



Parent Guide

Nutrition on the Bookshelf

Stone Soup, a folk tale

Before You Read

Reading to your child can be fun. Nutrition on the Bookshelf will help your children learn about eating healthy foods. Each story deals with some special ideas about food. This Parent Guide will help you talk about these ideas.

Read the book out loud to yourself before you read it to your child. Think about the nutrition ideas in the book. Think about how you can relate them to your child as you are reading it. Stone Soup is a long story. You can shorten the story by just “reading the pictures.”

The Story

Soldiers are marching home and they are hungry. They stop in a village to ask for some food. The villagers don't want to share their food.

They tell the soldiers that they do not have any. The soldiers suggest they make stone soup. The villagers wonder how you can make soup from a stone. As the stone soup cooks, the soldiers suggest other foods that could make it taste better. The villagers add the foods they have been hiding. When the soup has cooked the villagers join the soldiers in sharing the soup and bread.





Nutrition Ideas

- ✓ Eating a variety of vegetables is important for healthy skin, eyesight, blood and muscles.
- ✓ Many healthy foods combine vegetables, grains or pasta with a small amount of meat to make a complete meal.
- ✓ Sometimes we can make our food go further by using a combination of what we have.
- ✓ Sharing food with others is fun.

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Something to Think About

When you read the book to yourself think about these ideas.

-  The soldiers knew that soup can make a whole meal.
-  Soup can be made from any vegetables and grains or pasta that you have.
-  The soldiers knew the stone had nothing to do with the flavor of the soup. They used it as a way to get the villagers to think of the foods they had would make the soup taste good.
-  Vegetables cooked in combination with other foods can taste good.

Something to Talk About

Before you begin to read the story to your child, look at the cover of the book. Ask your child what she/he thinks the story is about. The first time you read the story with your child, talk about these ideas.

Why did the villagers say they didn't have any food?

Sometimes when we think we don't have enough food we don't want to share it with others. Talk about how sharing food can be enjoyable for everyone.

Why did the soldiers suggest using a stone to make the soup?

Sometimes when we don't have much food, it is difficult to think of ways to use what we have to make a complete meal. The soldiers knew that the villagers would wonder how soup could be made from a stone and they would be willing to add the foods to make it taste good.

What other kinds of vegetables or grains (pasta) could the soldiers have suggested for the soup?

Ask your child to suggest some of his/her favorites. Sometimes combining vegetables with other foods can give them a different taste. Ask your child to name other food combinations that are his/her favorites.

Something to Do

Make Stone Soup.

You can make your own “stone soup” by using a variety of vegetables, a grain or pasta and a little meat if you wish. Help your child select a small stone and wash it very well with hot soapy water.

- 1) Put the stone in a pot with at least two cups of water. Start heating it.
- 2) Add three, four or more different vegetables. These can be fresh, canned or frozen vegetables. Use left over vegetables from other meals if you have them. Let your child help select the vegetables. Some suggested combinations are: onions, green beans and tomatoes or onions, peas and carrots.
- 3) Add about $\frac{1}{2}$ cup of chopped meat or poultry. Use leftover meat from other meals.
- 4) Add salt and pepper to suit your taste. Add some Italian seasoning or other spice.
- 5) Add the grain, about $\frac{1}{4}$ cup of rice or barley or about 1 cup of macaroni or other pasta.
- 6) Serve when grain or pasta is tender.



Things your child can do:

- ✓ wash vegetables
- ✓ add the different foods to the pot
- ✓ stir the soup now and then

Safety Tip! Supervise your child closely when he/she is helping you cook at a hot stove. Make sure the handle of the pot is turned to the back of the stove and the child is standing on a sturdy stool. Be very careful when cooking any hot food. It can cause a severe burn.

Eat soup with a salad.

Children like to make their own food and salads are something easy for them to do. Let your child tear the lettuce while you prepare the ingredients. Then let your child “build” his/her own salad. Have a variety of textures, flavors and colors ready to try. Use at least one new vegetable to try in the salad.



Food Safety Tip! Wash hands before cooking. It is a good habit to teach your child to wash his/her hands especially after going to the bathroom or petting an animal. Use warm water and soap. Rub hands together for at least 20 seconds.

Eat soup with a sandwich.

A sandwich is easy for your child to help to make. You can use a variety of meat or other fillings like cheese. Peanut butter is a favorite of children. For extra nutrition use a whole grain bread like whole wheat, rye, or oatmeal. A sandwich can also have other fillings like lettuce or tomato or both. Cut the sandwich in small pieces. It is easier for your child to handle smaller pieces.

