PARENTING MINUTES:
HEALTHY EATING PARENT WORKSHOP

Goal: Support parents and caregivers in making healthy food choices for their families

Use these Parenting Minutes videos, discussion questions and suggested activities to guide parents and caregivers through a simple workshop that will support families in preparing and enjoying healthy meals together. This workshop is intended for groups of Pre-K and elementary-school parents and caregivers. Have fun!

Suggested Time:
30 minutes

Suggested Materials:
Chart paper and markers
Screen for projecting Parenting Minutes videos (*you will need internet access to stream these videos)
Copies of healthy eating handouts for each parent: Meal Plan Framework, Daniel Tiger Recipes, Sesame Street Anytime and Sometimes Foods

Videos:
Healthy Snacks (https://www.wnet.org/education/video/healthy-snacks/)
Limiting Soda and Sweet Drinks (https://www.wnet.org/education/video/healthy-snacks/)

Workshop Procedure:

1. Begin the workshop by allowing parents and caregivers to introduce themselves and tell how old their children are. If you’d like, include the icebreaker question: “what is your favorite food?”

2. Introduce the goal of the workshop as a discussion about healthy eating for families. Remind attendees that while family life can be hectic and busy, it’s important to establish healthy eating habits for children. With just a little
planning and organization, eating well can also be so easy!

3. Play the 2 Parenting Minutes videos, “Healthy Snacks” and “Limiting Soda and Sweet Drinks” (each video is approximate 1:30 minutes long).
   *The videos are available in English, Spanish, Bengali and Chinese

4. Allow some time for comments on the two videos. Prompting questions may include: What are some healthy snacks that your children like? Were you aware of the amount of sugar that is in soda? What are some alternative options to soda?

5. Using chart paper and markers, ask attendees to brainstorm the following questions:
   - What are some challenges you face in getting your family to eat more healthy foods (e.g., price, access, picky eaters)?
   - Do you have any healthy eating strategies or tips that work for your family?
   - What are some of your child’s favorite healthy foods? What are some of your favorites?
   - Do you eat meals as a family? If so, how do you make it work for your family? If not, what prevents your family from eating together?
   - What are some of your favorite recipes? Where do you go to find new recipes?

6. Distribute healthy eating handouts and allow time for attendees to read them over. Mention that these are sample recipes and healthy food recommendations for children that they can use as inspiration and ideas when developing their own meal plans.

7. Spend the remainder of the workshop allowing parents and caregivers to develop their own weekly meal plan. Once meal plans are completed, ask attendees to share their meal plans.

*Extension Activity*

If time allows, make a healthy food recipe together that parents can either enjoy during the workshop or take home with them! Suggestions include:

- **Trail Mix**: fill small bags or containers with a mix of nuts, raisins, cereal, pretzels and dried fruit
- **Fruit Salad**: put a variety of different fruits into different bowls and allow attendees to create their own fruit salads
- **Yogurt Parfaits**: layer fat-free yogurt with different toppings (fresh fruit, oats, cereal, etc.) in a small cup or bowl
- **Veggie Pizza Bites**: use pita bread, cream cheese and a variety of veggies (pepper, broccoli, onion etc.) to create this bake-free “pizza”
**PBS Kids Resources for Parents and Caregivers:**

- **Sesame Street Eating well on a Budget**
  *A special guide to family meals and talking about food with your children*

- **Benefits of Family Dinner**
  [https://www.pbs.org/parents/thrive](https://www.pbs.org/parents/thrive)
  *Sitting down to a family meal is good for the brain and the body*

- **Arthur’s Family Health - Nutrition**
  [https://pbskids.org/arthur/health/nutrition/](https://pbskids.org/arthur/health/nutrition/)
  *Like kids everywhere, Arthur, D.W., and their friends sometimes struggle with eating too many sweets or gaining a little too much weight*

- **Sesame Street Eating Well Topic**
  [https://sesamestreetincommunities.org/topics/eating/](https://sesamestreetincommunities.org/topics/eating/)
  *With Sesame Street, teaching kids to eat healthy is easier than you might think*

**PBS Kids Food and Nutrition Games and Apps:**

- **SESAME STREET:** [Super Salad Diner](https://pbskids.org/sesame/games/super-salad-diner/)

- **SESAME STREET:** [Ready Set Grow](https://pbskids.org/sesame/games/ready-set-grow/)

