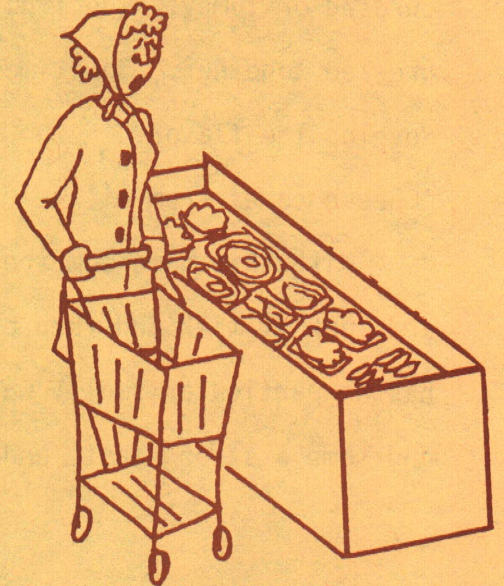




FOOD TIPS FOR MOMS & TOTS



TIPS ABOUT CHEESE

MOTHER -

It's a time for the high cost of meat. Because cheese is a good source of protein, cheese in various dishes can be used instead of meat to help keep your food cost down. (Protein is needed for building tissues in growth, especially in childhood and pregnancy, and also for the upkeep of tissues already built.)

Cheese, like milk, has a high amount of calcium. (Calcium is important for healthy bones and teeth in adults and especially for your growing children.)

Children need to cups of milk a day. If your children do not like milk, try using cheese as part of this amount. (2 slices of cheese, 3/4 cup macaroni is equal to cup of milk.)

Uses of cheese with children -- cheese can be used as a finger food for snacks, in salads, sandwiches, cooked dishes, as a sauce and with desserts.

YOU AND YOUR CHILD

When preparing a meal with cheese, this could be the time to have your children discover cheese with the 4 senses, smell, taste, sight and touch. Have them smell it, is it strong or mild; have them feel it, is it firm or runny; have them taste it, is it salty or sour, is it chewy or crunchy; and have them look at it, what color is it, does it have holes?

Did You Know:

When milk is mixed with another substance and sets for awhile, the milk becomes curdled or lumpy. The liquid (whey) is separated from the curds and these curds are pressed together. Sometimes the curds are cured for a longer period of time to develop the flavor.

'Cheese comes from milk'

With this game compare milk and cheese with your child. Taste, smell, touch and look at milk and then cheese. (Milk is runny, white, mild, wet, a liquid and has no particular smell; whereas cheese is firm, different colors, some have a mild and some a strong taste and smell.)

CHEESE BOATS

5 servings (2 hotdogs each)

STEPS FOR:

MOTHER

CHILD

1. Split 10 hotdogs lengthwise, not cutting through completely.



2 1/2"


2. Cut 10 strips of cheese about 2 1/2 x 1/2 x 1/4



1/2"

3. 

Place strip of cheese in split

4. 

Wrap each with a slice of bacon

5. 

Secure with toothpicks

6. Place cut side down on broiler pan



Broil

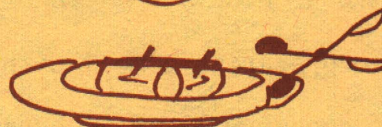
7. Set oven control at Broil or 550° - Hot oven!



10 min.

8. Broil 5 inches from heat about 10 minutes

9. When bacon is crisp, turn with tongs or fork



10. Broil until other side is crisp - about 5 minutes



5 min.

11. Serve

YOUR CHILD

Explain to your child how he or she can play this game. Have them cut out the 6 rectangles below with blunt scissors. Help your child match 1 with 1, 2 with 2, and so on, and you will have a piece of cheese. Then, paste the piece of cheese together in the frame below.

