



## Feeding Your Preschooler

**Is your preschooler a “picky eater” or spending too much time watching television?**

- ❖ You can help your preschooler eat well, be active and be healthy.
- ❖ As their parent/caregiver, you serve as a role model and influence the way your child eats and behaves.
- ❖ You can do many things to help your child develop good eating habits and a healthy lifestyle.



**For more information contact FNP staff at your local extension office:**

### *Pyramid Tortilla* Makes one tortilla

- 1 8-inch tortilla\*
- 1-2 ounces thin sliced turkey or ham
- 2 Tablespoons shredded cheese
- ¼ cup shredded lettuce
- 1 Tablespoon raisins
- Low fat mayonnaise, cream cheese or margarine

1. Give each child a tortilla.
  2. Have them spread with mayonnaise, margarine or cream cheese.
  3. Then layer on the turkey or ham, cheese, lettuce and raisins. Roll up and enjoy.
- \*This sandwich could also be made using a slice of bread or an English muffin.

