

TIPS FOR GETTING KIDS TO EAT MORE FRUIT AND VEGETABLES

KIDS LIKE TO EAT WHAT THEY MAKE

Children are more likely to try something they've helped prepare. To get them interested in making fruit and vegetable recipes, have them find recipes to try. They can look in cookbooks, magazines or the internet for recipes so the whole family can join in the fun.



Once they find a recipe they want to try, then get them to write out the shopping list of ingredients. At the supermarket, they can have fun hunting for the fruit and vegetables required. Back at home, the fun of preparing the recipe will only be surpassed by the excitement of trying it !



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TRYING IS BELIEVING

There are so many great tasting fruits and vegetables, and kids realise this when they get to try ones they've never tasted before.



Sometimes a child will love a new fruit or vegetable the first time they try it. Other times, it may take two, three or even ten tries before they get used to it.

Ask your child to try just one little bite because if they don't like it – that's fine. Allowing them to stop at one bite makes trying new foods less scary.



If, after trying a new fruit or vegetable a couple of times and your child still doesn't care for that food, move on to other new fruits or vegetables.

Forcing a child to eat something they truly do not like will only create a bad impression with that food. However, it's important to keep offering new fruit and vegetables as your child may suddenly decide to "give it a go".

