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Food Tips for Moms and Tots: Breads – “The Staff of Life”

Michigan State University

Cooperative Extension Service

(N.D.)

4 pages

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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.

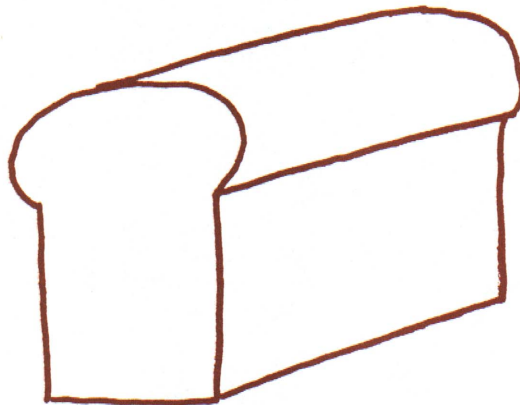


YOUR CHILD

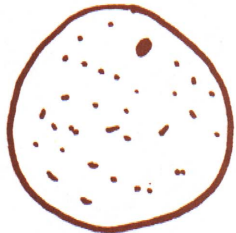
Help your child to name all the foods. Then, have your child point to the foods you can spread on bread. Let them color all of the pictures.



potatoes



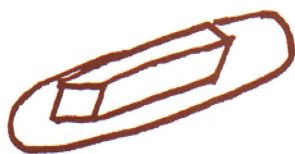
bread



orange



honey



butter



milk



Jelly

