

Parent's Page

A Look at Our Book

Today your child enjoyed the book **We're Making Breakfast for Mother** by Shirley Neitzel. In the book, Mother's family is surprising her with breakfast in bed. Through delicious rhymes, the reader "builds" the wonderful breakfast from flowers and tray to toast and tea. After enjoying the feast together, the family gets dressed and goes for a hike.

Make time to read together with your child. Remember these tips when reading with your child:

- Make it 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!**



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Read All About It!

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

Pancakes for Breakfast by Tomie de Paola

Bread and Jam for Francis by Russell Hoban

If You Give a Moose a Muffin by Laura Numeroff

Check for these titles at the public library!

Breakfast Banana Split

amount needed PER CHILD

- 1 small banana
- 3/4 cup low-sugar breakfast cereal
- 1/2 cup lowfat fruit-flavored yogurt



Optional toppings:

- seedless grapes or berries
- raisins or other chopped, dried fruit
- chopped nuts, crushed or tidbit pineapple
- granola-type cereal

1. Peel and split banana lengthwise. Place in sundae dish or cereal bowl.
2. Sprinkle cereal over banana, reserving some for the top or garnish.
3. Spoon yogurt over cereal.
4. Decorate dish with optional toppings and reserved cereal.

Nutrition Facts

Serving Size 1 banana split (187g)
Servings Per Container one

| Amount Per Serving | | Calories from Fat 15 |
|-------------------------------|--|----------------------|
| Calories 230 | | % Daily Value* |
| Total Fat 2g | | 3% |
| Saturated Fat 1g | | 5% |
| Cholesterol 5mg | | 2% |
| Sodium 200mg | | 8% |
| Total Carbohydrate 48g | | 16% |
| Dietary Fiber 2g | | 7% |
| Sugars 32g | | |
| Protein 7g | | |
| Vitamin A 15% | | Vitamin C 20% |
| Calcium 15% | | Iron 20% |

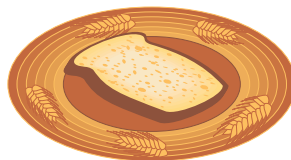
*Percent Daily Values are based on a 2,000 calorie diet.

Try making this recipe with your child. You may use a griddle, pan, or electric skillet for this breakfast or anytime food.

Mom's French Toast

makes 4 slices

- 2 eggs
- 1/4 to 1/2 cup lowfat milk
- 1/2 teaspoon cinnamon
- 1/2 teaspoon vanilla extract
- 4 slices whole grain bread



1. Preheat griddle to 325 degrees or medium heat.
2. Spray cooking surface with non-stick cooking spray.
3. Mix eggs, milk, cinnamon and vanilla in medium bowl.
4. Dip each slice of bread into egg milk mixture, coating both sides.
5. Place each piece on hot griddle. Turn pieces when bottom is golden brown and crisp. Continue cooking until other side is golden and cooked.
6. Serve with choice of toppings—pureed fruit, jam, pancake syrup or honey.

Nutrition Facts

Serving Size 1 slice (75g)
Servings Per Container 4

| Amount Per Serving | | Calories from Fat 30 |
|-------------------------------|--|----------------------|
| Calories 110 | | % Daily Value* |
| Total Fat 3g | | 5% |
| Saturated Fat 1g | | 4% |
| Cholesterol 105mg | | 36% |
| Sodium 120mg | | 5% |
| Total Carbohydrate 15g | | 5% |
| Dietary Fiber 5g | | 21% |
| Sugars 2g | | |
| Protein 6g | | |
| Vitamin A 4% | | Vitamin C 0% |
| Calcium 15% | | Iron 8% |

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

Leftovers? After pieces cool, place in plastic bag, seal and freeze. Pop into toaster for a quick breakfast later on.