

Parent's Page

A Look at Our Book

Today your child enjoyed the book, *Count on Pablo*, by Barbara deRubertis.

Pablo is excited about helping his abuela (grandmother) sell vegetables at the farmers' market. No one was visiting their vegetable stand to buy until Pablo had an idea. They made delicious salsa and the samples help sell the vegetables! Children also learn fun counting skills in this book.

Ask your child about the fun recipe they made in class today to go along with this story. You will find two recipes on the back to make with your child at home.

Make time to read with your child and 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 want to share with your child.

- *Healthy Eating with MyPyramid: The Vegetable Group* by Mari C. Schuh
- *Feast for 10* by Cathryn Falwell
- *Oliver's Vegetables* by Vivian French
- *I Will Never Not Ever Eat a Tomato* by Lauren Child

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.

*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.

Measurement is an important part of a recipe. In Pablo's Salsa, he counted the numbers of each vegetable he used. When we make recipes, we typically use measuring cups and measuring spoons to help us get the right amount of an ingredient. In our salsa, we count AND measure! Parents, ask your child if she can name some other ways we use math every day. Can you think of any other ways?

Take a look at a fun website called Math is Fun that has games, worksheets and puzzles that you and your kids can enjoy together: mathisfun.com

Pablo's Salsa

Serves 8

Ingredients:

1/2 cup corn, fresh cooked or frozen
1 can (15 ounce) black beans, drained and rinsed
1 cup fresh tomatoes, diced
1/2 cup onion, diced
1/2 cup green pepper, diced
2 tablespoons lime juice
2 cloves garlic, finely chopped
1/2 cup picante sauce
1/4 cup chopped cilantro, optional



Directions:

1. Remember to wash hands.
2. Combine all ingredients in a large bowl. Chill until serving time.
3. Drain before serving.
4. Serve with low fat baked tortilla chips or fresh vegetables.

Nutrition Facts: One 1/2 cup serving provides 70 calories, .5mg total fat, 0mg cholesterol, 230mg sodium, 13g total carbohydrate, 4g protein, 30% vitamin C

Tortilla Triangles

Serves 6, 4 pieces each

Ingredients:

6 (6-inch) flour or corn tortillas
1/2 teaspoon salt

Directions:

1. Remember to wash hands.
2. Lightly spray both sides of tortillas with cooking spray and sprinkle lightly with salt.
3. Place tortillas in a stack on cutting board and cut into four pieces with a pizza cutter.
4. Lay tortilla quarters out in one layer on baking sheet.
5. Bake chips 8 to 9 minutes or until crisp.



Nutrition Facts: One serving (4 pieces) provides 100 calories, 2.5mg total fat, 0mg cholesterol, 350mg sodium, 18g total carbohydrate, 3g protein