



Is My Preschooler Still Hungry?

Help preschoolers know when they are full.

- ♥ Let your child learn to serve them self.
- ♥ Do not push your child to clean their plate when he or she says they are full.
- ♥ DO NOT reward your child with sweets. Reward your child with attention (hugs and kisses) and kind words.
- ♥ Try not to label certain foods as bad and never letting your child have them. This may tempt the child to want those foods more and eat them even when he or she is not hungry.
- ♥ Most importantly, BE PATIENT with your child's eating habits! Offer your child a variety of foods and keep healthful snacks for your child to choose from when hungry.



Fruit Couscous Serves 6

15-ounce canned fruit packed in juice
10-ounce package (7/8 cup) couscous
2 teaspoons soft margarine

2 Tablespoons brown sugar
1 teaspoon cinnamon



1. Drain fruit keeping the juice.
2. Prepare couscous according to directions on package. Use the reserved fruit juice as part of the liquid needed to cook couscous. Add butter. Stir.
3. Dice fruit into small pieces. Add to cooked couscous. Stir.
4. Add sugar to couscous. Stir.
5. Sprinkle couscous with cinnamon before serving.
6. Serve at room temperature or chilled. Store leftovers in refrigerator.