



## Having Fun with Fruits and Veggies

Fruits and veggies have many vitamins and minerals that are important for a child's growth and health. Sometimes it can be hard to get kids to eat fruits and veggies because these foods can be tougher to chew and have stronger flavors a child may not be used to. Be sure not to label fruits and veggies as healthy or good foods because children don't choose their food based on calories or nutrition. Instead, try these fun ideas to get them excited about eating fruits and veggies.

### Shopping

The grocery store is a great place to start showing your child new healthy foods!

- Play "I Spy" with your child. See how many fruits and veggies you and your child can spot.
- Let your child select a new fruit or veggie to try at home.

### Cooking

Kids will be more excited about food they help make!

- Let your child help choose what to make for a meal. For example, ask them if you should make corn on the cob or grilled asparagus.
- Have your child help wash fruits and veggies before cooking.
- Kids can tear lettuce for salads or sandwiches. They can also help snap stems off green beans or peas or pull husks off corn cobs.
- Let your child measure frozen veggies for cooking or use a potato masher to mash cooked veggies.

### Creating

Help your child come up with a new twist on foods they already like!

- Help your child top favorite foods with small amounts of bite size fruits or veggies. Veggies taste great with mac and cheese or on pizza. Fruit pieces can sweeten cereals, cottage cheese, or low-fat ice cream.
- Make applesauce at home and let your child stir and add some cinnamon. Be even more adventurous and add other fruits like strawberries to your applesauce.
- Cut and freeze seedless grapes, watermelon or other fruits to make mini fruit popsicles kids will love!
- Toss veggies into pasta sauce, casseroles, or soups. Use berries on pancakes, waffles or muffins to make funny fruit faces or make a fruit kabob.
- Family gardens are a great way to get fresh fruits and veggies for meals. Have your child be in charge of easy to care for plants like tomatoes. Branch out—try planting purple types of peppers, string beans, and tomatoes!





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## Family Food Challenges

Get the whole family to play and eat healthy together! Talk with your mouth full! When eating fruits and veggies, talk with your child about how the food tastes. Is it crunchy or mushy? Does it taste strong or sweet? Instead of “eat your broccoli, it’s healthy” try “wow, this broccoli is so green and crunchy!” Focus on the flavor of food not the healthiness .

## Eat Like the Rainbow

Pick fruits and veggies of different colors and see how many colors you and your child can eat. You can also see how many different fruits or veggies of one color you can eat, like strawberries, apples, peppers, and tomatoes are all red.

<u>Red:</u>
<u>Orange:</u>
<u>Yellow:</u>
<u>Green:</u>
<u>Blue:</u>
<u>Purple:</u>

## Food Word Find

Search the puzzle for all the fruits and vegetables listed below.

Asparagus	Honeydew	Nectarine	Uglifruit
Blueberry	Iceberg	Onion	Watermelon
Carrot	Lettuce	Peppers	Yam
Date	Jicama	Quince	Zucchini
Eggplant	Kale	Radish	
Fig	Lemon	Strawberry	
Grapes	Mushroom	Tomato	

F	Q	U	I	N	C	E	S	F	G	X	D	W	A
G	I	G	M	S	T	R	A	W	B	E	R	R	Y
E	V	G	Z	I	C	T	P	J	N	R	O	C	H
I	U	Q	T	L	C	A	R	R	O	T	L	O	O
E	U	H	R	A	D	I	S	H	K	A	E	N	N
X	F	U	G	L	I	F	R	U	I	T	U	D	E
R	T	E	Y	Z	R	G	B	K	V	K	Y	M	Y
Z	O	N	A	V	T	R	K	A	L	E	P	F	D
D	M	I	D	K	X	L	U	Y	P	I	V	U	E
C	A	R	W	A	T	E	R	M	E	L	O	N	W
E	T	A	I	Y	M	B	Y	D	N	H	T	Z	O
C	O	T	N	D	Y	K	N	Q	O	J	N	N	M
U	D	C	I	F	R	B	J	I	M	I	A	F	S
T	G	E	H	Q	R	E	I	N	E	E	L	G	S
T	V	N	C	A	E	T	C	B	L	Y	P	U	Z
E	N	Z	C	O	B	A	I	X	R	H	G	X	F
L	K	S	U	N	E	D	M	H	S	A	G	B	R
A	Y	R	Z	I	U	G	A	O	R	V	E	A	M
G	A	E	L	O	L	Q	D	A	T	V	L	W	U
R	M	P	A	N	B	M	P	J	E	L	G	T	S
U	F	P	F	U	D	S	E	I	I	C	R	B	H
B	Z	E	J	Z	A	F	U	N	H	X	A	W	R
E	Y	P	E	K	T	P	A	A	X	J	P	W	O
C	U	J	J	E	O	V	D	J	T	X	E	N	O
I	Y	G	P	X	I	G	U	A	A	G	S	Z	M

Why did the people dance to the vegetable band?

Because it had a good beet!