

Mac and Cheese Bites



5 from 1 vote

An easy homemade mac and cheese bites recipe. Only 5 ingredients and great for on-the-go or lunches!

Prep Time	Cook Time	Total Time
10 mins	20 mins	25 mins

Course: Main Course Cuisine: American

Keyword: mac and cheese bites, mac n cheese bites, macarani and cheese bites, mini mac and

cheese bites

Servings: 24 bites Calories: 59kcal

Equipment

• Mini muffin pan

Ingredients

- 1 cup macaroni noodles
- 2 tbsp unsalted butter
- 2 tbsp all purpose flour
- 0.5 cup milk
- 1.5 cup cheddar cheese shredded

Instructions

1. Cook macaroni according to package directions and set aside.



2. Melt butter in saucepan.



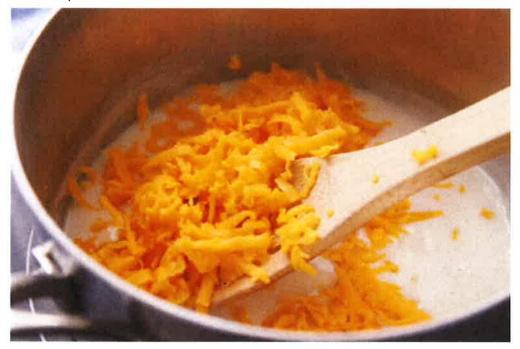
3. Add in flour and let simmer for a minute.



4. Slowly add in the milk and let simmer for a few more minutes until bubbly.



5. Add 1 cup of the shredded cheese and stir until melted.



- 6. Add in macaroni and stir to cover noodles; set aside to cool or refrigerate overnight.
- 7. To make the bites: preheat oven to 375 degrees. Generously spray a mini muffin pan with non-stick cooking spray.
- 8. Scoop 1 tablespoon of Mac N Cheese into each mini muffin tin cup.



9. Top with remaining shredded cheese. Add more if needed to cover completely as shown.



- 10. Bake for 15 minutes or until cheese is melted and bubbly.
- 11. Let cool for 10 minutes then remove from pan. If needed, run a knife around each Mac N Cheese bite to easily release from the pan.
- 12. Enjoy immediately or store in an airtight container in the refrigerator for up to 5 days.

Notes

If your mac and cheese bites do not stay together (the noodles fall apart), you can add more melted cheese or mix in 1 beaten egg into the macaroni and cheese before adding into the muffin tins.

Nutrition

Calories: 59kcal | Carbohydrates: 4g | Protein: 3g | Fat: 4g | Saturated Fat: 2g | Cholesterol: 10mg | Sodium: 46mg | Potassium: 23mg | Fiber: 1g | Sugar: 1g | Vitamin A: 109IU | Calcium: 58mg | Iron: 1mg

Parenting Strategies for a Persistent Child

Feb 22, 2010

PARENTING RESOURCE

Is your child persistent to the point where they become stuck and "spin their wheels?" Find parenting tips to help your child approach challenges in a more constructive way.

Persistence means not giving up when faced with a challenge. It is the ability to stick with a difficult task and cope with frustration.

Children who are persistent usually keep trying when faced with a challenge, are slower to "lose it" when they don't get their way, and can tolerate waiting for their needs to be met.

- Join your child in his play, It's easy to let your child play alone for long periods because he is less demanding of your presence. But your child needs and benefits from your interaction together, and you can help him build new skills.
- As your child grows, let her know that everyone needs help sometimes and that you are available. Sometimes, children get so much positive feedback for being independent that it's hard for them to ask for help when they do need it. Other times, children who tend not to seek help may go unnoticed when they are truly "stuck" figuring out a problem or task.
- Check to see whether your child is "spinning his wheels" by trying the same strategy over and over. Sometimes, persistent kids can get stuck this way. If it happens, suggest new ways to approach the challenge.
- Help your child to let go sometimes. A persistent child may have a hard time accepting no for an answer. For example, even though you've said no more TV, your child keeps asking and asking. Be firm in your response and redirect her to something that she is allowed to do.