- **CURIOUS GEORGE:** [Meatball Launcher](https://pbskids.org/curiousgeorge/busyday/meatballs/)

- **LET’S GO LUNA:** [Chef Leo’s Crazy Kitchen](https://pbskids.org/luna/games/chef-leos-crazy-kitchen)

- **ARTHUR:** [Lunch-o-Matic](https://pbskids.org/arthur/health/nutrition/lunch-o-matic.html)

- **FIZZY’S LUNCH LAB:** [Hectic Harvest](https://pbskids.org/apps/fizzys-lunch-lab-hectic-harvest-.html)
PARENTING MINUTES:
HEALTHY EATING PARENT WORKSHOP:
MEAL PLANNER

*Use this simple meal planner to organize healthy family dinners for the week!*

The _____________________________ Family Meal Plan:

<table>
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<th>Breakfast</th>
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### Anytime & Sometime Foods

**“Anytime” Foods** These are foods that are good to eat anytime. They are the healthiest foods with nutrients to help you grow up healthy. Examples: fruits and vegetables, nonfat and lowfat milk.

**“Sometime” Foods** These foods are the least healthy. That’s why they’re once-in-a-while foods. Examples: French fries, cookies, ice cream.

<table>
<thead>
<tr>
<th>FOOD GROUP</th>
<th>“ANYTIME” FOODS</th>
<th>“SOMETIME” FOODS</th>
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<tbody>
<tr>
<td>Vegetables</td>
<td>Fresh, frozen, steamed, or canned vegetables (low sodium) without added fat (such as butter) or sauces</td>
<td>Any vegetable fried in oil</td>
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<tr>
<td>Fruits</td>
<td>Fresh and frozen fruits, canned fruits packed in their own juice, dried fruits</td>
<td>Fruits canned in syrup</td>
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<td>Breads &amp; Cereals</td>
<td>Whole-grain breads, pitas, and tortillas; whole-grain pasta, brown rice, oatmeal; hot and cold unsweetened whole-grain breakfast cereals</td>
<td>Doughnuts, muffins, croissants, and sweet rolls; sweetened breakfast cereals; crackers, cookies, and chips; cakes and pies</td>
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<tr>
<td>Milk &amp; Milk Products</td>
<td>Nonfat and lowfat milk; nonfat and lowfat yogurt; lowfat and nonfat cheese; lowfat and nonfat cottage cheese</td>
<td>Whole milk; full-fat cheese and cheese spreads; cream cheese; yogurt made from whole milk; ice cream, ice milk, and frozen yogurt; puddings</td>
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<tr>
<td>Meats, Poultry, Fish, Eggs &amp; Beans</td>
<td>Beef and pork that have been trimmed of their fat; extra-lean ground beef; chicken and turkey without skin; tuna canned in water; fish and shellfish that have been baked, broiled, steamed, or grilled; beans; split peas and lentils; tofu; egg whites and substitutes</td>
<td>Beef and pork that haven’t been trimmed of their fat, fried hamburgers, ribs, bacon, fried chicken, chicken nuggets, hot dogs, deli lunch meats, pepperoni, sausage, salami, fried fish and shellfish, whole eggs cooked with added fat</td>
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<td>Drinks</td>
<td>Water, nonfat and lowfat milk, unsweetened iced teas and lemonade</td>
<td>Whole milk, regular soda, sweetened iced teas and lemonade, fruit drinks with less than 100% juice</td>
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Grandpère Tiger’s Veggie Soup
[Episode 137: Daniel Gets a Cold]

Mom Tiger has a cold, so Daniel and his dad make a batch of Grandpère’s veggie soup to help her feel better.

Children learn so many different things when they cook with you. Let them help, and they’ll look forward to tasting this delicious soup. As you dice the onion, celery, and carrots, ask your child to pull apart the broccoli florets. You can explain that grown-ups need to do some of the steps in a recipe, like chopping and using the stove. When you are finished preparing the vegetables, have your child help you measure the other ingredients.

