



FOOD TIPS FOR MOMS & TOTS

BREADS - "THE STAFF OF LIFE"

MOTHER -

Breads are an important part of your and your child's diet. Breads are a good source of energy which is needed each day in your diets and also bread has some B vitamins. Most breads and flour are enriched and are important sources of B vitamins and iron. Whole wheat bread is also a good source of these nutrients.



Included in breads are quick breads -- popovers, griddle cakes, waffles, muffins, biscuits and pastry; or yeast breads -- rolls and coffee cakes.

Every culture has some type of bread and for a long time bread has been considered "the staff of life" and still is in some countries; but the form it takes varies from country to country. In Sweden, they eat limpa, a sweetened rye bread; the Norwegians eat a flat bread. The bread in Mexico is the tortilla. You can probably think of others.



YOU AND YOUR CHILD

You and your child may want to try making bread. Here is a recipe for peanut butter bread - remember, peanut butter is a good source of protein, making the bread even more nutritious.

STEPS FOR:

MOTHER

CHILD

1. Measure ingredients:

1 3/4 cups   flour

1/3 cup  sugar

1 tablespoon  baking powder

1 teaspoon  salt

1 cup  peanut butter

2   eggs

1 1/2 cups   milk

2. Preheat over at 350° (moderate oven)



3.



Grease loaf pan.

4.



Mix sifted flour, sugar, baking powder and salt in a large bowl.

5.



Mix in the peanut butter with a fork until crumbly.

6.



Beat eggs slightly in another bowl.

7.



Add the milk to egg mixture.

8. Add the milk-egg mixture to the flour mixture.



9.



Stir just enough to mix.

10. Fill the greased loaf pan half way.



11. Bake for 1 hour.

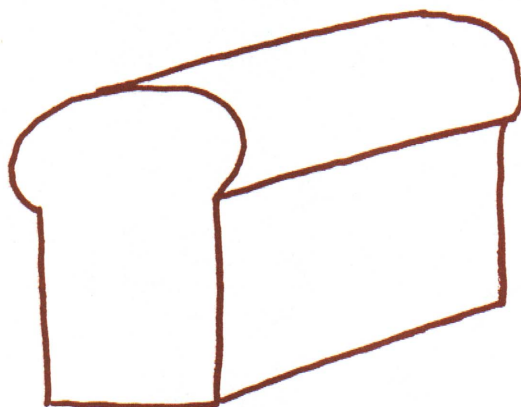


YOUR CHILD

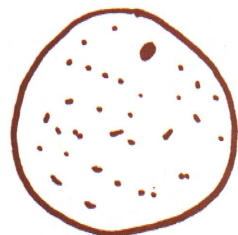
Help your child to name all the foods. Then, have your child point to the foods you can spread on bread. Let them color all of the pictures.



potatoes



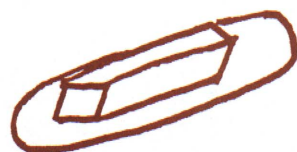
bread



orange



honey



butter



milk



Jelly

