

# The Bite

A weekly information sheet from the NIU Literacy Clinic

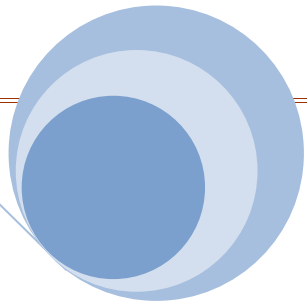
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*The NIU Literacy Clinic wants you to enjoy reading and be healthy at the same time.*

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*We are offering this informational flyer for you and your family to read and discuss things you already know about foods and to learn new information.*

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## Ten healthy foods your kids will love

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1. Add extra veggies, color, and texture to traditional tuna salad sandwiches by tossing in chopped red peppers or sugar snap peas.
2. When making tacos, cut calories and fat by using soft whole wheat tortillas.
3. Avoid products that include preservatives by preparing homemade pasta sauces, guacamole, and salsa.
4. Substitute turkey meat for ground beef when making meatballs and hamburgers.
5. Pack your child's lunchbox with fruit and water rather than with boxed juices which contain added sugar and very little fruit.
6. Make mini vegetable pizzas by splitting English muffins and topping each half with tomato sauce, cheese and veggies.
7. Add quick-cooking tiny pastas to leftover soup and store in leak-proof containers for healthy lunches.
8. Cut whole wheat pita rounds into wedges, toast them, and packing with cheese slices.
9. Freeze grapes for a delicious frozen treat.
10. Top a whole grain bagel with peanut butter and sprinkle with raisins and/or sliced bananas for a well-balanced breakfast.

The ten suggestions above came from visiting [www.foodnetwork.com](http://www.foodnetwork.com)

## Healthy Eating

Center for Science in the Public Interest

Fruit is naturally sweet, so most kids love it. Fruit can be served whole, sliced, cut in half, cubed, or in wedges. Canned, frozen, and dried fruits often need little preparation.

- ❖ Apples Apricots Bananas Blackberries Blueberries Cantaloupe Cherries Grapefruit
- Grapes (red, green or purple) Honeydew Melon Kiwis (cut in half and give each child a spoon)
- Mandarin Oranges Mangoes Nectarines Oranges Peaches Pears Pineapple Plums
- Raspberries Strawberries Tangerines Watermelon

**ACTIVITY** · Identify the fruit pictures below and circle the name above



**FRUIT SALAD — GET KIDS TO HELP MAKE A FRUIT SALAD. USE A VARIETY OF COLORED FRUITES TO ADD TO THE APPEAL.**

FOR MORE INFORMATION, CONTACT DR. MARGO WOOTAN OR JOY JOHANSON AT THE CENTER FOR SCIENCE IN THE PUBLIC INTEREST, 1875 CONNECTICUT AVENUE, NW, WASHINGTON, DC 20009

ANSWERS TO FRUIT IDENTIFICATION: KIWI, HONEYDEW, PEAR, PINEAPPLE, APRICOT

Questions? Contact the NIU Literacy Clinic at 815-753-1416

Healthy snacks donated to the Literacy Clinic by Jewel-Osco