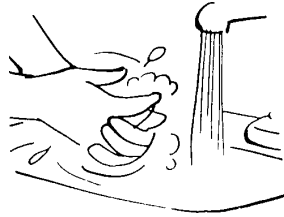


## As you and your child work together, you can teach food and kitchen safety.

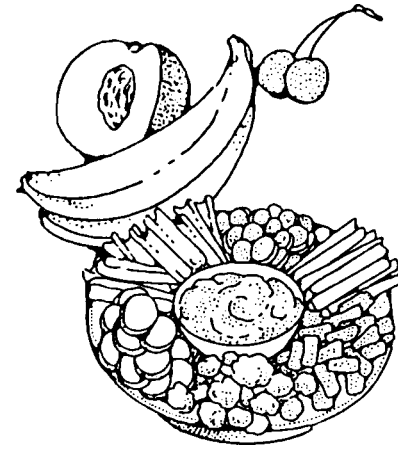
For food safety:

- Wash hands before eating or working with food.
- Wash fruits and vegetables before eating.
- Clean food areas with clean, soapy cloth or sponge.
- Put cold items like milk, cheese, yogurt, juice and meat back in the refrigerator as soon as you are done with them.



For kitchen safety:

- Help your children if they are using knives, the stove, the oven, or other equipment that can be dangerous.
- When using a peeler, peel away from yourself.
- Wipe up spills.



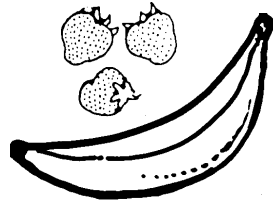
## Making Snacks with Children

Preparing healthy foods with your child will take time, but can be fun for both of you. Your child will be proud of what he or she can do in the kitchen. You will enjoy seeing your child learn new things.

# Try making these snacks together:

## Fruit Kabobs

Any firm fruits such as:  
bananas  
pineapple  
melon  
berries



Yogurt, any flavor

With a table knife, cut fruit into bite-sized pieces.  
Place fruit on tooth picks. Dip fruit pieces into yogurt.

## Tortilla Pinwheels

Flour tortilla  
Peanut butter or  
refried beans



Spread one side of tortilla with peanut butter or refried beans. Roll up firmly with the peanut butter or refried beans on the inside. Cut the rolled tortilla into 1/2" slices to form pinwheels.

## Frozen Yogurt Pudding Sandwich



2 cups nonfat vanilla yogurt  
1 package (3-3/8 ounce) vanilla or  
chocolate instant pudding mix  
30 2-1/2" graham cracker squares

Mix yogurt and dry pudding mix with wire whisk or hand beater until smooth. Spread 2 Tablespoons mixture between two crackers. Freeze about two hours or until firm. Store in airtight container or bag in freezer. Makes 15 servings.

## English Muffin Pizza



6 English muffins, split  
8 ounce can tomato sauce\*  
Seasonings (oregano, basil, garlic powder)  
1 cup chopped or sliced vegetables  
1 cup grated mozzarella cheese

Preheat oven to 350°. Place English muffin halves on ungreased baking sheet and spread each with sauce. Sprinkle with seasonings. Add vegetables; top with mozzarella cheese. Heat in oven or covered fry pan until cheese melts. Makes six servings.

\* Spaghetti sauce can be used in place of tomato sauce.