

Parent's Page

A Look at Our Book

Today your child enjoyed the book **Handa's Surprise**, by Eileen Browne. In the book, Handa puts seven delicious fruits in a basket to take to her friend, Akeyo. But Handa's walk takes her past a variety of animals, and the fruits do look very inviting. Handa is trying to surprise her friend, but at the end of the book Handa also finds a surprise. Ask your child about the snack they prepared along with this story!

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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Handa's Tropical Fruit and Dip

Fruit Tray:

Use a variety of available fruit – some seasonal, some unusual, some favorites.



If fruit will quickly brown after cutting, you may wish to dip cut pieces in pineapple or orange juice to prevent browning.

Tropical Fruit Dip – yields 3 cups
2 cups lowfat sour cream
1 cup pina colada or other fruit flavor yogurt
1/2 of 4 ounce package french vanilla instant pudding (dry mix)
Optional:
thin pretzel sticks for dipping

Combine sour cream, yogurt and dry pudding mix in a medium bowl. Mix well and chill.

Children may enjoy using pretzel stick “toothpicks” to spear fruit for dipping.

Recipe courtesy of Rebecca Dillard, FACS Agent, Franklin County Extension, Kansas.

Nutrition Facts

Serving Size 1/4 cup (65g)
 Servings Per Container 12

Amount Per Serving		Calories from Fat 25
Calories 70		% Daily Value*
Total Fat 2.5g		4%
Saturated Fat 2g		10%
Cholesterol 15mg		5%
Sodium 120mg		5%
Total Carbohydrate 12g		4%
Dietary Fiber 0g		0%
Sugars 8g		
Protein 2g		
Vitamin A 6%	•	Vitamin C 0%
Calcium 8%	•	Iron 0%

*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 Little Mouse, The Red Ripe Strawberry,
 and The Big Hungry Bear
 by D. & A. Wood
 Apples and Pumpkins
 by Anne Rockwell
 Cherries and Cherry Pits
 by Vera Williams

Check for these titles at the public library!

Try making this recipe with your child:

Microwave Baked Apples

4 large baking apples
 1/2 cup brown sugar
 1/2 teaspoon cinnamon



- 1) Wash apples and remove core.
- 2) Cut a thin slice off bottom of each apple to form a flat surface. Place apples in microwave-safe container.
- 3) Mix brown sugar and cinnamon. Spoon into center of apples. Cover with wax paper. Microwave on high 6-10 minutes, until apples are soft.

Nutrition Facts

Serving Size 1 apple (166g)
 Servings Per Container 4

Amount Per Serving		Calories from Fat 5
Calories 190		% Daily Value*
Total Fat 0.5g		1%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 10mg		0%
Total Carbohydrate 48g		16%
Dietary Fiber 4g		16%
Sugars 43g		
Protein 0g		
Vitamin A 2%	•	Vitamin C 15%
Calcium 4%	•	Iron 4%

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