

Simple Ways to Encourage Healthy Eating Habits

Potato and Pea Frittata

A “frittata” is an Italian style omelet that is eaten warm or cold. Your child can help you prepare it by washing vegetables, mixing ingredients, or scooping the mixture into the muffin cups.

Ingredients

| | | |
|---------|------------------------------------|--------|
| 2 | medium potatoes, cooked and cooled | 2 |
| 1 cup | frozen green peas, thawed | 250 mL |
| 8 | eggs, beaten | 8 |
| 1/4 cup | Parmesan cheese, grated | 50 mL |
| pinch | pepper | pinch |
| 1/4 cup | red pepper, diced | 50 mL |

Directions

1. Preheat the oven to 425°F. Lightly grease a muffin tin.
2. Dice the potatoes and mix with the peas in a bowl. Place 2 spoonfuls of the potato and pea mixture in each muffin cup.
3. Beat together the egg, cheese and pepper in a bowl.
4. Pour the egg mixture into muffin cups filling each one almost to the top. Sprinkle with 3 to 4 pieces of red pepper.
5. Bake for 20 minutes or until puffy and golden.

To serve, remove each frittata from the muffin cups.

Makes 8 servings

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

Fun With Food

My Favourite Fruit Rhyme

Teach your child this rhyme and act it out together. You can also change the focus to talk about your favourite vegetable. After you're done enjoy your favourite fruit and vegetables together.



_____ are my favourite fruit.
 (Make a fist as if holding your fruit)
 I eat one every day.
 (Hold up one finger)
 I always take one with me

(Pretend to put it in your pocket)
 When I go out to play. (Wave bye-bye)
 It gives me lots of energy (Make a muscle)
 To jump and run around. (Pretend to jump and run)
 _____ are my favourite fruit (Rub tummy)
 To me they're so much fun!



Meals at a Glance – Breakfast

Our bodies need to be reenergized in the morning with a healthy breakfast. A balanced breakfast includes foods from at least three of the four food groups from *Canada's Food Guide to Healthy Eating*. Running out of ideas? Try some from the menu below. Or ask every family member to plan breakfast one day each week.

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------|--|--|---|--|---|-------------------------|
| Cornmeal porridge, banana | Brown rice with green peppers, canned tomatoes and black beans | Raisin bread, yogurt and orange wedges | Crepes with spinach, turkey bacon and mushrooms | Soybean milk, meat and vegetable dumplings | Whole wheat blueberry pancakes (topped with more berries), milk | Potato and pea frittata |