

Read it and Eat it!

Read it: The Hungry Farmer

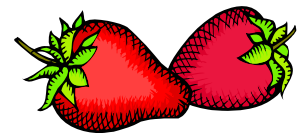
Questions you could ask your child after reading:

1. **What other foods are made out of flour besides bread?**
Answer: bagels, tortillas, crackers, pasta, etc.
2. **Where does the bread in our house come from?**
3. **What do you like to put on bread?**



Eat it: Berry Rollups

This snack is a snap to make and a treat to eat! Ask your child to show you how! Today your child heard the story *The Hungry Farmer*, learned about how bread is made and prepared their own berry rollups to eat. Use the berries in this package for the recipe. Your child can help cook by washing the fruit and rolling out the bread. With supervision, children can also cut the berries with a butter knife.



Ingredients:

1/2 cup berries (any type)
1 slice soft whole wheat bread
1/4 cup low fat vanilla yogurt

Instructions:

1. Cut the whole wheat bread in two pieces.
2. Roll out the bread into a rectangle using a rolling pin.
3. Spread yogurt in a thin layer on bread.
4. Slice larger berries into small pieces.
5. Sprinkle berries on top of yogurt.
6. Roll bread up and enjoy.

Nutrient Analysis: NATS 2.0

Makes 2 rollups
70 calories per serving

Berries

- Berries are a colorful way to add minerals and fiber.
- Minerals like copper help our body absorb other nutrients from the food we eat.
- Fiber keeps bowel movements regular.
- Berries can easily be frozen and used later when they are not in season.

What else can I cook with berries?

Try this recipe using **COLORFUL**, fresh or frozen berries!

Fabulous Fruit Muffins Makes 9 muffins

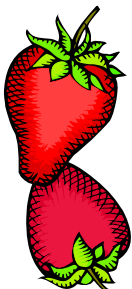
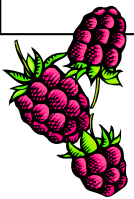
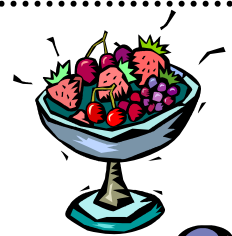
Ingredients

1-1/4 cup flour
1/4 cup sugar
1 teaspoon baking powder
1/2 teaspoon baking soda
3/4 cup low fat buttermilk
2 tablespoons melted margarine
1 slightly beaten egg
1/2 teaspoon vanilla extract
1 cup coarsely chopped fresh or defrosted from frozen berries of other fruit

Steps

1. Heat oven to 400 degrees. Spray muffin tins with cooking spray.
2. In a large bowl, combine flour, sugar, baking powder, and baking soda. Stir well until all ingredients are blended.
3. In another bowl, combine buttermilk, margarine, egg, and vanilla. Pour this mixture into dry ingredients.
4. Using a large spoon, gently stir ingredients until just moist (do not over-mix). Add fruit and stir gently (do not over-mix).
5. Spoon batter evenly into 9 muffin cups.
6. Bake 20-25 minutes or until golden brown. Leftovers may be frozen.

Only wash berries right before you use them. Washing them before this will cause them to mold easily. Raspberries and blackberries tend to absorb water, so wash them gently and briefly.



Kid's Corner

Draw a picture of your favorite berry!

