

News Notes To Parents

Purdue University Cooperative Extension Service of Wells County

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Increase Your Children's Nutrition Know-How

Helping your kids understand how to read food labels prepares them for making smart food choices their whole lives. Whether in the supermarket, at home or at school, there are many opportunities to teach your child about nutrition.

For younger children, focusing on MyPlate, food groups and eating mindfully is a great place to start. Older children and teens can learn about individual nutrients on the Nutrition Facts label and how to decipher food label claims.



At Home

Teaching children the basics of nutrition and label-reading can be done easily at home, with many examples of foods they like to eat with nutrition information on hand. Try some of these tips to teach them about healthful eating.

- Enlist your child to help plan a meal based on MyPlate. Discuss themes such as varying protein sources, choosing whole grains and selecting colorful fruits and vegetables.
- When snacking, have your teen take a look at the Nutrition Facts label and serving size to discover what is in the food they're eating.

At the Supermarket

Label-reading in the supermarket is important because that's where most of the food in the home comes from. Send your child on a scavenger hunt to find nutritious options:

- Canned fruit packed in water or their own juices.
- Frozen vegetables with no salt added.
- Whole-grain cereal that is low in sugar and high in fiber.

In the Lunchroom

It might be hard to monitor what foods children eat in the lunchroom, so it is best to encourage them to make healthy choices.

- Challenge your child to pack a lunch modeling MyPlate.
- Encourage your child to read the labels of cafeteria items, and choose items low in added fats, sugars and salt.
- Review cafeteria menu offerings and discuss with your child what options they might choose that would provide each of the food groups in MyPlate that together create a balanced, healthful meal. (For example, ask your child what they will take for a vegetable, fruit, whole grain and protein food.)
- Leave a friendly note for your child about the healthy options in their lunch and why they are included.

Source: eatright.org

Teaching Your Kids About Taxes

It seems appropriate to talk about taxes since it is April. One might ask how you teach this concept to young children. Sure, it can be challenging, but it's possible to introduce some basic concepts in a way that's understandable and even fun for them! Here are a few tips that you can use when teaching your kiddos:



1. Start with the basics! Explain what taxes are in simple terms. For example, you can say something like, "Taxes are money that we pay to the government to help pay for things like schools, roads, and parks."
2. Try using everyday examples! Look for opportunities in everyday life to talk about taxes. For example, when you go shopping, you can explain that part of the money you spend goes towards taxes.

3. Make it relatable! Try to relate taxes to something your kiddo(s) already understands. You could use an allowance as an example, explaining that just like they might set aside a portion of their allowance for savings, taxes are like the money adults set aside to pay for things the government provides.
4. Make sure to keep it positive! Emphasize the benefits of taxes, such as how they help support important services like schools and hospitals. You can explain that paying taxes is a way to contribute to the community and help make it a better place for everyone.
5. Lead by example! When you pay your taxes, explain what you are doing and why you are doing it. This can help reinforce the idea that paying taxes is a normal and necessary part of life. Remember to keep the explanations age-appropriate and to answer any questions they might have patiently. The goal is to lay a foundation of understanding that can be built upon as they grow older.

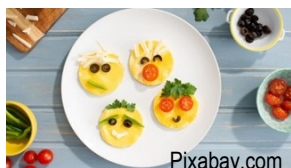
Source: OpenAI (2024) ChatGPT (February 29 version) [Large language model]. <http://chat.openai.com>

Emoji Omelets

Allow your kiddos to be creative. Try making these quick fun omelets using a round cookie cutter, olives, shredded cheese, and cherry tomatoes! *Recipe below serves 4*

Ingredients

- 5 eggs
- 2 tablespoons milk
- 1/8 teaspoon pepper
- 4 cherry tomatoes, sliced thinly *use for emoji eyes
- 1/2 small red or green sweet pepper cut into strips *use for emoji eyebrows
- 2 tablespoons sliced black olives *use for emoji eyes
- 1/2 cup shredded cheddar or mozzarella cheese *can be used for emoji hair
- 1/4 cup chopped fresh parsley * can be used for emoji hair



Directions

Before you begin: Wash your hands.

1. Whisk eggs, milk, and pepper in a small bowl.
2. Spray a 10-inch skillet with cooking spray. Heat over medium-low heat. Pour in egg mixture; cover and cook, without stirring, until just set, 7 to 10 minutes. Slide the omelet onto the cutting board; let cool for a few minutes.
3. Cut four circles out of the omelet using a large (approximately 3 1/2 inch/9 cm) round cookie cutter. Create egg faces using cherry tomatoes, peppers, olives, cheese, and parsley to make eyes, nose, mouth, and hair. Leftover bits of omelet can be used as well.

Tip: Place tomatoes, peppers, olives, cheese and parsley in small bowls and let everyone create their own faces!

Source: Egg Farmers of Canada - <https://www.eggs.ca/recipes/emoji-eggs>

Molly Hoag, Health & Human Sciences Educator

www.extension.purdue.edu/wells

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