

Parent's Page

A Look at Our Book

Today your child enjoyed the book Oh, the Things You Can Do That Are Good for You! by Tish Rabe. The Cat in the Hat™ is leaving for the Feeling Great Clinic in far-off Fadoo. Through fun rhymes Dr. Seuss made famous, the story of learning to stay healthy unfolds. The important tasks of eating healthy, washing hands, getting plenty of sleep and brushing teeth are highlighted in the kid-friendly, far-out book.

Ask your child about the healthy snack they prepared along with this story!

Make time to read together with your child. Remember these tips when sharing a story:

- 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!**



Read All About It!

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

Pancakes for Breakfast by Tomie de Paola
Pancakes, Pancakes by Eric Carle
Bread, Bread, Bread by Ann Morris
Dinosaurs Alive and Well! A Guide to Good Health by
Laurie Krasny Brown and Marc Brown

Check for these titles at the public library!



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True Blue-riffic Pancakes

Makes 12 to 14, 3-inch pancakes

1/2 cup all-purpose flour
 1/2 cup whole-wheat flour
 1 teaspoon baking powder
 1/2 teaspoon baking soda
 1 tablespoon vegetable oil
 1 egg
 1 cup plain yogurt
 1/2 cup soy milk or low fat milk
 3/4 cup blueberries

1. In a large mixing bowl, combine flours, baking powder and baking soda.
2. In another mixing bowl, mix together oil, egg, yogurt and milk. Add the yogurt mixture to the flour mixture and stir until just combined. Add a tablespoon or two more milk if batter is too thick.
3. Fold in blueberries.
4. Lightly coat a griddle or electric skillet with cooking spray and heat on medium high. Spoon small amounts of batter onto hot griddle.
5. When bubbles appear, flip pancakes and cook until done.

Nutrition Facts	
Serving Size 2 pancakes (109g)	
Servings Per Container 6	
Amount Per Serving	
Calories 150	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1g	4%
Cholesterol 40mg	13%
Sodium 260mg	11%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	9%
Sugars 5g	
Protein 7g	
Vitamin A 4%	Vitamin C 4%
Calcium 10%	Iron 6%

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

Try making this tasty recipe with your child. If tofu is new to you, you may be surprised how good this creamy drink is!

Tofruitti Smoothie

Makes 4 cups

1 package (12 ounces) soft tofu—found in the refrigerated section of supermarkets
 1 package (10 ounces) frozen strawberries, thawed but slushy
 1 ripe banana
 1/2 cup apple or orange juice
 ice cubes

1. Blend tofu, strawberries and banana in blender until smooth.
2. Add juice and ice cubes and blend to make a slushy-type drink.

Nutrition Facts	
Serving Size 1 cup (220g)	
Servings Per Container 4	
Amount Per Serving	
Calories 120	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	10%
Sugars 12g	
Protein 5g	
Vitamin A 2%	Vitamin C 50%
Calcium 4%	Iron 8%

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