

# Parent's Page

## A Look at Our Book

Today your child enjoyed the book **Kitten's First Full Moon** by Kevin Henkes. In this award-winning book, readers follow a kitten on her persistent journey for a bowl of milk. Ask your child about the healthy snack they prepared using milk.

Make time to read 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!

- *Milk From Cow to Carton* by Aliki
- *The Milk Makers* by Gail Gibbons
- *Thanks to Cows* by Allan Fowler
- *What's for Lunch? Milk* by Claire Llewellyn
- *Oliver's Milk Shake* by Vivian French and Alison Bartlett

**Check for these titles at the public library!**



\*This project is supported by the USDA through a contract awarded by Income Maintenance/Employment Preparation Services, Kansas Department of Social and Rehabilitative Services.\*

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## Kitten's MoonCakes

Makes 20, 4-inch pancakes

- 1 cup whole wheat flour
- 1 cup white all-purpose flour
- 2 teaspoons baking powder
- ¼ cup sugar
- 2 large eggs
- 2 cups fat free or lowfat milk
- 2 tablespoons vegetable oil

1. Mix dry ingredients in large bowl.
2. In separate medium bowl, beat eggs, milk and oil until well blended.
3. Add liquids to dry ingredients, stirring lightly with a whisk or large fork only until dry ingredients are moistened (mixture will be lumpy).
4. Preheat griddle to medium-high heat.
5. Lightly oil or spray griddle to prevent sticking.
6. Spoon or ladle batter onto preheated griddle.
7. Turn pancake when edges look dry and bubbles form on top.
8. Cook thoroughly, and refrigerate any leftover batter.
9. Top as desired (we suggest applesauce), and enjoy!

### Variations:

Add 1 teaspoon ground cinnamon and 1 cup peeled, finely chopped apple to batter.

For dollar-size pancakes, use 1/8 cup batter per pancake.

**Nutrition Facts:** Two pancakes provide 140 calories, 3.5g total fat, 0g saturated fat, 0g trans fat, 35mg cholesterol, 125mg sodium, 23g total carbohydrate, 1g dietary fiber



## Parent Tips

### Tips for Raising a Milk Drinker

1. Offer your child milk at every meal. Let her decide how much to drink.
2. Be a role model – drink milk yourself.
3. Keep milk cold. It tastes better.
4. Offer chocolate or fruit-flavored milk – your child will benefit from the same great nutrients as white milk.

## New Moon Smoothie

Makes 8 servings, ½ cup each

Kitten thinks that a new moon looks like a delicious banana! Here's a simple recipe for a yummy fruit drink featuring the milk group.

- 3 bananas (or 1 ½ cups other well-drained fresh or frozen fruit)
- 2 cups fruit flavored lowfat yogurt, any flavor
- ½ cup lowfat milk

1. Peel bananas. Cut into chunks and place in blender.
2. Add yogurt and milk.
3. Blend until smooth
4. Pour and serve.

Variation: Smoothie Pops: Try freezing smoothies in small paper cups. Insert wooden craft stick into partially frozen mixture, freeze until firm. Peel off cup and enjoy!

**Nutrition facts:** ½ cup serving provides 100 calories, 4 grams protein, 1 gram fiber and 1 gram fat