

TABLETALK

MARCH, 2009 ❁ CHILD FOOD PROGRAM OF TEXAS ❁ P.O. BOX 5465 ❁ KATY, TX 77491 ❁ 281-395-7000, TOLL-FREE: 877-395-6560, Fax: 281-395-7002

Variety

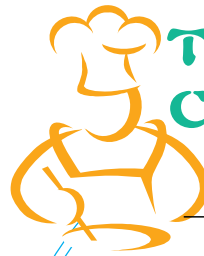
For preschoolers, food variety promotes the positive and pleasurable aspects of eating by exploring a wide range of foods with different colors, flavors and textures. Preschoolers are eager to learn about the nature of food. From an early age most delight in exploring the textures and savoring the tastes of various foods.

Even simple activities such as helping to cut open a pumpkin or make muffins are ways children learn about food. Preparing food gives young children a feeling of accomplishment. It also encourages them to eat these foods. Potatoes the preschooler has helped to mash or radishes she has picked from the garden are more appealing than those that just appear on the table.

Cultural Foods

Children eat according to the eating traditions of their family. These traditions are a valued aspect of their culture. Many foods we might eat occasionally, such as sweet potatoes, bok choy and buckwheat, are enjoyed regularly by different cultures. Different cultures also use common foods such as chicken and fish in recipes that show their cultural heritage.

Learning to appreciate food as prepared and enjoyed by other cultures can add to the interest children already have in food and eating. For example, by offering a staple food such as bread in its many forms (pita, bannock, focaccia, bagels, chapattis, tortillas) and discussing the origins of the food, children can begin to appreciate the cultural diversity that food choices reflect.



Tips from Chef Bob

CHICKEN NACHO BAKE

Ingredients: 4 small boneless skinless chicken breast halves (1 lb.) ; 1/2 cup chunky salsa; 1/4 cup sour cream ; 1/2 cup crushed tortilla chips ; 1/2 cup Mexican Style Finely Shredded Four Cheese . **Directions:** preheat oven to 400°F. Place chicken on foil-covered baking sheet. Slice three cuts on top of each chicken breast with sharp knife. Top each chicken breast evenly with salsa, sour cream and tortilla chips. Bake 20 min. Remove from oven; sprinkle with cheese. Bake an additional 10 min. or until chicken is cooked through (165°F).

SCHEDULED DATES FOR 2009 TRAINING

Please Note: This training is no longer mandatory for the food program. It's for licensing clock hours.

<u>Date</u>	<u>City</u>	<u>Location & Time</u>
March 28	S.W. Houston	7979 S. Kirkwood, Houston, 77072 (Alief Library), 9:30-12:30
April 18	Alvin	105 South Gordon, Alvin, 77511 (Alvin Library), 10:30-1:30
April 20	Irving	906 S. Senter, Irving, 75060 (Graden Art Center), 7:00-8:00 pm
May 2	Fort Worth	4001 Liberty Lane 76109 (S.W. Regional Library), 10:00-100
June 6	North Houston	11331 Airline Drive, 77037 (Aldine Branch Library), 10:30-1:30
August	TBA	Dallas & Houston Areas

Please note: there is no Plano class this year.