.
- 2** Ask your child to place the pineapple, yogurt, and pineapple juice in medium sized bowl and mix.
- 3** Ask your child to help you spoon the mixture into small paper cups. Fill almost full.
- 4** Insert popsicle stick into each cup.
- 5** Freeze overnight.

## SAFETY TIPS!

-  To prevent injury, keep an eye on young children while tasting snacks that include popsicle sticks.
-  Ensure that pieces of pineapple are no larger than ½ inch to prevent choking.





# SHOPPING LIST



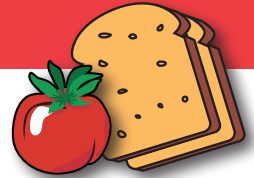
- ☐ pineapple (fresh, frozen or canned). If you purchase canned pineapple, look for the crushed type.
- ☐ low-fat plain yogurt
- ☐ 1 can of 100% pineapple or 100% frozen orange-pineapple juice concentrate

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## Module 3 Grilled Cheese & Tomato Sandwich

# RECIPE



### Ingredients:

- ☐ 2 slices of 100% whole wheat bread
- ☐ Part-skim mozzarella cheese or reduced fat cheese
- ☐ Cooking spray
- ☐ 1 fresh tomato, cut into small pieces no larger than  $\frac{1}{2}$  inch

### Directions:

- 1 Ask your child to put together a tomato grilled cheese sandwich. Give him or her 2 slices of 100% whole wheat bread, a few slices of cheese, and some small pieces of tomato.
- 2 Have your child watch from a safe distance while you grill the sandwich in a pan. Spray the pan with cooking spray instead of using butter or margarine on the slices of bread.
- 3 Cook on low heat until the cheese melts.

### SAFETY TIPS!

- \* Keep all knives out of reach of a young child.
- \* Keep young children away from a hot stove and hot pans.
- \* Cut tomatoes into pieces no larger than  $\frac{1}{2}$  inch to prevent choking.



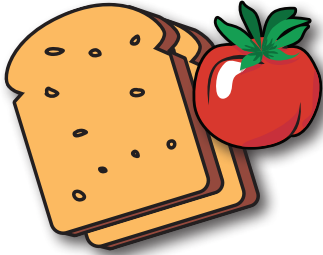
### REMEMBER:

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





# SHOPPING LIST



- ☐ 100% whole wheat bread
- ☐ fresh tomatoes
- ☐ reduced-fat cheese or part skim mozzarella cheese
- ☐ cooking spray

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## Module 3

# Purchasing Beverages **TIPS**

100% fruit juice can be part of a healthy diet, but fruit drinks, sodas, and other beverages with added sugar are not as healthy for your family, because they are high in calories and low in nutrients. While sodas and other sugary drinks may be less expensive, they can lead to weight gain and painful, expensive cavities in young children's teeth.

There are many alternatives to sodas and fruit drinks, including water, 1% or fat-free milk (for children over the age of two), and 100% fruit juice. 100% fruit juice should be given instead of fruit drinks but only if offered in a small amount (4 to 6 oz) as part of a meal or snack. If you offer juice several times a day, consider diluting with water. While 100% fruit juice will count towards a serving of fruit, it should be limited to a small glass (no more than 4 to 6 oz, which is only 1/2 to 3/4 of a cup) per day.



# Purchasing Beverages Continued

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## TIP 1:

Look in the list of ingredients. Avoid purchasing drinks that have sugar, high fructose corn syrup, corn syrup, raw sugar, syrup, or corn sweetener.

## TIP 2:

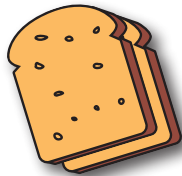
When shopping for fruit juices, look for 100% fruit juice on the label. The list of ingredients should ONLY include fruit. Juices that are labeled "fruit drink," "juice cocktail," or "juice beverage" are not 100% fruit juice.

## TIP 3:

Don't forget about water. Young children do not always tell us that they are thirsty. Offer plenty of water during the day, especially between meals and snacks. Try carrying a water container and/or small paper cups in the car in order to avoid buying a pop or other sugary beverage while out running errands with your child.



## Module 3 Purchasing 100% Whole Wheat Bread **TIPS**



When shopping for your family, look for loaves of bread made with 100% whole wheat flour. Read the list of ingredients to ensure that your family is eating 100% whole wheat bread. Here are some tips for selecting whole wheat bread at the grocery store.

### **TIP 1:**

Look for “100% Whole Wheat” or “100% Whole Grain” on the bread bags.

### **TIP 2:**

100% whole grain and 100% whole wheat breads often cost more than white breads or breads made with only SOME whole grains. Breads made with 100% whole grains are made from ALL parts of the grain seed. 100% whole grain breads have more of the “good stuff” our bodies need, such as fiber, making them well worth the extra cents.



# Purchasing 100% Whole Wheat Bread Continued

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## TIP 3:

Pick breads that are made only from whole grains. This can be really tricky. Look at the list of ingredients on the bottom of a nutrition label and choose breads that list ONLY "whole" grains. Look for the following ingredients: whole wheat, whole oats, whole grain, whole corn, whole rye, whole grain barley.

**Question:** Check out these three lists of ingredients. Which list has no whole grains? Some whole grains? Is 100% whole grain?

**Ingredients:**  
unbleached enriched  
wheat flour, water, high  
fructose corn syrup, yeast.

**Ingredients:**  
whole wheat flour, wheat  
flour, water, and brown  
sugar.

**Ingredients:**  
stone ground whole wheat  
flour, water, and brown  
sugar.

**Answer:** The first label has no whole grains. The second label has some whole grains and some refined grains. The third label has only whole grains.