

**February**

## Fun Facts

### Quick Tips

- It's Children's Dental Health Month! Remind children to rinse with water after eating a snack
- Remind kids that milk, cheese and yogurt help keep their teeth strong and healthy
- Substitute 1/2 cup plain, fat-free yogurt for oil and eggs when preparing brownies
- Leave a love note in children's backpacks for Valentine's Day

### Chocolate Milk and Cheese: Dental Heroes

February is National Children's Dental Health Month. Research shows that two of kids' favorite foods, chocolate milk and cheese, can actually help protect children against cavities.

According to the American Academy of Pediatric Dentistry, chocolate milk is less likely than other sweet foods to cause cavities because it is a liquid, not a sticky food. And the calcium, phosphorous and cocoa may protect teeth against cavities. Several cheeses, including Cheddar, Mozzarella, Monterey Jack and American, also help prevent cavities. The protein and phosphorous help produce saliva, which washes away cavity-causing acids formed after eating meals and snacks. And, the nutrients in cheese – calcium phosphorous, protein and vitamin A – help strengthen teeth and the bones that support them.

### Smooth Valentine Fun

Blend a Valentine's Day smoothie with 1 1/2 cups strawberry milk, 1/2 cup frozen strawberries and 1/2 cup yogurt.

### Kids Kitchen Sweetheart Pudding

*Have your little sweethearts whip up their own pudding!*

#### Ingredients

- 2 tablespoons milk per child
- 2 teaspoons instant vanilla pudding mix per child
- 3 - 5 drops of red food color per child

#### Directions:

1. Each child should measure 2 tablespoons of milk into a small cup.
2. Add 2 teaspoons of pudding mix.
3. Add 3 drops of red food color.
4. Stir for 2 minutes.

Let the pudding set for as long as recommended on the pudding box.

Note: 1 box instant pudding mix is enough for 12 kids. 1 cup milk is enough for 8.

Source: Chef Combo at [www.NutritionExplorations.org](http://www.NutritionExplorations.org)

### Nutrition Bookshelf

*A Recipe for Valentine's Day:  
A Rebus Lift-the-Flap Story*  
by Marion Dane Bauer, Jennifer Herbert (Illustrator)

Lift the multiple flaps on each page to reveal the words beneath pictures that complete a rebus recipe calling for red hearts, ribbons and Cupid. This book is a fun way to introduce children to the concept of using recipes. When you're done reading it, make Sweetheart Pudding (recipe above). Chef Combo's rebus version of the recipe is available at [www.NutritionExplorations.org](http://www.NutritionExplorations.org).

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