

# NUTRITION BITS AND BITES

Unlock the Potential of Food



## Cook and Learn about:

**Language:** How do you read a recipe or write a grocery list?

**Math:** How do you measure ingredients and work with fractions?

**Science:** What will happen when you boil an egg or make bread?

**Social studies:** What food is grown in Canada and around the world?

**Food skills:** How do you stir, chop, knead, pour and scoop?

**Social skills:** How can we work together, take turns and share utensils?

## The Potential to Discover

Foster healthy eating habits in children by helping them to shop and cook. Five tips for getting your kids involved:

1. **Pick a recipe and shop together:** Children need to be part of the plan from the beginning, and it helps if they choose and prepare something they love to eat.
2. **Incorporate learning:** Build on lessons they learn in school such as math, social studies, spelling, science and reading. Younger children can practice fine motor skills.
3. **Keep it fun!** Imaginative play helps children get deeply involved. Have a theme night or turn your kitchen into a restaurant.
4. **Be a role model:** If you're excited they will be too. Try a new food, describe the flavor and be adventurous to inspire your kids to do the same.
5. **Be cool about the mess:** Spills and accidental messes happen; it's important to remain calm.

*Adapted from the Dietitians of Canada's Nutrition month campaign materials. Find more information about Nutrition Month at [www.NutritionMonth2019.ca](http://www.NutritionMonth2019.ca)*

*Disclaimer: Some recipes or food suggestions may not be suitable for people with allergies. Please check with your local school to identify foods that are acceptable or unacceptable in the classroom.*

## Overnight Hearty Oatmeal Breakfast

### Ingredients:

- 1 cup (250 ml) milk
- 1 cup (250 ml) plain yogurt
- ¼ tsp (1 ml) vanilla extract
- 1 Tbsp. (15 ml) natural peanut butter
- 2 tsp. (10 ml) honey
- 1 ripe banana (mashed)
- 1 cup (250 ml) large flake oats
- 1 cup (250 ml) fresh mixed berries (blueberries, raspberries, black berries)

### Recipe Information:

- Preparation Time: 5 Minutes
- Refrigeration Time: 8 hours
- Yields: 2

### Instructions:

Step 1 – In a medium sized bowl mix together milk, yogurt, vanilla, peanut butter, honey, bananas and oats until well blended.

Step 2 – Split in two separate Mason jars. Top each with ½ cup (125 ml) mixed berries. Refrigerate for at least 8 hours

Tips – This recipe can be served warm as well. To enjoy hot, microwave for 1 minute with Mason jar lid off.

Recipe Source: <https://www.dietitians.ca/Downloads/Public/07---Nutrition-Month-2019/Recipes-2019-Nutrition-Month/NM19-Recipe-02-Overnight-Hearty-Oatmeal-Breakfast-.aspx>

Cooking with kids at any age can be fun and easy. If your kids get cooking now, chances are they will keep up this good habit as they grow older. In this recipe kids can help to:

- Measure the ingredients
- Mash the banana
- Stir the ingredients



**\*\* Refer to the Allergy Newsletter (September issue) for substitution ideas.**

For more information on nutrition and healthy eating, visit:

<https://www.southernhealth.ca/finding-care/health-info-for-you/nutrition-and-healthy-eating/>

To access previous school nutrition newsletters, visit:

<https://www.southernhealth.ca/whats-happening/nutritional-newsletters/>

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