Egg Drop

Materials:

- 20 oz drinking glass
- Water
- Pie Pan
- cardboard toilet paper roll
- Ice (optional)
- egg
- Space where your family is okay with you doing the experiment because you may crack a few eggs the first couple of tries

Instructions:

- 1. Fill the glass with water
- 2. Place a pie pan right side up on top of the glass
- 3. Place toilet paper roll vertically in the middle of the pie pan
- 4. Balance egg on top of the toilet paper roll so the egg is lying on it's side
- 5. Once everything is balanced on top of each other, with one switft and quick motion hit the side of the pie pan with your hand. This is a horizontal swing, not a vertical swing. This needs to be enough force to push it off the glass.
- 6. Watch in amazement as your egg falls into the glass unbroken.

How it Works:

It's all about Inertia! Inertia says an object, the egg in this case, will stay at rest, unless an outside force acts upon it, your hand in this case. When you move the pie pan with your hand, gravity takes over and pulls the egg straight down into the glass of water.

Extra Experiments:

- 1. Try adding food coloring to the water, just for a fun effect.
- 2. Try boiling the egg first, does it still work? Why or why not?
- 3. Don't use the toilet paper roll, does the experiment still work? Why or why not?



Fluoride and Water

Keeping kids' teeth healthy means more than just daily brushing. During a routine well-child exam, you may be surprised to find the doctor examining your child's teeth and asking you

about your water supply. That's because fluoride, a substance found naturally in water, plays an important role in healthy tooth development and cavity prevention.

About Fluoride

Fluoride, which exists naturally in water sources, is derived from fluorine, a common element in the Earth's crust. It is well known that fluoride helps prevent and even reverse the early stages of tooth decay.

Tooth decay happens when plaque — that sticky film of bacteria that builds up on teeth — breaks down sugars in food. The bacteria produce damaging acids that dissolve the hard enamel surfaces of teeth.

If the damage is not stopped or treated, the bacteria can penetrate through the enamel and cause tooth decay (also called cavities or caries). Cavities weaken teeth and can lead to pain, tooth loss, or even widespread infection in the most severe cases.

Fluoride combats tooth decay in two ways:

- 1. It is incorporated into the structure of developing teeth when it is ingested.
- 2. It protects teeth when it comes in contact with the surface of the teeth.

Fluoride prevents the acid produced by the bacteria in plaque from dissolving, or demineralizing, tooth enamel, the hard and shiny substance that protects the teeth. Fluoride also allows teeth damaged by acid to repair, or remineralize, themselves. Fluoride cannot repair cavities, but it can reverse low levels of tooth decay and thus prevent new cavities from forming.

Despite the good news about dental health, tooth decay remains one of the most common diseases of childhood. According to the Centers for Disease Control and Prevention (CDC):

- more than 25% of 2- to 5-year-olds have one or more cavities
- half of kids 12 to 15 years old have one or more cavities
- tooth decay affects two thirds of 16- to 19-year-olds

Fluoride and the Water Supply

For more than 60 years, water fluoridation has proved to be a safe and cost-effective way to reduce dental caries. Today, water fluoridation is estimated to reduce tooth decay by 20%-40%.

As of 2012, CDC statistics show that more than 60% of the U.S. population receives fluoridated water through the taps in their homes. Some communities have naturally occurring fluoride in their water; others add it at water-processing plants.

Your doctor or dentist may know whether local water supplies contain optimal levels of fluoride, which is 0.7 milligrams per liter of water (previously it was a range of 0.7 to 1.2 milligrams). If your water comes from a public system, you also can call your local water authority or public health department, or check online at the Environmental Protection Agency's (EPA) database of local water safety reports.

If you use well water or water from a private source, fluoride levels should be checked by a laboratory or public health department.

Some parents buy bottled water for their kids to drink instead of tap water. Most bottled waters lack fluoride, but fluoridated bottled water is now available. If fluoride is added, the manufacturer is required to list the amount. If fluoride concentration is greater than 0.6 ppm (parts per million), you might see the health claim "Drinking fluoridated water may reduce the risk of tooth decay" on the label.

The Controversy Over Fluoride

Opponents of water fluoridation have questioned its safety and effectiveness; however, there has been little evidence to support these concerns.

Scientific research continues to show the benefits of fluoride when it comes to prevention of tooth decay and its safety. Dramatic reductions in tooth decay in the past 30 years is attributed to fluoridation of the water supply, and parents and health professionals should continue to ensure that kids receive enough fluoride to prevent cavities.