**Ingredients**

- 1 tablespoon extra virgin olive oil
- 1 medium yellow onion, diced
- 2 carrots, sliced
- 2 stalks celery, finely chopped
- 2 teaspoons minced garlic
- 64 oz. low-sodium vegetable broth
- 1 bay leaf
- 1 Parmesan cheese rind (optional)
- 1 14 oz. can diced tomatoes
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 1 cup corn (fresh or frozen)
- 1 cup green beans (fresh or frozen), broken into bite-size pieces
- 1 Yukon gold potato, peeled and chopped
- ½ cup broccoli florets (small pieces)
- ¼ cup grated Parmesan cheese for serving (optional)

**Directions**

1. In a large soup pot, heat olive oil over medium-high heat. Add onion and carrots and sauté for about 10-15 minutes, until soft and tender, stirring frequently. Add celery and sauté for 3-4 minutes, until softened. Add garlic and cook for about 1 minute.

2. Stir in the broth, bay leaf, cheese rind (if using), tomatoes, salt, and pepper, and bring to a boil. Reduce heat and add corn, green beans, potato, and broccoli.

3. Simmer, stirring occasionally, for 40 minutes until potatoes are tender and soup has reduced slightly. Season to taste with salt and pepper. Discard bay leaf and cheese rind (if using).


**Take It Further**

Children feel valued and loved when they have one-on-one time with the grown-ups they know. Take this time to prepare a meal and also to spend time with your children.

**Talk About It**

When you are gathering ingredients for this soup, you can use this opportunity to talk to your children about vegetables, what they look like when whole, after they are chopped, and even encourage them to do some tasting.

Find more games and activities at [pbskids.org](http://pbskids.org)
Make-Your-Own Pizza

[Episode 214: Daniel’s Love Day Surprise]

Making pizza is a fun Tiger Family activity on Love Day! Here’s a meal that your family can make together and find opportunities to introduce – and taste – new foods.

**Ingredients**
- Pita bread, bagels or English muffin
- Tomato sauce
- Grated cheeses (e.g., mozzarella, cheddar, etc.)
- Variety of toppings (e.g., mushrooms, olive slices, peppers, tomatoes, etc.)

**Directions**

1. Place the ingredients in bowls and then line them up on the table, so that everyone can make his or her own pizza.

2. Using a mixing spoon, spread the sauce on each pizza. Add the cheese.

3. Choose toppings. This is a good opportunity to encourage your child to try at least one new topping – or maybe even two!

4. Put the pizzas on a cookie sheet and place under the broiler or in a toaster oven. The pizzas are ready when the cheese melts.

**Take It Further**

When you’re preparing a meal or a snack, think about what parts of the work your child may be able to do. Being invited to be an “assistant chef” can make children feel proud, as well as more willing to try some new foods they’ve helped to prepare.

**Talk About It**

Many families have rules about tasting new foods. You may want to suggest taking just a small bite, saying something like, “You don’t have to like it, but at least you tried.” While some children like to try new foods others don’t, and asking them to try could upset them.

Find more games and activities at [pbskids.org](http://pbskids.org)
Mom Tiger’s Banana Bread
[Episode 108: I Love You, Mom]

Daniel and his friend Baker Aker surprise Mom Tiger with her favorite banana bread, because making something is one way to say “I love you.”

**Ingredients**
- 4 overripe bananas (3, if large)
- ¼ cup melted butter
- 1 cup sugar
- 1 teaspoon baking soda
- 1 egg
- 1 teaspoon salt
- 1 ½ cups flour

**Directions**
1. In a medium bowl, mash bananas with a fork. Stir in other ingredients.
2. Pour into a non-stick or buttered 8 ½ x 3 ½ x 2 ½ -inch loaf pan.
3. Bake for 1 hour in preheated oven at 325 degrees.

**Notes**
- Remember to wash your hands thoroughly before handling foods. Keep cleanliness and sanitary food-handling in mind.
- Overripe bananas work best, especially really overripe or heavily speckled ones. This gives the bread the real banana flavor.
- Bananas can be kept until ripe, then peeled and frozen. Thaw when ready to use.
- Smaller pans can be used. Start testing for doneness after about 35 minutes.
- If no one has an allergy to nuts, feel free to add ½ cup of chopped walnuts or pecans.

**Take It Further**
Use the steps of this recipe to share information with children about math and science, such as using measuring tools and calculating ingredient amounts. You can also reinforce social skills by letting them take turns.

**Talk About It**
Talk with your child about the ingredients you’re using and what kinds of recipes might use these same ingredients.

Find more games and activities at pbskids.org