

### Tips, recipes to promote good eating habits

By Monica Peret  
Copley News Service

Your little student prefers bar-becued potato chips to a baked potato, fruit wrapped in a pie crust rather than fresh off the tree, and milk chocolate instead of just an ordinary glass of milk.

Parents still wage the perennial battle to get children to eat a balanced diet. And while an occasional hamburger and milk shake are fine, the proliferation of fast-food outlets combined with constant exposure to junk food has made it harder than ever to instill good eating habits in children, particularly when they're away at school or play.

"Parents would be shocked if they knew what their children were eating at school," says Grace Bulger, a fourth grade teacher in Troy, N.Y. "Oftentimes, children take two bites of their lunches and throw the rest away, choosing instead to fill up on chips and candy bars."

How can parents help their children eat more healthfully when they're not there to monitor them? The Kraft "Moms Advise You On..." or MAYO Club, a panel of "experts" that includes actress Phyllis Diller of "The Colby Show", a pediatrician, Annabelle Schaeffer, a dietitian, Barbara Foret, author and director of Parent Guidance Workshops, Nancy Samalin, and a teacher, Laila Richardson, has the following suggestions.

• Children particularly are influenced by what their peers are doing. Ask your children what other kids have for lunch and what they would like. Then, get them involved in preparing their requested lunches. They'll appreciate the food more and feel that they've had a role in deciding what they eat.

• Food must taste good for children to eat it. Here is an idea for a healthful fruit salad that will appeal to a child's eye and palate: Combine different-colored fresh fruits — strawberries, sliced bananas, apples and melon balls. Dress with flavorful condiments that you know kids like, such as honey, mayonnaise, orange juice and orange peels.

• Pack a surprise in your child's lunch occasionally. A special note or treat every now and then will ensure that he pays attention to

the contents of his lunch box. Use colorful paper plates, disposable place mats and plastic silverware for a festive touch.

• Don't panic if your child only will eat one food — such as peanut butter and jelly sandwiches — for a while. This is known as a food fixation, and is a normal stage that children go through. One day, she'll decide she's "allergic" to her special food and want something new in her lunch box.

• Don't insist on a big lunch for a child who is a picky eater. Instead, pack a lunch of nutritious snacks such as raisins, cheese and crackers or unsweetened cereals. And, be sure to have something on hand when he gets home, since children with small appetites may fill up

quickly—but be hungry more frequently.

• On the other hand, if your child has a weight problem, don't make it a big issue, but do try to help him by packing a lunch that will be satisfying, nutritious and low-calorie. Some suggestions: cut-up raw vegetables, lean meat or tuna salad on rice cakes or whole-grain bread, and an occasional fruit cookie or other fruit-based, low-fat dessert.

• Include a nutritious beverage that tastes good but does not contain sugar, artificial sweeteners or caffeine, such as vegetable juice, skim or low-fat milk, plain or flavored seltzer.

• When parents send children to school, they teach them how to

cross the street and not to talk to strangers," Bulger says. "But sometimes in the day-to-day bustle of trying to care for our children, we overlook the basics such as teaching them to eat properly."

"Parents should set an example with their own eating habits and talk to their children about the importance of good nutrition."

Children appreciate variety in their diets as much as adults do. Here are two sandwich recipes from the Kraft MAYO Club, plus a dessert recipe from Hersey's.

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### Tips, recipes .....

- CALIFORNIA CLUB SANDWICH**  
 1/2 cup mayonnaise  
 2 teaspoons Dijon mustard  
 2 teaspoons honey  
 9 whole wheat bread slices, toasted  
 Cooked turkey slices  
 Thin peeled avocado slices  
 Alfalfa sprouts  
 Thin tomato slices
- Combine mayonnaise, mustard and honey, mix well. For each sandwich, spread one toast slice with mayonnaise mixture. Cover with turkey, avocado and second toast slice. Top with sprouts, tomatoes and third toast slice spread with mayonnaise mixture. Makes 3 sandwiches.
- CHECKEN AIOILI SANDWICH**  
 1/2 cup mayonnaise  
 1 tablespoon Dijon mustard  
 1 tablespoon lemon juice  
 2 medium garlic cloves, minced  
 2 cups cooked chicken  
 1/2 cup chopped red pepper  
 1/2 cup 1-inch carrot sticks  
 1/2 cup chopped green onions  
 8 whole wheat bread slices, toasted  
 Boston lettuce
- Combine mayonnaise, mustard, juice and garlic, mix well. Add chicken, peppers, carrots and

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