

Parent's Page

A Look at Our Book

Today your child enjoyed the book **More Spaghetti, I Say!** by Rita Golden Gelman. In the book, two monkeys, Minnie and Freddy, are so hungry for spaghetti that they can't quit eating it.

- Make reading 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!

Strega Nona by Tomie de Paola
Daddy Makes the Best Spaghetti by Anna Hines
Let's Visit a Spaghetti Factory by Melinda Corey
From Wheat to Pasta by Robert Egan (ages 8–12)
I Like Pasta by Jennifer Julius (ages 2–6)

Check for these titles at the public library!



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Freddy Spaghetti

Makes 7 servings 1/2 cup each



- 1 pound ground beef
- 1 can (15 ounce) spaghetti with tomato sauce and cheese
- 1 can (10.5 ounce) cream of celery soup
- 1/3 cup ketchup

1. Brown ground beef in an electric skillet and drain well.
2. Add remaining ingredients and mix well.
3. Heat until bubbly and serve hot.

Nutrition Facts

Serving Size 1/2 cup (181g)
Servings Per Container 7

Amount Per Serving	
Calories 200	Calories from Fat 70
% Daily Value*	
Total Fat 8g	13%
Saturated Fat 3g	15%
Cholesterol 30mg	10%
Sodium 750mg	31%
Total Carbohydrate 15g	5%
Dietary Fiber less than 1 gram	4%
Sugars 4g	
Protein 15g	
Vitamin A 8%	Vitamin C 4%
Calcium 4%	Iron 10%

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

Children, unlike the monkeys in our book, naturally know when they are full and ready to quit eating. Ellyn Satter, social worker and registered dietitian, says this about children eating the right amounts: "Children know how much they need to eat, but they need help from adults" if they are to keep that ability. "Children need to be able to tune in on what goes on inside of them and be aware of how hungry or how full they are." Sometimes well-meaning parents try too hard to get their child to eat more, or to cut back on how much they eat. That is when children learn not to pay attention to what they need, and may eat too much or too little.

From "Secrets of Feeding a Healthy Family" by Ellyn Satter
Madison, WI: Kelcy Press (1999).

In another book she has written about feeding kids, Ellyn Satter has some good advice about how to get your children to eat what is right for them. Parents and children each have important roles to play in the feeding process...and they really do work! Give them a try at your home.

At meal and snack times...

Adults need to decide what food is served, when the food is served, and how the food is served. Children are responsible for deciding how much food to eat, and whether or not to eat.

From "How to Get Your Kids to Eat... But Not Too Much" by Ellyn Satter
Palo Alto, CA: Bull Pub. (1987).

