

Nutrition Education

Big Mouth Biscuits

The following simple recipe is a great one to try with a child. As your child puts this together, you can talk about how the cheese has calcium in it which helps to make bones and teeth strong and how you need healthy teeth to eat crunchy foods like apples.

Ingredients

Unbaked Biscuit dough-refrigerated or homemade

Apples-sliced into thin wedges, with peel on

Shredded Cheddar Cheese

Pineapple Tidbits---optional

Have children flatten biscuit dough into thin circles. Add one apple wedge (rounded edge out) and shredded cheese to one side of the biscuit. Fold top half over, but don't seal it shut (it should look like a taco). You may want to stick a tooth pick in it to keep it from opening up during baking. Bake according to biscuit instructions.

The final product looks like a smile. You and your child may add pineapple tidbits to look like teeth if you wish. Enjoy!

