

# Did you know?

- ◆ Plantains are a major food staple in West and Central Africa, the Caribbean islands, Central America; and northern, coastal parts of South America.
- ◆ As a staple, plantains are often cooked in a similar way as potatoes – steamed, fried or baked.
- ◆ Since they fruit all year round, plantains are a reliable all-season staple food, particularly in developing countries with inadequate food storage, preservation and transportation technologies.



## JOKE

Why did the monkey like the plantain?

***Because it had appeal.***

*Parents,*

*This month in the cafeteria we are sampling plantains. Here are some tips to help your child learn to love eating fruits and vegetables:*

- *Serve them with every meal, starting with the fruit and vegetables your child already likes.*
- *Teach your child descriptive words like “I like this because it’s crunchy” or “This is too mushy” to help you prepare veggies and fruit in the future.*
- *Take your child shopping with you and encourage them to pick out a fruit or vegetable they’ve never had before – consider doing a taste test together.*
- *Be creative about presenting foods in different ways – serve shredded carrots or frozen peas instead of cooking them.*
- *Incorporate vegetables and fruit into your daily eating routines – don’t make a big deal about it and be patient. If you’re consistent, your child will eventually get used to it.*

## Positive Plantain

### RÉCIPE

## Baked Plantains

#### Ingredients

- 3 ripe plantains, peeled
- 3 tablespoons olive oil or melted coconut oil
- 1 teaspoon cinnamon

#### Directions

1. Preheat the oven to 425 degrees F. Line a large baking sheet with parchment paper.
2. Slice the peeled plantains on an angle to make longer pieces, 1/4- to 1/3-inch thick.
3. Pile the plantain slices on the baking sheet and drizzle with oil. Toss to coat all the plantain strips on both sides. Lay them out in a single layer. Then sprinkle generously with cinnamon
4. Bake the plantains for 10 minutes. Then flip and bake another 10 minutes. Serve warm or at room temperature.

#### RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

	VEGETABLES	FRUITS
Children, Ages 4-8	1 ½ cups	1 –1 ½ cups
Children, Ages 9-13	2- 2 ½ cups	1 ½ cups
Teens, Ages 14-18	2 ½ - 3 cups	1 ½ - 2 cups