



FOOD TIPS FOR MOMS & TOTS

E928I

MOTHER -

Fish is another substitute for meat. Like cheese, fish also adds variety.

It contains the same amount of nutrients as meat, except it is not as high in fat. Fish is a good protein source which means it builds and up-keeps your tissues



SHELLFISH

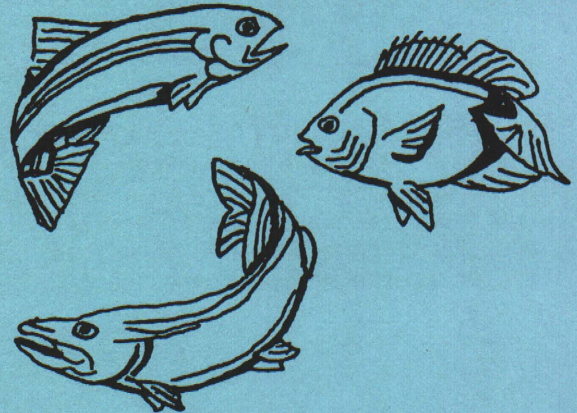
Fish is easy to prepare! Fat fish, such as salmon, can be broiled or baked. Lean fish, such as cod or turbot, can be brushed or basted with oil before broiling. Whole fish can be stuffed and then baked. All fish can be steamed, fried, boiled or poached. To poach fish is just like for eggs: simmer in a salted or seasoned water until the fish flakes easily.

If you think fish is dull, try a seasoning of lemon or parsley butter. Fish can be used in salads and casseroles. Some fish are even used as appetizers - smoked and pickled.

YOU AND YOUR CHILD

'Fish' is an easy shape in which foods can be served. Try it with a tuna salad or with fruit. Let your child decorate by adding eyes, mouth, fins, etc. with the foods you may have available.

DON'T FORGET FISH



FINFISH

Fish also has a high amount of niacin which is important in making compounds needed in the function of your body. Some iron is available in fish, but not as much as meat.

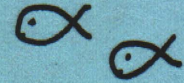
There are two classes of fish - finfish (trout, cod, haddock) and shellfish (oysters, shrimp, lobster).

If you have fresh fish available, have them feel the scales and see how it is cleaned. Show the bones and how they give the fish shape and also how our bones give us our shape. Have them feel their bones. Let them feel the fish. Also, you can show them the gills, mouth, insides and tell them that these are used to keep the fish alive.

YOUR CHILD



Five Little Fishes



Your child will need your help to learn this game. Follow the lines and motions and play the game together. Soon you will both know it.

(Hold up 5 fingers, starting with the thumb, bend down one finger at a time as the verse progresses.)

FIVE LITTLE FISHES WERE SWIMMING NEAR THE SHORE
ONE TOOK A DIVE, THEN THERE WERE FOUR.

FOUR LITTLE FISHES WERE SWIMMING OUT TO SEA
ONE WENT FOR FOOD, THEN THERE WERE THREE.

THREE LITTLE FISHES SAID, "NOW WHAT SHALL WE DO?"
ONE SWAM AWAY AND THEN THERE WERE TWO.

TWO LITTLE FISHES WERE HAVING GREAT FUN
BUT ONE TOOK A PLUNGE, THEN THERE WAS ONE.

ONE LITTLE FISH SAID: "I LIKE THE WARM SUN."
AWAY HE WENT AND THEN THERE WERE NONE.

(Put hand behind back.)

YOU AND YOUR CHILD

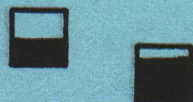
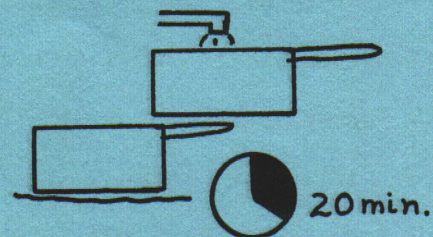
Fish and Egg Sauce

A simple nutritious recipe you and your family will enjoy. Let your child taste and describe the foods before they are mixed and after to see how the different tastes will blend together.

STEPS FOR:

- | | | |
|----|---|--|
| | MOTHER | |
| 1. | Warm <u>5 eggs</u> in warm water | |
| 2. | Add enough water in a saucepan to cover the eggs. | |
| 3. | Heat water until it almost boils. | |
| 4. | Add warm eggs and turn heat down and simmer 20 minutes. | |
| 5. | Cool eggs in cold water | |
| 6. | | |



CHILD



(Help your child measure)
Measure 1/3 cup flour and 2/3 cup instant non-fat dry milk. Mix together in a bowl.

MOTHER

CHILD

7. 
- 8.
- 9.
10. Open can of fish, drain
(1 7 oz. can of tuna or 1
1 lb. can of mackerel)
11. Sprinkle flour-milk mixture over
water. Stir until it thickens.
(Once it boils it will take about
1 minute.)
12. Turn off heat. 
- 13.
14. Season if desired.
15. Serve on toast or over boiled
noodles. Enough for 4 people.

Measure 2 cups water and add to saucepan.
Set aside.

Tap cool egg on hard surface to crack egg.

Roll between hands to help loosen the shell.

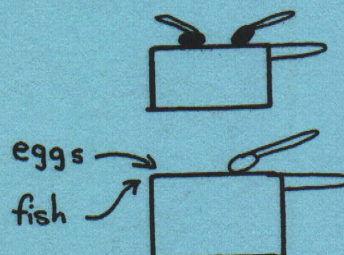
Peel. (Holding egg under running cold
water may help ease off the shell.)

With a table knife cut the eggs into
small pieces.



Measure 2 tablespoons butter or margarine
and add to sauce.

Add eggs and fish to sauce; stir until
well-blended.



YOUR CHILD

This is a game where you can help your child to cut out the foods in the rectangles at the bottom of this page with blunt scissors and have your child paste the foods onto the right shapes in the other rectangles. Once they dry, have your child color them.

