

Parent's Page

A Look at Our Book

Today your child enjoyed the book, **The Very Hungry Caterpillar** by Eric Carle. In the book, a caterpillar hatches from a tiny egg and progresses through an amazing variety and quantity of food. Full at last, he makes a cocoon. A few weeks later he is wonderfully transformed into a butterfly!

Ask your child about the healthy snack they prepared to go 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!**



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.

Pyramid Butterfly

Makes 1

- 1 slice American cheese
- 1 celery stalk, 3-inches long
- 1 tablespoon peanut butter or cream cheese
- 2-6 raisins
- 2 pretzel sticks



Directions:

1. Cut cheese slice diagonally with knife, pizzas cutter or scissors.
2. Place cheese slices on small plate with points together, forming wings.
3. Fill celery with peanut butter or cream cheese and place, filling side down, on the cheese wings. This forms the body of the butterfly.
4. Use raisins to decorate the wings. Use a dab of peanut butter as "glue".
5. Use pretzels as antennae, sliding them into the peanut butter on the celery.

Nutrition Facts: 1 serving provides 170 calories, 13g total fat, 15mg cholesterol, 370mg sodium, 9g total carbohydrate

Tropical Fruit Dip

Makes 6 - 1/2 cup servings

- 2 cups fat-free sour cream
- 1 cup fruit-flavored yogurt
- 4 tablespoons (about 1/2 of 3.5 ounce package) dry vanilla instant pudding



Directions:

1. Combine sour cream, yogurt and dry pudding in medium mixing bowl.
2. Mix well and chill.
3. Serve with a variety of fresh fruit.

Nutrition Facts: 1 serving dip provides 150 calories, 1.5g total fat, 10mg cholesterol, 200mg sodium, 28g total carbohydrate

Read All About It!

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

- Eating the Alphabet* by Lois Ehlert
- Ten Apples Up on Top* by Theo LeSieg
- D.W. the Picky Eater* by Marc Brown
- Gregory, the Terrible Eater* by Mitchell Sharmat

Check for these titles at the public library!