The American Dental Association (ADA), the United States Public Health Service (USPHS), the American Academy of Pediatric (AAP), and the World Health Organization (WHO), among many other national and international organizations, endorse community water fluoridation. In fact, the CDC recognized fluoridation of water as one of the 10 greatest public health achievements of the 20th century.

Kids' Fluoride Needs

So how much fluoride do kids need? In general, kids under the age of 6 months do not need fluoride supplements. Your child's 6-month checkup offers a great chance to discuss fluoride supplementation with your doctor.

If you live in a nonfluoridated area, your doctor or dentist may prescribe fluoride drops, tablets, or vitamins after your baby is 6 months old. The dosage depends on how much fluoride naturally occurs in the water and your child's age. Only kids living in nonfluoridated areas or those who drink only nonfluoridated bottled water should receive supplements.

Here are some other tips:

- Use a fluoride-containing toothpaste that carries the ADA's seal of acceptance.
- Brush babies' teeth as they come in with an infant toothbrush.
 Use water and a tiny bit of fluoride toothpaste (about the size of a grain of rice). If you are using baby toothpaste without the

fluoride, keep it to the same amount because you still want to minimize any toothpaste that is swallowed.

- Kids ages 3 and up should use only a pea-sized amount of fluoride toothpaste.
- Kids younger than 6 may swallow too much toothpaste while brushing. Supervise them when brushing and teach them to spit, not swallow, the toothpaste.
- Kids under age 6 should never use fluoride-containing mouth rinses. But older kids at high risk for tooth decay may benefit from them. Your dentist can talk with you about risk factors such as a family history of dental disease, recent periodontal surgery or disease, or a physical impediment to brushing regularly and thoroughly.

Your family dentist or pediatric dentist (one who specializes in the care of children's teeth) is a great resource for information about dental care and fluoride needs. A dentist can help you understand more about how fluoride affects the teeth, and may even recommend applying a topical fluoride varnish during routine dental visits.

Overexposure to Fluoride

If some fluoride is good, why isn't more fluoride better? As with most medications, including vitamins and mineral supplements, too much can be harmful. Most kids get the right amount of fluoride through a combination of fluoridated toothpaste and fluoridated water or supplements.

Too much fluoride before 8 years of age, a time when teeth are developing, can cause enamel fluorosis, a discoloration or mottling of the permanent teeth. For most, the changes are subtle. In one study, 94% of identified fluorosis cases were very mild to mild. Most cases are due to accidental swallowing of fluoride-containing dental products, including toothpaste and mouth rinses. Sometimes kids take daily fluoride supplements but may be getting adequate fluoride from other sources, which also puts them at risk.

Recently, the National Research Council found that some naturally occurring fluoride levels exceeded the optimal levels used in community fluoridation programs, putting kids under 8 years old at risk for severe enamel fluorosis. The CDC recommends that in communities where natural fluoride levels are high, parents should give kids water from other sources.

The ADA also recognizes that infants need less fluoride than older kids and adults. Some infants may be getting too much fluoride in the water used to reconstitute infant formula. If you're concerned that your infant may be getting too much fluoride, talk with your doctor or dentist, who may recommend ready-to-feed formula or formula reconstituted with fluoride-free or low-fluoride water.

Very rarely, fluoride poisoning can happen if large amounts of fluoride are ingested during a short period of time. Kids under age 6 account for more than 80% of reports of suspected overingestion. Although this is generally not serious, fluoride poisoning sends several hundred children to emergency rooms each year.

Symptoms of fluoride poisoning may include nausea, diarrhea, vomiting, abdominal pain, increased salivation, or increased thirst. Symptoms begin 30 minutes after ingestion and can last up to 24 hours. If you suspect your child may have eaten a substantial amount of a fluoridated product or supplement, call the poison control center (1-800-222-1222) or 911.

Be sure to keep toothpaste, supplements, mouth rinses, and other fluoride-containing products out of kids' reach or in a locked cabinet. Also, supervise young kids when they brush their teeth to prevent swallowing of toothpaste or other fluoridated products.

If you have any questions about your water's fluoride content, the fluoridated products your child uses, or whether your child is receiving too much or too little fluoride, talk to your doctor or dentist.

Reviewed by: Rupal Christine Gupta, MD

Date reviewed: April 2015



Give Your Family More of the Good Stuff!



