

# Mindful Momma

March 12, 2008

## Empowering Kids to Make Healthy Food Choices

...that's the goal of the [Midwest Food Connection](#), a non-profit group in the Twin Cities, dedicated to educating elementary school kids about healthy eating, as well as sustainable and organic agriculture. My 7-year old son, Drew has been attending one of their programs at his school.



Imagine how thrilled I was when Drew came home talking about how you should eat foods that are 'close to the plant' instead of foods that are processed. Using the example of corn, he informed me that fresh corn is closest to the plant, then popcorn, then cracker jack, then corn oil and corn syrup. (all explained in the kind of charming detail that only a grade-school kid can pull off!)

That was just the first class. They also learned about whole grains (and got to grind some wheat into flour), sweets & sugars (how they're not so good for you) and healthy snacks (knowing what your body needs). Each time, he came home all excited about what he learned.

And by golly, it seems to have sunk in! Drew still loves his sweets, but his new favorite dessert is Ambrosia, a tasty low-sugar concoction he learned in class. There's no set recipe, but here's how it goes:

Mix plain yogurt together with some honey and maple syrup and season with cinnamon. Yum!



Posted at 12:41 PM in [Eco Education](#), [Green Grocery](#), [Healthy Recipes](#), [Kid's Health](#), [Twin Cities Green](#) | [Permalink](#)

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How cool! I wish there was something like that near here. Sounds like a great class. :)

Posted by: [Summer](#) | [March 12, 2008 at 02:03 PM](#)

That's so great that your son has become involved in making his own food choices. He probably loves that dessert so much because he can concoct it himself. (I want to try some Ambrosia myself. I wonder if it would make good frozen yogurt if you threw it in an ice cream maker?)

Here in Portland there are a couple schools that have the kids grow their own food in the school garden. The food is then used in the cafeteria. They've found that kids are much more willing to eat vegetables they've grown themselves. The Midwest Food Connection sounds like a great program, too.

Posted by: [Rebecca](#) | [March 12, 2008 at 03:22 PM](#)

It's great to know that more and more schools are considering the health of their children.

Jessica

[www.practicalnourishment.com](http://www.practicalnourishment.com)

Posted by: [Jessica Jones](#) | [March 15, 2008 at 10:12 PM](#)

That sounds like a wonderful program! It is a shame however that more parents aren't familiar with foods that are 'close to the planet'. We cannot rely on schools to teach children these values because most schools are not so forward thinking.

Posted by: [Sheryl Lyon](#) | [March 16, 2008 at 06:30 PM](#)

Awwww, that's really sweet. Sounds like such a great class! These lessons will stay with your son. I was taught many lessons about the environment when I was in elementary school - from making a compost pile to turning off the water while brushing my teeth. These are all lessons I'm now going back to as an adult as I make my way back towards an eco-friendly life.

Posted by: [eco baby blog](#) | [March 16, 2008 at 07:40 PM](#)