



Making Zesty Cereal Snack

**A Cooking Activity for
Grown-ups and Kids**



This Zesty Cereal Snack recipe makes six 1/2 cup servings. Each 1/2 cup serving has 5.6 mg of iron! Iron helps your muscles and brain to work.



Remember, it is important for you and your child to wash your hands before cooking and eating.



Keep in mind that it takes practice and time for children to learn food handling skills such as pouring, mixing, and spreading. Patience and encouragement are important.

Gather these ingredients and equipment before you begin your cooking activity:

Food ingredients:

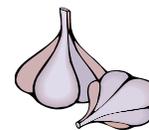
- ◆ 3 cups of Cheerios®
- ◆ 3 cups of Wheat Chex®
- ◆ 2 tablespoons vegetable oil
* Corn or safflower oil are good choices for children, since they contain a type of fat that helps brain and eye development



- ◆ 1/2 teaspoon onion salt

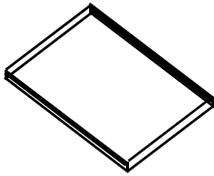


- ◆ 1 1/2 teaspoons garlic powder



Cooking Equipment:

- ◆ Measuring cups
- ◆ Measuring spoons
- ◆ Large bowl
- ◆ Baking pan or cookie sheet with edges/sides



Cooking Skills

- ◆ Measure
- ◆ Mix
- ◆ Pour
- ◆ Spread
- ◆ Bake
- ◆ Clean-up

Preschoolers can help with:

- ◆ Measuring cereal
- ◆ Pouring cereal, spices and oil into the bowl
- ◆ Spreading the mixture into the baking pan

Step 1: Measure

Let your child help you measure the ingredients into a bowl.



Measure into the bowl:

- ◆ 3 cups Cheerios[®]
- ◆ 3 cups Wheat Chex[®]
- ◆ 2 tablespoons vegetable oil
- ◆ ½ teaspoon onion salt
- ◆ 1½ teaspoons garlic powder

Step 2: Mix

Let your child help you mix the ingredients thoroughly.



Step 3: Spread



Let your child help you pour and spread the mixed ingredients onto a baking pan or cookie sheet.

Step 4: Bake

Only grown-ups should manage the oven and handle hot pans!



Bake the mixture in the oven at 325°F for 5-10 minutes. Check to make sure that the mixture doesn't burn.

The Zesty Cereal snack will be *very hot* when it comes out of the oven. Ask your child to wait until it has cooled before eating.

Step 5: Eat!

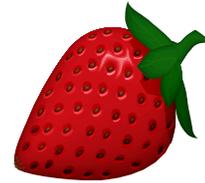
Vitamin C-rich foods help your body absorb iron. Serve Zesty Cereal snack with one of these vitamin C-rich foods.



BROCCOLI



**ORANGES &
100% ORANGE JUICE**



STRAWBERRIES



TOMATOES



PEPPERS



CANTALOUPE

Have you ever eaten any of these foods?
Do you like them?

Step 6: Clean-up



Children often like to help clean-up. Turn on some music and sing while you clean-up! If you make the task fun, they will want to do it again.

Written by:
Pat Carlson, MPH, MS, RD

Edited by:
Linda Cole
Renée Menefee
Melissa Puckett
Beth Yakes, MS, RD

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