

The NIU Literacy Clinic offers this informational flyer for you and your family to read and discuss things that you already know about foods and to learn new information.

When we find a new source for good information we will share it with you in this banner.

New Web sites:

www.webmd.com

www.kidscooking.about.com

www.healthykids.nsw.gov.au

www.medicalcityheart.com

What do you see in this picture?



(Answers on reverse)



Contact us at any time with questions about this source:

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The Bite

A weekly information sheet from the NIU Literacy Clinic



Frisco students develop five healthy snacks that kids will like

By Nancy Churnin / The Dallas Morning News

Kids come home from school ready to snack.

Too often, that means they'll start grabbing chips, soda or cookies – the kind of high-fat, high-sugar foods that can start them on the road to childhood obesity, high cholesterol, and diabetes.

And that is why it is so important to get them in the habit of making healthy choices, experts say. With that goal in mind, high school students from Frisco Independent School District's Culinary Arts Program took on a challenge from Medical City Heart and the Greater Dallas Restaurant Association to come up with healthy treats that kids can prepare for themselves. That means they also had to be safe, fast and easy for kids to prepare.

The judges were fifth-graders who were each given three coupons to put in front of the three snacks they liked the best out of eight offered.

The teen chefs demonstrated how to prepare their snacks and offered samplings under the watchful eye of the executive chef and director of the culinary arts program. Afterwards, the very satisfied fifth graders confessed the tough part was choosing favorites.

Recipes for the top three snacks are provided on the reverse. Try these at home and let us know which one is your favorite.

Secrets of Healthy Snacks for Kids

By Jennifer Warner

Finding a healthy snack for kids may seem like finding a needle in a sugarcoated haystack, but experts say a few simple tricks can help parents sort through the hype.

Most snack foods marketed for kids tend to be loaded with fat and sugar, but by reading food labels before bringing potential snacks home, parents can help their kids make smart snacking decisions.

Experts say snack time actually can be an opportunity to supplement children's diets as well as calm hunger pangs between meals.

"It's a good time to give them what they are missing throughout the day, not to be repetitive," says Miami based registered dietitian Claudia Gonzalez. "For example, if you had cereal and milk for breakfast, what's missing is fruit, so you can use snack time to complement the other meals."



How many of these did you find in the picture on the front?

Cookies, cookie sheet, refrigerator, milk carton, apple, grapes, canned food, skillet, egg, strip of bacon, bowl, chicken drumstick, spoon, spatula, oven, loaf of bread, plate, fork, knife, spoon and cup.

FRUIT SHISH-K-BOBS (Jordon Molder and Alessandra Bernd)

Cut **1/3 small banana** into small pieces, cut the green leaves off the top of **3 strawberries**. Take a skewer and stick the banana, strawberries and **3 grapes** on it, alternating fruit. Put **2 teaspoons Nutella** in a zip-top bag. Mash it around until it is soft and push it all to one corner of the bag. Once most of it is in a corner, take your scissors and cut a small piece of the corner so you can squeeze it out on the fruit.

PER SERVING: Calories 113, Fat 4 g (1 g sat) No Cholesterol, Sodium 6 mg, Fiber 2 g, Carbohydrates 20 g, Protein 1 g

MOON PIE (Amanda Schneider, Teresa Medrano and Nataly Mora)

Spread **1 tablespoon of crunchy peanut butter** thinly enough just to cover **1/2 slice of very thin bread**. Spread just enough **marshmallow crème** thinly enough to cover the **second 1/2 slice of bread**. Cut up **1/4 extra small banana** into little circles and place on the marshmallow crème. Top with the slice of bread with peanut butter.

PER SERVING: Calories 241, Fat 9 g, No cholesterol, Sodium 125 mg, Fiber 3g, Carbohydrates 37 g, Protein 1 g



ANTS IN A BOAT (Don Nichols)

Take an **apple slice** (about 1/8 of an apple) and stand it up on its peel. Spread **1 teaspoon peanut butter** on top. Put **4 raisins** on top of the peanut butter.

PER SERVING: Calories 47, Fat 3 g (1 g sat), No cholesterol, Sodium 25 mg, Fiber 1 g, Carbohydrates 5 g, Protein 1 g

Do you have a favorite snack recipe that you would like to share with the Literacy Clinic? Bring the recipe to your next session and we might use the recipe and your name in a future issue of "The Bite".