



Family Activity Page

Nutrient-Packed Snacks and Meals

Try these quick and easy recipes for tasty foods that provide protein and calcium for strong bones and bodies. Encourage your young child to wash hands and help with steps like mixing, measuring (with guidance), and cleanup.

Merry Berry Sundaes

Here's a healthier alternative to high-fat sundaes. Substitute the yogurt flavor and fruit your child likes best. For an easy way to crush graham crackers, place in a plastic bag and invite your child to work away with a rolling pin.

YOU NEED:

- Graham crackers, crushed
- Vanilla yogurt
- Strawberries, blueberries, and bananas



Wash the fruit. Slice bananas and strawberries. Place all three fruits in a bowl and mix gently. For each sundae, put 3 tablespoons yogurt in a dish. Top with 2 tablespoons fruit and 1 tablespoon graham cracker crumbs. Enjoy!

Super Simple White Pizza

Here's a variation on traditional pizza that offers an extra share of calcium with both milk and cheese.

YOU NEED:

- 1 egg
- 3/4 cup flour
- 1/2 teaspoon salt
- 1/4 teaspoon dried oregano
- 1 cup milk
- 3 tablespoon grated parmesan cheese
- 1 cup grated part-skim mozzarella cheese

Mix egg, flour, salt, oregano, and milk. Blend with a mixer until foamy. Add mozzarella cheese and pour into a greased pie pan or 9-inch square dish. Bake at 400°F for 20-25 minutes. Top with parmesan cheese. Broil for 1 minute. Serve warm or cold. Makes 6 portions.



Tossed Tuna Salad

Try this light main-dish salad that provides protein from tuna and beans. Adding feta cheese supplies calcium too.

YOU NEED:

- 4 cups lettuce
- 1 can (15 oz.) white or pinto beans, rinsed and drained
- 1 can (6 oz) tuna in water
- Chopped tomato, cucumber, and onion (choose amounts to your taste)
- 3oz. feta cheese, crumbled (optional)
- Low-fat Italian dressing

Toss the lettuce, beans, tuna, and vegetables in a large bowl. Add just enough dressing to coat the salad. Toss again. Sprinkle on the feta cheese and serve. Makes about 4 main-dish portions.

Homemade Hummus

Use this protein-rich spread from the Middle East as a dip for crackers or vegetables. Prepared hummus can be purchased in most grocery stores.



YOU NEED:

- 15 oz. can chickpeas, rinsed and drained
- 2 tablespoons lemon juice
- 3 tablespoons water
- 2 garlic cloves
- 1/2 teaspoon salt
- 2 tablespoons oil (olive oil works and tastes best)
- 1 teaspoon ground cumin
- 2-3 tablespoons minced parsley (optional)



Puree the chickpeas with the water and lemon juice in a mixer or blender. Add remaining ingredients. Blend to a creamy paste, adding more water if needed. Sprinkle with a little paprika before serving.



REMEMBER TO WATCH CHILDREN DURING MEALS. YOUNG CHILDREN, AGES 2 AND 3 ESPECIALLY, ARE AT RISK OF CHOKING ON FOOD.

Quick Quesadillas

Serve these as a snack or with a salad and milk for a meal. Use the cheese that your family likes best. Cut up leftover cooked chicken into small pieces and add with the cheese for extra protein.

YOU NEED:

- 2 6-inch tortilla shells
- Grated cheese, such as cheddar or Monterey jack
- Plain yogurt
- Prepared salsa
- Nonstick spray

Spray the nonstick oil in frying pan. Put one tortilla in pan, add the cheese, and cover with the second tortilla. Grill on both sides until the cheese melts. Cut in triangles and serve with yogurt and salsa. Makes 4-6 portions.

