



Dear Parents...

A milk shake can be a healthy snack or treat, especially if you make it yourself and use fruit and low-fat or non-fat milk or frozen yogurt. Try one of these “yummy, scrummy,” bone-building milk shakes.

Choco-Nana Dream

Serves 2

- 1 cup low-fat chocolate milk
- 1 ripe banana
- 1 cup chocolate or vanilla low-fat frozen yogurt
- 1 tablespoon chocolate syrup

1. Peel banana and break into chunks. Place chunks in blender cup.
2. Add milk, yogurt, and chocolate syrup.
3. Cover and blend until smooth. Serve in a tall glass.

Blueberry Blast

Serves 2

- 2 cups fresh (washed) or frozen blueberries
- 1 cup orange juice
- 1 cup low-fat vanilla yogurt
- 1 cup ice cubes
- 1 teaspoon sugar
- 1/2 teaspoon vanilla (optional)

Put all ingredients into a blender cup and blend until smooth. Serve in a tall glass.

Choco-Nana Dream and Blueberry Blast, copyright© 2003 United Dairy Industry of Michigan (www.udim.org)



There are lots of great books that can motivate your kids to eat more dairy foods. Check out these books from your school or local library:

***Extra Cheese, Please!* by Cris Peterson**

***The Milk Makers* by Gail Gibbons**

***What's for Lunch? Milk* by Claire Llewellyn**

Family and Consumer Sciences program staff at MSU Extension can answer questions or help you learn more about money management, parenting, and food, nutrition and health issues. Michigan State University Extension educators integrate university and community resources to provide tools that help families succeed. For more information on Family and Consumer Sciences programs in Michigan call your county MSU Extension office. Check the government section of your phone book for contact information for your local Extension office.

Raising a Reader



“Read It Again!”

When a child really likes a book, he or she will often ask to hear it again and again. Sometimes special phrases from a story, sentences that rhyme or have a pattern, and chants that repeat throughout a story seem to get “stuck” in children’s minds, and we hear them repeated over and over again. **That’s a good thing.** As a parent you should encourage this type of repeating when it happens, because repeating is an important first step in helping children become good readers.

Seeing you or an older child read will make your child want to learn to read, too. Children are especially interested in stories that describe or show things that are connected to their own daily lives

such as food, eating, and family mealtime. Reading books with repeating rhymes or phrases that also show food and eating in a positive way can help your child learn to eat better and to read better.

There are dozens of fun and exciting books available in the school and local library that link food, reading, and repeating. Listed below are a few books that do an especially good job of including the type of repeating rhymes and phrases mentioned above. Check them out! These books are sure to have your child saying:

“Read It Again!”

Check Out These Books:



Oliver’s Milk Shake by Vivian French
The Unbeatable Bread by Lyn Littlefield Hoopes
The Enormous Potato by Aubrey Davis
Froggy Bakes A Cake by Jonathan London
Peanut Butter Party by Remy Charlip



Other Ways to Link Nutrition and Reading

1. Help your child to read display signs and food packages at the grocery store.
2. Tack up a new food word (e.g., peas, chicken, milk) on your refrigerator each week and teach your child to spell it.
3. During dinner, ask your child what letter each food on his or her plate begins and ends with, and what food group it belongs in.
4. As a family, create a dinner menu. Be sure to include lots of fruits and vegetables and milk to drink. Post it on your refrigerator.

This project has been partially funded with Federal funds from the United States Department of Agriculture (USDA), Food and Nutrition Service by way of Family and Consumer Sciences programs – the Michigan Nutrition Network and Michigan Team Nutrition – at Michigan State University Extension. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, marital status or family status. MSU is an affirmative-action, equal opportunity institution.

©2003 Michigan State University Board of Trustees. This material may be copied for purposes of non-profit educational groups with credit given to MSU.

