



Reading and Good Nutrition go Together Like Whole Grain Bread and Butter

Reading to your kids is like good nutrition – it’s not just a “nice thing to do” – it’s part of good parenting and it makes you feel better too! It takes time to plan for and prepare good food. It takes time to plan for having a good book and to make the time to read. The payoff is great. Mealtime and reading are both special times to share with your children. Reading to kids is something you don’t want to miss.

There are many good books that also encourage good nutrition. In early childhood, a good experience with a variety of foods is the beginning of good nutrition. Simply reading about different foods and experimenting with new foods that you read about are two excellent ways to give your child a great start on the road to healthy eating.

- When a book talks about a food – use it to start a conversation or an activity together. If you’re reading about pancakes, like in Pancakes for Breakfast, let your child help you make some. If you read Bread and Jam for Frances, for example, Frances only chooses bread and jam. Ask your child what she thinks it would be like to eat one food all the time. In the end, Frances decides she likes lots of different foods. Plan a lunch with your child and include a variety of foods.
- When a book introduces a new or unfamiliar food, find the food the next time you are in the grocery store. In Blueberries for Sal, little Sal learns that blueberries are fun. Ask your child what other foods are that color. Look at them when you’re in the store and let your child choose which blue food to try.
- Read everywhere and catch them being RIGHT. Reading cereal box labels at breakfast and helping to find items at the grocery store are just two more ways that children can begin to enjoy their new reading skills.

Prepared by Nutrition Education Program Staff – Brown County.

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