



Stuffed Bell Peppers **RECIPE**

Ingredients:




- ☐ 2 bell peppers (any color)
- ☐ 15 oz can black beans, drained and rinsed
- ☐ 1 cup corn
- ☐ 1 cup cooked brown rice
- ☐ ½ cup onion, finely chopped
- ☐ 1½ teaspoon cumin
- ☐ 2 oz part-skim mozzarella cheese or reduced fat cheese
- ☐ 2 cloves of garlic, minced
- ☐ 1 teaspoon cilantro
- ☐ ¼ cup water
- ☐ non-stick cooking spray

Directions:

- 1** Preheat oven to 350 degrees. Ask your child to spray a 9" X 13" pan with nonstick cooking spray.
- 2** Cut peppers in half lengthwise and ask your child to help you remove all seeds.
- 3** In a large bowl, mix rest of ingredients except cheese. Ask your child to mix the ingredients.
- 4** Ask your child to fill each pepper half with bean mixture and place in pan.
- 5** Pour ¼ cup water into bottom of pan.
- 6** Cover with aluminum foil and bake for 30 minutes.
- 7** Remove foil and sprinkle each half with cheese. Bake uncovered for 5 minutes or until cheese is melted.



SAFETY TIPS!

-  **Never leave a knife within reach of a young child.**
-  **Keep children away from hot stove and hot pans.**
-  **After your child has eaten the rice and bean filling, cut the bell pepper into pieces no larger than ½ inch to prevent choking.**





SHOPPING LIST

Shopping List:

- ☐ 2 bell peppers (any color)
- ☐ 15 oz can black beans, drained and rinsed
- ☐ Frozen or canned corn
- ☐ brown rice
- ☐ 1 onion
- ☐ cumin (in the spice aisle)
- ☐ part-skim mozzarella cheese or reduced fat cheese of choice
- ☐ garlic cloves
- ☐ cilantro
- ☐ non-stick cooking spray



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Watermelon Slush **RECIPE**

Ingredients:

- ☐ small pieces of watermelon
- ☐ zip top plastic bags
- ☐ straw with rounded ends

SAFETY TIPS!

- * Remove all seeds to prevent choking.
- * Never leave a knife within the reach of a young child.

Directions:

- 1** Remove the rind of the watermelon and cut into small pieces. If it has seeds remove each seed.
- 2** Place some pieces of watermelon into the zip top bag. Lock the bag and have your child squish the watermelon.
- 3** Have your child try his/her own watermelon slush with a straw. Use a spoon to dish out leftover large pieces.

REMEMBER:

Your children are more likely to try a new food if you try it with them!



SHOPPING LIST

- ☐ Watermelon
- ☐ Zip Top Plastic Bags
- ☐ Straw with rounded edges



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Prevent Choking at Home

Module 1

TIPS

The American Academy of Pediatrics recommends cutting foods into small, easily chewed pieces no larger than one-half inch.



**[The above square is
one-half inch]**

Foods can be choking hazards based on size, shape, and texture. Whole foods that are small, round, smooth, and/or slippery should be avoided. They can be swallowed whole and are the perfect shape to plug a child's airway. Chunks of hard or fibrous foods, such as raw fruits and raw vegetables, can also be choking hazards if children are not able to chew the food completely. Avoid sticky foods, such as spoonfuls of peanut butter, since they can form to a child's airway and cause a child to choke.

The following foods are a choking hazard, according to the American Academy of Pediatrics:

- hot dogs
- nuts and seeds
- chunks of meat
- hard cheese
- whole grapes
- hard, gooey, or sticky candy
- popcorn
- chunks of peanut butter
- raw vegetables
- raisins
- chewing gum

Prevent Choking at Home
(continued on the other side)





Prevent Choking at Home (continued)

Avoid serving foods that are choking hazards or prepare them in a way that reduces the risk of children choking on them (for example, slice hot dogs lengthwise and into small pieces no larger than ½ inch; cut a cherry tomato or grape into quarters).

In general:

- Cut foods into pieces no larger than ½ inch.
- Do not rush children to finish a meal or snack.
- Children should not eat while they are walking, running, or laughing.
- An adult should ALWAYS keep a watchful on children while they are eating.
- Finally, take a course in basic lifesaving skills and first aid so that you are prepared in case of a choking emergency.

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