

# Simple Ways to Encourage Healthy Eating Habits

## Yummy in the Tummy Banana Muffins

Spend a weekend morning with your child baking these tasty muffins. Your child can help mash the bananas, stir the ingredients, or scoop batter into the muffin cups.

Try this recipe when creating some secret message muffins (check the Winter 2005 Simple Ways to Boost Your Child's Self-Esteem activity sheet).



### Ingredients

1/2 cup	all purpose flour	125 ml
1/2 cup	whole wheat flour	125 ml
2 1/2 tsp	baking powder	12 ml
1/4 tsp	baking soda	1 ml
3/4 cups	rolled oats	175 ml
1/2 cup	white sugar	125 ml
1/4 cup	lightly packed brown sugar	50 ml
2	medium, ripe bananas	2
1	egg	1
1/2 cup	milk	125 ml
3 tbsp	non-hydrogenated margarine,	45 ml
	melted	

### Directions

1. Preheat oven to 375 F (190 C).
2. Put the all purpose flour, whole wheat flour, baking powder and baking soda in a large bowl. Stir in oats, sugar, and brown sugar. Set aside.
3. Mash bananas in a medium bowl. Add egg, milk, and melted margarine. Mix well.
4. Stir banana mixture into the dry ingredients. Stir just until blended. Do not over mix.
5. Lightly grease 12 large muffin cups. Put the muffin batter into the muffin cups.
6. Bake in oven until tops are firm when lightly touched with your finger, about 18-20 minutes.
7. Remove muffins from the tin and cool.

Makes 12 muffins.

(The Basic Shelf Cookbook, City of York Health Unit, 1995)

## Fun With Food

Make a "*Personalized Placemat*" with your child. You will need one piece of construction paper for each of you as well as some crayons or markers. Everyone can draw their favourite foods – try to include one from each of the food groups. Then use the placemats during snack!



## Snacks at a Glance

Young children need snacks. Their stomachs are small and they have high energy needs, so they need to eat often throughout the day. Enjoy these snacks as a family before going out to play in the snow.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yogurt drink, trail mix made with pretzels, multi-grain cereal, granola	Apple or pear wedges, cheddar cheese slices	Oatmeal raisin cookie, warm chocolate milk	Lean chicken or turkey slices with tomato on whole wheat English muffin	Fruit slices, yogurt for dip	Mini carrots, pepper slices, mini whole wheat pita, hummus or guacamole for dip	Yummy in the Tummy banana muffin & milk