Easy Tuna Sandwich Filling

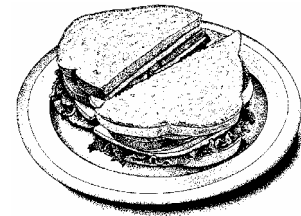
1 can light tuna packed in water

Select one or more from the following list:

1 to 2 tablespoons onion chopped very fine

1 stalk of celery chopped into small pieces

1 to 2 tablespoons green bell pepper chopped into small pieces



Mix in 2 to 3 tablespoons reduced fat mayonnaise. Add a little zesty flavor by using plain low-fat yogurt for part of the mayonnaise.

What your child can do:

- stack the fillings on the bread
- mix ingredients

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The Stone Soup Soldiers' Guide to Good Nutrition

The soldiers in Stone Soup included foods from all the food groups in the soup. The chart below will help you select the right amount of food from each of the food groups. Use the recommend number of servings or portions for each food group. It is easy to overeat in one food group and not enough from a different food group if you do not use the correct portion or serving size.

<u>Food Groups</u>	<u>Food</u>	<u>One child size serving is:</u>
Bread	Whole grain bread	1/2 slice
	Cereal, Rice, Pasta	1/4 cup
Fruit and Vegetable	Whole Fruit	1/2 medium size
	Juice	1/3 cup
	Leafy raw vegetables	1/2 cup
	Other fruit/vegetable	1/4 cup
	Canned, cooked or raw	
Dairy	Milk	1/2 cup
	Cheese	1 slice
	Yogurt or pudding	1/2 cup
Meat, Eggs, and Beans	Meat/fish/poultry	1/4 cup cooked
	Eggs	1 egg
	Peanut butter	2 Tablespoons
	Cooked beans	1/2 cup

- ✓ The serving sizes are only a guide.
- ✓ If your child does not like a certain food in one of the food groups, then offer a different food from the same food group.
- ✓ Put small portions of food on your child's plate. Your child will eat better if he/she can finish all the food on the plate.
- ✓ Let your child ask for more if he/she does not feel full.
- ✓ Don't force your child to clean his/her plate. Some days your child may be more hungry than other days.

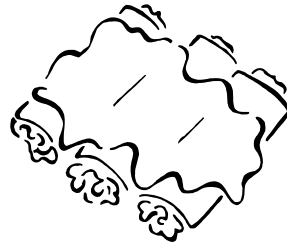
Stone Soup Soldiers Favorite Recipes

The Stone Soup the soldiers made is called a one pot meal. One pot meals are easy to make when you don't have much time. One pot meals should be made with foods from each of the food groups. Here is a one pot recipe that uses corn tortillas from the bread group, tomatoes and bell pepper from the vegetable and fruit groups, beans from the meat group, and cheese and yogurt from the milk group.

Enchilada Casserole

Make a sauce by mixing these ingredients together in a skillet.

- 2 cups cooked beans**
- 1 onion, chopped**
- 1 /2 teaspoon powdered garlic**
- 1 bell pepper, chopped**
- 1 can chopped tomatoes or**
1 ½ cups chopped fresh tomatoes.
- 1 tablespoon chili powder**
- 1 teaspoon cumin powder**



Simmer over low heat for about 10 minutes, stirring occasionally.

Other ingredients:

- 8-10 corn tortillas**
- ½ cup plain non-fat or low-fat yogurt**
- ½ cup non-fat cottage cheese**
- ¾ cup grated low-fat cheese, Cheddar or Monterey Jack or a combination**

To make the casserole:

Remove ½ of the sauce mixture from the skillet. Tear ½ the tortillas into several pieces. Put the pieces over the top of the sauce in the skillet. Mix cottage cheese and yogurt together. Spread ½ cup of this mixture over the top of the tortillas. Repeat with the remaining sauce, pieces of tortillas, and cottage cheese/yogurt mixture. Cover and simmer for about 10 minutes. Add grated cheese and continue cooking for about 5-10 minutes, until cheese is melted. Makes 4 servings.

Whatever You Have On Hand Casserole

Mix these ingredients together in a baking dish.

Use 1-2 cups of any of these: **cooked rice, cooked noodles or cooked pasta.**

Use 1-2 cups of any pre-cooked vegetables: **broccoli, cauliflower, peas, carrots, celery, onion, or raw zucchini.**

Use ½ to 1 cup grated **reduced fat cheese or processed American cheese.**

Use 1-2 cups cooked **chicken, turkey or ham** cut into small pieces.

Use 1 can of **low-fat cream soup: mushroom, celery or other.**

Top with **crushed crackers** and bake in a 400° oven until bubbly.