



“Nibble with Willow” at Home

Goal: Explore rhubarb and berries in family meals

RECIPE: Rhubarb and Yogurt Parfait

Activities to do with your child:

- Shop for rhubarb and berries together.
- Make rhubarb or berry sauce together.
- Stir rhubarb in the pot.
- Make yogurt parfait together .

Nurture your Child's Curiosity for Food:

- Is rhubarb a seed or a stalk?
- Does rhubarb look more like a bean or the celery? Why?
- What happens to rhubarb when you cook it? Does it change it's shape?
- Say “1,2,3 Nibble!” and then taste the new food together.

TIPS FOR PARENTS

Three normal children eating behaviors

- **Sensing whether they are hungry or full:** Child’s internal sense of hunger, appetite, and fullness is stronger than adults’, and they eat the right amount to grow properly. Children are more likely than adults to stop eating when they are full rather than when the food is gone. **Don’t force children to finish their food, trust their internal cues.**
- **Food rejection:** what a child will accept has as much to do with the child as it does with the food. They eat because the food taste good and that’s it! The food has appeal to them at the time, and some days they may like more than other.
- **Erratic eating patterns:** children are erratic about eating, they eat a lot one day and very little the next. One day they’ll accept certain foods, and the next they’ll turn them down.



RHUBARB & YOGURT PARFAIT



INGREDIENTS:

- 1 pound** Rhubarb
1/3 cup Sugar (or Honey)
3 cups Vanilla or plain Low-Fat Yogurt
Optional: 1/2 cup Blueberries, fresh



Prep Time: 10 minutes
Cook Time: 5-10 minutes
Makes 6 servings

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

- 1 ADULT & CHILD** Help CUT the rhubarb into 2-inch sized pieces.
- 2 ADULT & CHILD** Help MEASURE the sugar and ADD to a saucepan. ADD the rhubarb. Help MEASURE ½ cup water and add to the pot. STIR to mix thoroughly.
- 3 ADULT** HEAT the pot and bring to a boil. Lower heat and COOK for 5 - 10 minutes or until the rhubarb breaks down and the mixture becomes runny, like a sauce. Remove pot from heat and COOL.
- 4 ADULT & CHILD** Help LAYER ½ cup yogurt into clear serving cups or bowls with ¼ cup of rhubarb sauce, and blueberries if using. NIBBLE and ENJOY!