

Parent's Page

A Look at Our Book

Today your child enjoyed the book *The Doorbell Rang* by Pat Hutchins. In the book, Sam and Victoria are getting ready to enjoy cookies with their mother when the doorbell rings. As more and more friends arrive, the cookies are shared and anticipated. When more friends have gathered than there are cookies, Grandma rings the doorbell and saves the day.

Young children like to snack, and that is **GOOD NEWS!** Snacks are an important way to provide needed calories for small tummies. Choose snacks from two different food groups in MyPyramid. Like the cookies featured in this story, complete the snack with a glass of lowfat milk or apples slices. Choose snacks from foods that are healthy to eat including fresh fruits, fresh vegetables, breads and cereals, meats and protein foods and milk and dairy products.



- 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 pages, and turn pages gently.
- Most importantly—**HAVE FUN!**



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Cooking with your child is fun, and helps their reading skills. Here are some healthy snacks that you and your child can prepare together.

- * Cheese and apple slices
- * Vegetable pieces with cottage cheese dip
- * Fruit and yogurt smoothie
- * Peanut butter and banana slices on graham crackers

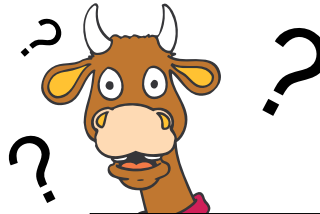
Here is a tasty, nutritious snack drink you can prepare with your children—they will love the name and the flavor!

Purple Cow

2 servings

- 2 teaspoons lemon juice
- 1/2 cup water
- 1/3 cup grape juice concentrate
- 1/2 cup dry milk

1. Put lemon juice and water into a blender, or a jar with a tight-fitting lid.
2. Add grape juice and dry milk. Cover. Blend or shake until mixed.
3. Pour over ice and enjoy!



Nutrition Facts

Serving Size 1/2 cup (70g)
Servings Per Container 2

Amount Per Serving		Calories from Fat 0	
Calories	150	% Daily Value*	
Total Fat	0g		0%
Saturated Fat 0g			0%
Cholesterol	5mg		1%
Sodium	100mg		4%
Total Carbohydrate	30g		10%
Dietary Fiber 0gram			0%
Sugars 9g			
Protein	6g		
Vitamin A	8%	Vitamin C	70%
Calcium	20%	Iron	2%

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

Choco-Banana Yo-yo

amounts needed per child

- 1/2 banana, medium
- 8 mini chocolate-chip cookies



Peel banana half. Slice banana into 3/4-inch rounds. Sandwich the banana slices between two mini cookies. Enjoy!

Options: Other small cookies could be used, such as vanilla wafers or animal crackers. Other yummy fillings for yo-yo sandwiches could include peanut butter, fresh strawber-

Nutrition Facts

Serving Size 4 Yo-yos (110g)
Servings Per Container 1

Amount Per Serving		Calories from Fat 100	
Calories	310	% Daily Value*	
Total Fat	11g		18%
Saturated Fat 3.5g			17%
Cholesterol	15mg		6%
Sodium	180mg		7%
Total Carbohydrate	49g		16%
Dietary Fiber 3g			12%
Sugars 25g			
Protein	4g		
Vitamin A	0%	Vitamin C	8%
Calcium	0%	Iron	10%

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

Read All About It!

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

The Berenstain Bears and Too Much Junk Food
by Jan and Stan Berenstain

Eating Fractions
by Bruce McMillan

Mr. Putter and Tabby Bake a Cake
by Cynthia Rylant

If You Give a Mouse a Cookie
by Laura Numeroff

Check for these titles at