

Have You Heard?

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Cheese makes a super snack for youngsters. It is nutritious, full of flavor and fun to eat.

And kids enjoy cheese because it tastes so good. A recent Gallup poll revealed that five of the 10 most popular foods of youngster use cheese as an ingredient. These cheesy favorites are pizza (the number one choice), cheeseburgers, macaroni and cheese, tacos and grilled cheese sandwiches.

Not only a top pick for taste, cheese is also a nutritious snack choice. Children need proportionately more calories, protein, vita-

mins and minerals than adults, and foods made with cheese aren't empty calories. Nutrient-dense cheese provides high-quality protein along with phosphorus, potassium, vitamins A and D, vitamins B6 and B12 and riboflavin. In addition, cheese is an excellent source of the calcium small bones need to grow big and strong.

To give your children the nutritional benefits of cheese, surprise them with fun to eat cheese snacks:

- * Spread a mini-rice cake with plain or flavored cream cheese. Decorate with raisins and finely

shredded carrot, sliced fresh fruit, sliced fresh vegetables or diced dried fruit and peanuts.

- * Skewer chunks of cheddar and Swiss cheese with whole fresh strawberries, grapes, apple slices and fresh pineapple cubes to make fruit and cheese kabobs. For preschoolers, skip the skewers and place the fruit and cheese in plastic bags for out of hand snacking.

- * Use cookie cutters to cut cheese slices into fun shapes for crackers or festive sandwiches.

- * Layer a soft flour tortilla or bread with slices of cheese and turkey breast or lean ham. Roll into a log and cut into 3/4-inch slices. Keep the pinwheel shape by securing each snack-size round with a tooth pick.

Research shows that children who snack properly tend to be better nourished than those who do not snack at all. They are hungry less often and therefore are less irritable and more likely to perform well in school and extracurricular activities.

To encourage nutritious snack-

ing in your household:

- * Set a good example. Join your child for a treat of celery and cream cheese rather than a handful of potato chips.

- * Buy nutritious snack foods such as fruit juice, fresh vegetables, cheese, peanut butter, and popcorn.

- * Never use a snack as a pacifier, reward or punishment. This attaches an emotional value to food and may lead a child to nibble without being hungry.

- * Allow your child to assist in snack preparation. Safe, easy, and nutritious recipes like Funny Face Pizza will entertain as well as acquaint your child with the kitchen and ingredients.

FUNNY FACE PIZZA

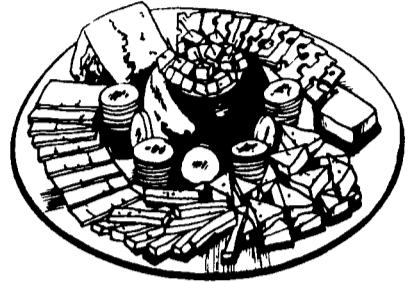
2 tablespoons prepared pizza sauce

1 pita bread, about 4-inches in diameter

1 square slice Mozzarella cheese

Thinly sliced green pepper strips

2 slices pitted ripe olives
Thin carrot slice, cut in half
Spread pizza sauce over one side of pita bread. Cut a mouth from the cheese slice. Place cheese slice over pizza sauce. Make a face on cheese slice using green pepper strips for hair, olives for eyes and half a carrot slice for nose. Place on a microwave safe plate. Microwave on Medium (50%) for one minute, or until cheese is melted and sauce is hot. Serve immediately. Makes one serving. If you do not have a microwave, bake on a cookie sheet at 350 degrees F. for 10 to 12 minutes, or until cheese is melted and sauce is hot.



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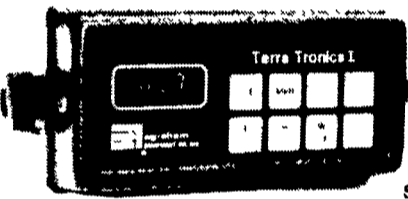
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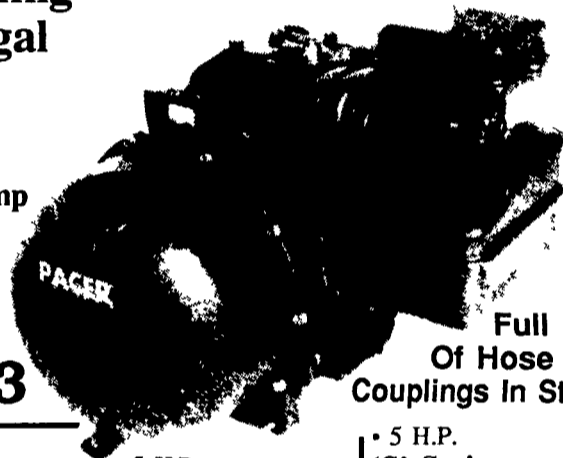
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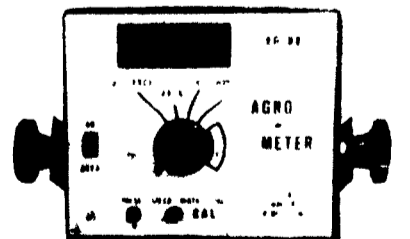


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