

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.



Positive Plantain

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.*

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

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.