

Simple Ways to Encourage Healthy Eating Habits

Fun With Food

Apple picking is fun for the entire family. Your child will see where apples grow, and you'll help support a local farmer. For a list of pick-your-own farms, see www.harvestontario.com/tor.html



After the trip munch on some yummy apples and try this craft.

Materials (per child):

- 2 paper plates
- brown pipe cleaner
- green, red and/or yellow construction paper
- 2 wiggly eyes
- crayons
- glue



Here's how:

- Glue 2 paper plates together, back to back. Leave enough space to insert a brown pipe cleaner twisted in the shape of a stem.
- Cut a leaf out of the green construction paper and glue it on.
- Cut a circle out of paper for the face. Use your favourite apple colour - red, green or yellow.
- Glue on 2 wiggly eyes and draw a face.

Tofu Chili

Enjoy this hearty vegetarian chili that's ready in no time. It uses tofu – a meat alternative also known as soybean curd. Need some help? Your child can crumble the tofu into a bowl, sprinkle in the seasoning or help set the table.

Ingredients

1 tsp.	vegetable oil	5 mL
1/2 cup	onion, chopped	125 mL
1 package	tofu, firm, crumbled	350 g
1 – 2 tsp.	chili powder	5 – 10 mL
1 tsp.	salt	5 mL
1 tsp.	dried oregano	5 mL
1 can	mushroom pieces, drained	10 oz/ 284 mL
1 can	kidney beans, drained	14 oz/ 398 mL
1 can	tomato paste	5.5 oz/ 156 mL
1 can	diced tomatoes	28 oz/ 796 mL

Directions

1. In a large pan, heat vegetable oil over medium heat and cook onion until soft.
2. Crumble tofu into pan and add chili powder, salt and dried oregano.
3. Add remaining ingredients and simmer until thoroughly cooked (approximately 15 minutes).



Makes 6 servings

(Cooking in the Community, Toronto Public Health, 2004)

Meals at a Glance – Dinner

With the weather cooling down try these dinner recipes to warm your family up. As you make and eat dinner together talk about your day and enjoy a walk afterwards.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Szechuan orange ginger chicken with vegetables and brown rice	Pizza and tomato, cucumber and pepper salad	Tofu chili, whole wheat rolls and milk	Beef and broccoli stir fry with noodles	Veggie fries and fish fingers, milk-based pudding	Enchiladas with black beans and cheese, fruit salad	Squash stuffed with spinach and ground turkey, chocolate milk