

Parent's Page

A Look at Our Book

Today your child enjoyed the book **Let's Eat!** by Ana Zamorano. In the book, Antonio's family enjoys eating meals together— when they are able! Favorite foods and days of the week emphasize the importance of family times together.

You and your family benefit from eating meals together. While schedules often make it difficult to eat together as a family, studies show that it is worth the effort. Talk at the table helps a child's vocabulary to grow. Family traditions and values are easily passed on at mealtimes. Children benefit from knowing about family favorite foods and activities—each family member develops a sense of belonging. Try to eat a family meal together at least two to three times a week, and enjoy the time together!

- Make reading a special time together.
 - Follow the story, but take time for your child's questions or remarks.
- Put variety and "life" into your reading voice— show you enjoy reading, too!
- Include older children and other family members— we are never too old to hear a good story.
- Show your child how to handle books carefully— use a bookmark to mark page, and turn pages gently.
- Most importantly—**HAVE FUN!**



Read All About It!

Here are some additional books you might enjoy sharing with your child!

Good Morning, Let's Eat! by Karin Luisa Badt

Feast for 10 by Cathryn Falwell

Potluck by Anne Shelby

Everybody Cooks Rice by Norah Dooley

Check for these titles at the public library!

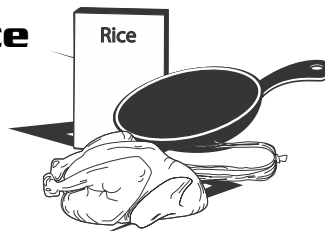


This project is supported by the USDA through a contract awarded by Income Maintenance/Employment Preparation Services, Kansas Department of Social and Rehabilitative Services.

*The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's Target Center at (202) 720-2600 (voice and TDD). To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington DC, 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

Mama's Chicken and Rice

6 servings - 1 cup each



- 1 tablespoon vegetable oil
- 1 pound boneless skinless chicken, diced*
- 2 cups water
- 1 cup thick and chunky salsa
- 2 cups instant rice, uncooked
- 2 cups (15 ounce can) whole kernel corn, drained; or frozen corn, thawed
- 1 cup shredded cheddar cheese, divided

1. Heat oil in large nonstick skillet on medium-high heat. Add chicken and cook until no longer pink.
2. Add water and salsa to skillet and bring to a boil.
3. Stir in rice, corn and 1/2 cup cheese. Reduce heat and simmer for 5 minutes, covered.
4. Sprinkle 1/2 cup cheese on top and serve.

*You can use canned, drained chicken. Omit step #1 and add chicken in step #2.

Nutrition Facts

Serving Size 1 cup (249g)
Servings Per Container 6

Amount Per Serving	
Calories	350
Calories from Fat 90	
% Daily Value*	
Total Fat 10g	16%
Saturated Fat 4.5g	22%
Cholesterol 65mg	21%
Sodium 720mg	30%
Total Carbohydrate 36g	12%
Dietary Fiber 3g	11%
Sugars 8g	
Protein 27g	
Vitamin A 6%	Vitamin C 6%
Calcium 15%	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

Cooking with your child is fun, and helps build reading skills. Here are some tips that may help you make our recipe at home.

- Use a skillet on top of the stove instead or an electric skillet if you prefer.
- Any type of grated cheese will work to top this dish.
- If you prefer, mixed vegetables make a great substitute for the corn in this recipe.
- Let your children help in the kitchen. They are more open to tasting new foods when they help prepare them!

Mama's Chicken and Rice contains foods from the Grains Group (rice), Vegetable Group (corn, salsa), Meat Group (chicken), Milk Group (cheese). For a complete meal, just add a fruit serving—like fruit cocktail or orange slices, and lowfat milk to drink! To add a little crunch to your meal, how about serving some raw carrot slices? Your entire family will benefit by finding a balance between food and physical activity.



MyPyramid.gov
STEPS TO A HEALTHIER YOU