Extension Service



\$hop and \$ave

- Look for fresh kale with dark green, small to medium leaves.
- Avoid wilted or discolored brown or yellow leaves.
- Kale is available all year. Because it grows well in cooler months it is often available fresh when other produce is not.
- on hand and may be an economical, time-saving option. Check the 'best by' date to see how long it will keep.

Types of Kale

Curly kale – most common type available; bright green leaves are tightly ruffled and stem is fibrous. Flavor is peppery, and can sometimes become quite bitter.



puckered spears with firm texture and tough stems. Flavor is earthy, slightly sweet and nutty. It is less bitter than curly kale.

Kale Basics

Kale is rich in vitamins minerals and fiber for a healthy body.





Russian red kale – red-tinged green leaves are flat and resemble oak

leaves. Thick, reddish-purple stems are very fibrous and generally not eaten. Flavor is sweet and delicate with a hint of lemon and pepper.

Baby kale – any type harvested very young while the stems are thin and the leaves are tender; tends to be less bitter and fibrous.



Store Well Waste Less

- Refrigerate kale in an open or perforated plastic bag for 3-5 days. Flavor becomes stronger and more bitter as kale is stored.
- Wash kale just before using. Storing it wet can speed spoilage.
- Fill a large bowl with cool water and swish loose leaves around.
- Let the leaves sit in the water to allow the dirt to settle.
- Lift the leaves from the water. Drain and rinse howl
- Repeat these steps until there is no grit on the bottom of the bowl.
 - Pat leaves dry if needed.
- For best quality, kale is blanched (cooked briefly) before freezing. Use within 1 year.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP), SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211, USDA is an equal opportunity provider and employer.

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Cooking with Kale

Go to

FoodHero.org

for a great

Crunchy Baked

Kale Chips recipe.

Quick Fix

- Substitute kale for spinach in raw or cooked recipes.
- Add to stir-fry recipes, pastas, sautéed vegetables, soups or smoothies.
- Use kale raw in salads or on sandwiches.
- Roast it in the oven for kale chips.

Kale and White Bean Soup

Ingredients:

- 1 cup onion, chopped
- 4 cloves garlic, minced or 1 teaspoon garlic powder
- 1 Tablespoon butter or margarine
- 2 cups **broth** (chicken or vegetable)
- 1½ cups cooked white beans
- (1 can 15.5 ounces, drained and rinsed)
- 1¾ cups diced tomatoes (1 can -14.5 ounces with juice)
- 1 Tablespoon Italian seasoning
- 3 cups kale, chopped (fresh or frozen)

Directions:

- 1. In a saucepan over medium-high heat, sauté onion and garlic in butter or margarine until soft.
- 2. Add broth, white beans, and tomatoes; stir to combine.
- 3. Bring to a boil; reduce heat, cover, and simmer for about 5 minutes.
- 4. Add the kale and Italian seasoning. Simmer until kale has softened, 3 to 5 minutes. Serve warm.
- 5. Refrigerate leftovers within 2 hours.

Makes: about 5 cups Prep time: 15 minutes Cook time: 15 minutes Kale Dip

Ingredients:

- 1½ teaspoons oil
- 1 clove garlic, minced or ¼ teaspoon garlic powder
- 3 cups kale, thinly sliced
- 1/8 teaspoon salt
- 1 cup low-fat cottage cheese
- ½ teaspoon red pepper flakes or
- 1/4 teaspoon cayenne pepper
- 1 Tablespoon lemon juice

Directions:

- 1. Heat oil in a pan over medium heat.
 Add garlic and kale and season with salt.
 Cook, uncovered, stirring occasionally until tender, about 3 to 4 minutes. Let cool.
- 2. Transfer kale to a blender. Add cottage cheese and pureé until smooth.
- 3. Season with red pepper flakes and lemon juice.
- 4. Refrigerate leftovers within 2 hours.

Note: No blender? Make a chunky version! Finely chop kale and garlic before cooking. Mash dip with fork.

Makes: about 1½ cups Prep time: 10 minutes Cook time: 5 minutes



When kids help make healthy food, they are more likely to try it. Show kids how to:

- * wash kale in a deep bowl of water.
- 🥮 strip the leaves off the stem.
- measure and mix ingredients.

Massaging raw kale helps soften the leaves and reduce bitterness. Squeeze it with your hands in a bowl or plastic bag.