

Keeping on Track

Cami Wells MS, RD, (cami.wells@unl.edu) Extension Educator in Hall County



Regularly scheduled meals and snacks help your young child learn structure for eating. Children are more likely to eat healthy meals and try new foods if snacks are not offered too close to mealtime. Here are tips for following a meal and snack schedule:

- Plan for 3 meals and 2 snacks each day. Young children often do not eat enough at a meal to stay full until the next mealtime.
- Make sure that the foods offered at meals and snacks include fruits, vegetables, whole grains, dairy foods, and lean protein.
- Set reasonable limits for the start and end of a meal. When you can see that your child is no longer interested in the meal, excuse him from the table.
- It is also important to listen to your child. For example, if your child says she is hungry, offer a small, healthy snack. It is important to allow children to recognize when they are hungry or full.

Source: Preschoolers, USDA's MyPlate: <https://www.myplate.gov/life-stages/preschoolers>

Fruity Smart Tarts

- 12 wonton wrappers
- 1 tablespoon white sugar
- ½ teaspoon cinnamon
- Cooking spray
- ¾ cup low-fat vanilla yogurt or frozen yogurt
- 1 cup of fruit – fresh (washed) or canned – cut into small pieces



1. Wash hands with soap and water. Preheat oven to 400°F. Put a wonton wrapper into each muffin cup in a muffin tin. Spray each wonton wrapper with non-stick spray.
2. Combine sugar and cinnamon in a small bowl. Mix well. Sprinkle the mixture onto the wrappers. Bake for 5 minutes or until the wrappers are crispy and golden. Watch closely to prevent burning. Let cool.
3. Scoop approximately 1 tablespoon of yogurt into each cup and top with fruit. Makes 12 servings. Each serving contains 45 calories, 0 g total fat, 0 g saturated fat, 50 mg sodium, 10 g carbohydrate, 0 g fiber, 1 g protein.

For more information check out the Food Fun for Young Children website at: <http://go.unl.edu/chi>