





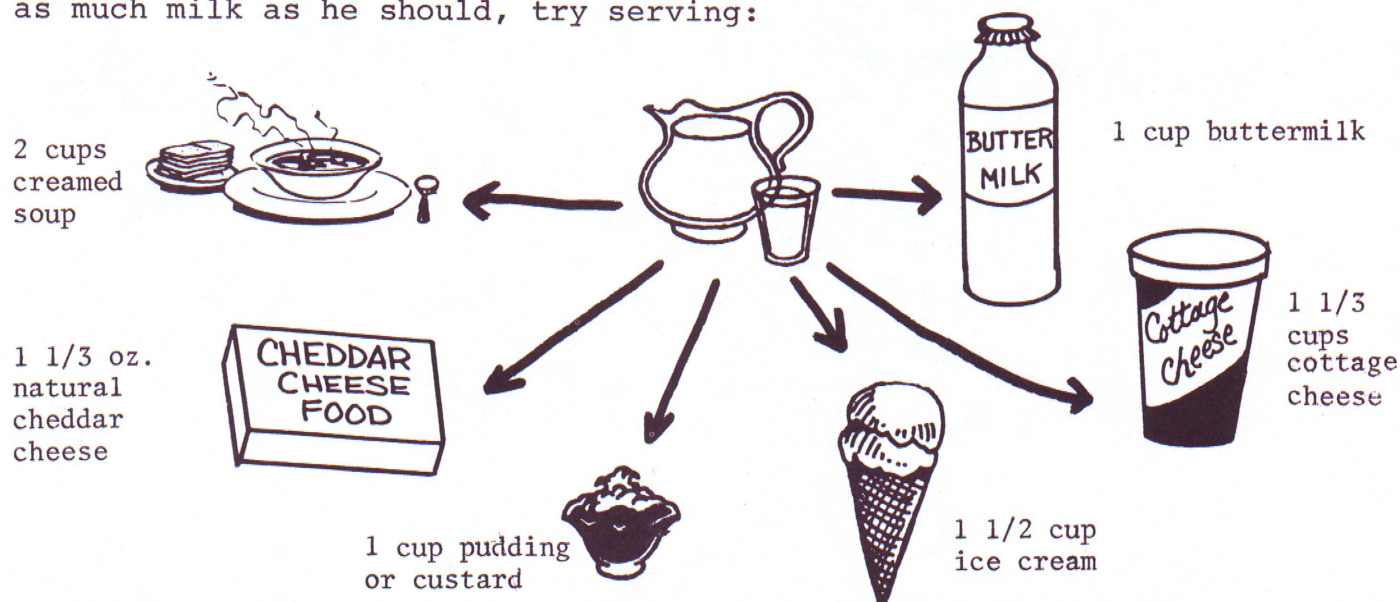
FOOD TIPS FOR MOMS & TOTS

THE GOODNESS OF MILK

MOTHER -

Everyone needs the goodness of milk. Children should have  to  cups of milk each day.

Milk can be served in many ways. If your child doesn't drink as much milk as he should, try serving:



Milk provides the protein to help build muscle and blood. It also provides calcium which is important for building strong bones and teeth. Vitamin D found in milk also helps in building strong bones and teeth.

Powdered Milk is a good source of protein and calcium and is also much more economical than buying fluid milk. Let your child help you make it -- he will see that water is a large part of milk; but milk has more than just water. Increase the protein content by adding powdered milk to: cooked cereals, cream soups, meatloaf, meatballs, mashed potatoes to name just a few.



YOU AND YOUR CHILD

Instant Pudding

STEPS FOR:

MOTHER

CHILD

1. Get 1 package of instant pudding



1 large jar with tight lid
(if you don't have a jar use a bowl)



2.



Pour 1 package of instant pudding into the jar

3.



Measure and add 2 cups milk

4.

Put on the lid



5.

Shake until it thickens - about 30 seconds. (If you use a bowl, stir until ready - about 2 minutes.)

6.

Pour into dishes; the pudding is ready to eat in 5 minutes. (If stored in the refrigerator, cover with waxed paper or plastic wrap.)

7.

Makes 4 1/2 cup servings.

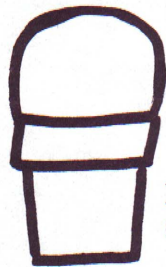
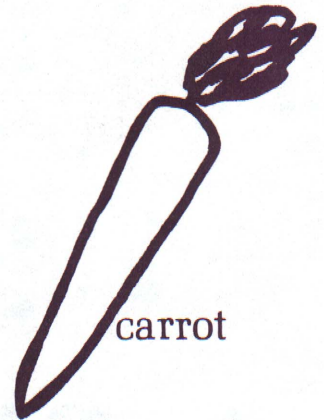


YOUR CHILD

Milk is a part of many foods. Name each of the foods for your child and then have your child name them. Have them circle the foods made from milk. Let them color all of them.



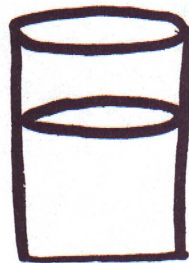
banana

ice
cream

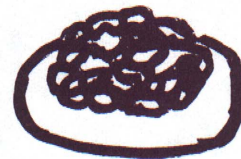
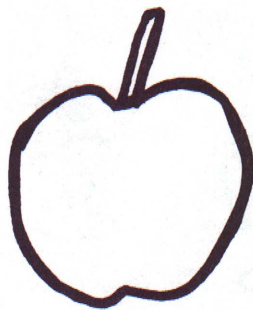
carrot



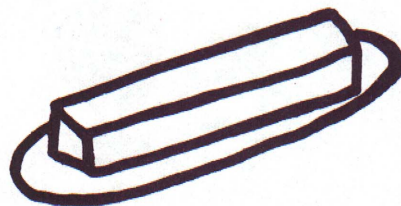
cheese



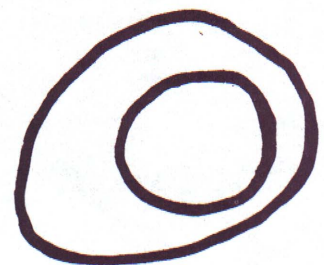
buttermilk

cottage
cheese

apple



butter



egg