

Pre-School Pages



A newsletter for parents of pre-schoolers

packed with food, facts & fun

from your local county extension office

Cooperative Extension Service

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Let's Eat

Sweet Potato Pudding

Ingredients:

- 2/3 cup nonfat dry milk powder or 2 cups skim milk
- 1 15-ounce can sweet potatoes or yams, drained
- 1 3.4-ounce package instant vanilla pudding
- Ground cinnamon



Directions:

- Reconstitute nonfat dry milk by mixing 2 cups water with milk powder in a medium mixing bowl.
- Thoroughly mash sweet potatoes with a fork or place drained sweet potatoes in a heavy-duty plastic bag. If you are preparing this recipe in a class, let the children take turns squishing the bag with their hands.
- Add sweet potatoes to milk, stir well or whisk.
- Pour package of instant pudding into milk mixture.
- Stir or whisk for two minutes.
- Pour into glass bowl and sprinkle with cinnamon.

Source: FDNS -NE 2007,
 University of Georgia Cooperative Extension Service

Yield: 8 servings

Serving size: ½ cup

Nutrition facts per serving: 140 calories; 0g fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 240mg sodium; 28g carbohydrate; 2g fiber; 17g sugar; 0g added sugars; 4g protein; 6% Daily Value of vitamin D; 10% Daily Value of calcium; 6% Daily Value of iron; 6% Daily Value of potassium.

Kid's Care

Picky eaters

Holiday meals can be especially frustrating for parents of "picky eaters."

Do you like to eat broccoli? Spinach?

Onions? How about liver? Everyone has foods that they like and some they don't like. The same is true with children.

Sometimes it seems like children have a longer list of "don't like" foods than ones they like. That's when adults get worried.

You can't make me eat.

Children refuse to eat for a number of reasons, including these:

- They aren't hungry
- They want to be in control

There are times when adults aren't hungry and that's true with children too. Children have the right to choose if they want to eat or not. Remember: a truly hungry child will eat! You may want to offer a choice of one other food, such as a peanut butter sandwich, if a child doesn't like what is being served.

When it comes to eating, adults are in charge of what to give the child, as well as



where and when they eat. The child chooses if he wants to eat and how much. Never try to force a child to eat.

A truly hungry child will eat.

Trying new foods

Some children are ready and willing to try new foods; others won't touch them. Leave it up to the child to decide if he wants to try a new food. Be a good role model and try it yourself, but never force a child to try a new food.

Some adults have the "one bite" rule to get children to taste a new food. This rule is fine as long as the adult remembers it is for tasting only. Make sure the child knows he can spit out the food into a napkin or put it at the side of his plate if he doesn't like it or doesn't want to eat it. Children will be more likely to try new foods if they know they don't have to swallow anything they don't like.

If a child doesn't like a food the first time she tries it, that doesn't mean she'll hate it forever. Don't give up. Wait a week or two and serve that same food, maybe in a different way. It often takes about ten times of tasting before children get used to and like the taste of a new food.

Never reward a child with a favorite food for tasting a new food (such as giving ice cream as a reward for trying broccoli). Food rewards make children want the reward (ice cream), not the new food (broccoli).

Snack time is a good time for trying new foods. Serve something you know the children like along with something new. This way the children can eat the food they like, so they may be more willing to try a bite of something new.

One of the best ways to get children to try new foods is to have them help make the food. When children have a hand in making food, they are more likely to want to try it.

Never force a child to eat.

Source: <https://extension.psu.edu/programs/betterkidcare/early-care/tip-pages/all/picky-eaters>

Play Time

Turkey Handprint Trivets



turkey handprint Trivets



created by kindergarten squared

Materials Needed:

- 6 x 6 tiles (We use 45 cent off-white tiles from Lowe's)
- Acrylic Paints (yellow, green, orange, red, and brown)
- Sharpies Markers
- Clear Acrylic Spray

Steps:

- Paint the kiddos hand (brown palm and different colors on fingers). Let it dry.
- Then have them use Sharpie Markers to add the eye, beak, waddle, and legs.
- Then use a black Sharpie to sign their name and date it.
- After it's all dry, give the tiles a light coat of the Acrylic Spray to seal it all in.

That's it! So easy, and so cute!

Parents can stand this on a picture easel, use them as a real trivet, or tuck away for safe keeping.

Source:

<http://kindergartensquared.blogspot.com/2013/11/turkey-trivetsso-stinkin-cute.html>

Sincerely,

Ashley Board

County Extension Agent for
Family and Consumer Sciences

