

DECEMBER – A FESTIVE TIME

“Nibble with Willow” at Home

Watch Willow on
YouTube



Goal: Explore avocado & pomegranate in family meals.

RECIPE: Festive Avocado Mash

Activities to do with your child:

- Shop for avocado and pomegranate together and prepare recipe.
- Explain some fruits have edible seeds like pomegranates.
- Scoop the avocado from skin.
- Set the table.
- Watch "Willow and The Mystery of the Root Gnome" YouTube video.



Nurture your Child's Curiosity for Food:

- Can you count the pomegranate seeds?
- Can you count the seeds of the avocado?
- How many seeds are in the lemon?
- Show kid half of avocado, what colors do they see? Yellow, Green
- Does the pomegranate look like a circle or like a triangle? Circle.
- Say “1,2,3 Nibble!” and then taste the new food together

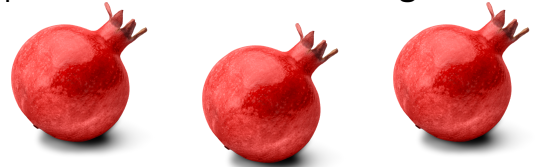
TIPS FOR PARENTS

What Makes Our Children Healthy Eaters?

- Children are considered “healthy eaters” when they can enjoy many foods, try others, and politely turn down some.
- Children need to recognize their internal signals of hunger and fullness to help them know how much eat.
- Note: children have their own way of behaving while eating, which is different from adults: separating food, mashing it, etc.

Kids eat better when:

- They can pick and choose from foods that are available and decide whether and how much they are going to eat.
- They are encouraged to taste a food and decide not to finish it.
- Parents are patient and offer food without insisting they eat all they are served; this helps children be more daring.



FESTIVE AVOCADO MASH



INGREDIENTS

- 2 Avocados, soft, very ripe (but not mushy)
- 1/2 Pomegranate (about 1/2 cup)
- 1 Lemon
- 1 package Wasa Crisp Bread multigrain crackers, or other whole-grain crackers? < 1
- * Salt

1 ADULT

CUT the avocados in half, REMOVE/DISCARD pits, and PEEL.

2 ADULT & CHILD

Help SLICE the avocados into thin strips and place in a mixing bowl.

3 ADULT

CUT the pomegranate in half. Under water in a bowl, remove the membrane around one half and let all the juicy seeds fall into the water. Drain and reserve in a small bowl.

4 ADULT & CHILD

Help SQUEEZE the lemon juice to taste over the avocados and MASH together with a fork.

5 ADULT & CHILD

SEASON to taste with salt.

6 CHILD

Help SPREAD some avocado mash on a cracker. SPRINKLE some pomegranate seeds on top. NIBBLE and ENJOY!



Prep Time: 5 minutes
Makes 12 servings

Note: Children should use plastic or table knife for all child steps that require cutting/chopping.