What Incredible Choices

Montana WIC Program
1-800-433-4298

3-A

Easy Ways to Enjoy Cooking with Kids

Although you may see cooking as a chore, kids see the kitchen as an exciting, even magical, place. Cooking with kids can be a fun way to learn about getting organized, following directions, and food from different cultures.

Get kids involved in planning meals.

Everyone loves to be involved in choosing their favorite dishes for meals and snacks. For small children, eating becomes something special when "*I got to pick it out*" and it's even better when they can say "*I made it myself*."

Get kids involved in shopping for food.

Use every trip through the grocery aisles to talk about possible meals and different ways to prepare different items. Invite children to choose a new fruit or vegetable that appeals to them in the produce department or at a farmers' market.

Get kids involved in kitchen safety.

All children need adult supervision in the kitchen. Give frequent reminders about what's OK to touch and which items can be dangerous. Set kitchen rules, such as always washing hands and never touching a hot stove or knives.

Get kids involved in food preparation.

Children can do different kitchen tasks at different ages. A preschooler can stir ingredients that have been pre-measured or toss a salad. Elementary-aged kids can read simple recipes and do the actual measuring and mixing themselves.

Get kids involved in setting the table.

Kids are proud when they make even a simple dish, like a fruit salad. You can reinforce their success by making the table special too. Put their creation on a "fancy" plate, light a small candle, use colored napkins, or put a few flowers in a vase.

How can you have some cooking fun with your kids?

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3-B

BANANAS

Bananas do not grow on trees. Banana plants are actually large herbs with fruit that can be yellow, red, or even purple.

HOW TO CHOOSE

- Choose bananas with a slight green color on the stem and tip.
- Buy bananas that are firm and without bruises or soft spots.

HOW TO STORE

- Store unripe bananas at room temperature.
- Keep ripened bananas in the fridge for up to 2 weeks. It is fine if skin turns black.

NUTRITION FACTS

- Bananas are an excellent source of potassium, and a good source of fiber and vitamin C.
- They are fat and cholesterol-free.

Fun ways for your family to enjoy the sweet taste goodness of bananas

- Bananas are truly the original fast food and the ultimate portable snack! Peel and eat, anywhere, anytime!
- Breakfast is always banana time – in cold or hot cereal or as topping for pancakes.
- Bananas and yogurt (plain or vanilla) is a perfect combo – for a snack or smoothie.
- Bananas and peanut (or almond) butter are also great together in a sandwich or a snack. Just slice and spread!

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3-C

CARROTS

Carrots are generally orange, but they also come in variety of colors. Look for white, red, yellow, and even purple carrots.

HOW TO CHOOSE

- Choose smooth, firm, crisp carrots with deep colors.
- Avoid soft or split carrots.
- Check sell-by date carefully on bagged carrots.

HOW TO STORE

- Remove tops of bunch carrots and refrigerate in plastic bag for up to 2 weeks.
- Keep bagged carrots in fridge for 2 weeks.

NUTRITION FACTS

- Excellent sources of vitamin A, carrots are also a crunchy fat- and cholesterol-free way to get some tasty fiber and vitamin C.

Easy ways for your family to enjoy the crunchy sweetness of carrots

- Among the tastiest of vegetables, carrots make a sweet snack.
- Chopped or sliced carrots go great in green salads. Combine grated carrots with pineapple, raisins, and some light mayo.
- Cooked carrots are also kid-friendly. Steam until soft and mix with a little orange juice.
- Pump up a can of vegetable soup by adding some chopped carrots, tomatoes, and maybe a few peas.

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3-D

Singing about Bananas (and Apples)

This is a fun song to play with vowel sounds. Preschools use it to help kids to learn the difference in sounds. You can use it at home to give your child a head start on speaking and even reading. It's also a fun way to reinforce eating bananas (and apples). Sing it with your child while making snacks.

I like to eat, eat, eat
Apples and bananas.
I like to eat, eat, eat
Apples and bananas.

A
I like to ate, ate, ate
Aypuls and baynaynays.
I like to ate, ate, ate
Apples and baynaynays.

E
I like to eat, eat, eat
Eeples and beeneenees.
I like to eat, eat, eat
Eeples and beeneenees.

I
I like to ite, ite, ite
Ipples and bininis.
I like to ite, ite, ite
Ipples and bininis.

O
I like to ote, ote, ote
opples and bononos.
I like to ote, ote, ote
opples and bononos.

U
I like to ute, ute, ute
Upples and bununus.
I like to ute, ute, ute
Upples and bununus.

Bonus Banana Snacks

With 3 simple ingredients, you can make 3 super snacks for your family. All you need are bananas, WIC cereal, and vanilla yogurt.

BANANA BOATS: Cut banana in half; scoop out a small bit of fruit along the center of the flat surface. Fill with vanilla yogurt; sprinkle with crushed cereal. Serve on a small plate with spoons. Yummm!

BANANA PARFAITS: Cut banana into thin slices. Make several layers of banana, cereal, and yogurt in wide-mouth glasses. Eat with a spoon.

FROZEN BANANA POPS: Peel banana; crush ¼ cup cereal on a plate. Roll banana in yogurt until all surfaces are covered; then roll in crushed cereal. Put on plate in freezer for 2+ hours. Enjoy on a hot day!

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