

# Veggies

are



*Yummy!*

**My child will not eat vegetables.**

*Why not?*

- Young children like to say “no.” This is a normal part of growing up.
- Sometimes they refuse to eat certain foods, like vegetables.
- Children tend to eat what their families eat. As parents, we need to set the example. If you eat lots of different vegetables, your child will learn to like them too!



# Tips to help your child learn to like vegetables

- Children like familiar things. They may refuse to eat new foods. You may need to offer a new food up to 10 times before they will try it. Don't give up!
- Try offering **one** new food at a time, along with foods that your child likes.
- Serve a **small amount**. Let him touch and play with the food. Don't worry if he doesn't eat it.
- Be relaxed and patient. Keep offering different types of vegetables. Don't force your child to eat.



# Make mealtimes easier

- Your job: offer a variety of foods, including vegetables, for meals and snacks
- Your child's job: decide **what** and **how much** to eat from the healthy foods you serve.



# How can I help my family eat more vegetables?

- Offer a variety of vegetables every day. Give your child choices.
- Add fresh, frozen or canned vegetables to soups, noodles, or macaroni and cheese. You can cook the vegetables with the noodles.
- Steam or microwave some carrots or a sweet potato. Mash or chop.
- Add lettuce, tomatoes, peppers, mushrooms and other vegetables to tacos, sandwiches, and pizza.
- Cut up vegetables like cucumbers, celery, jicama, bell peppers or carrots. Keep them handy for snacks. Hard vegetables are good for children over age 3, but younger ones could choke.
- Try serving cut-up vegetables with guacamole, ranch dressing, ketchup or salsa.
- Let your child help make salads for dinner.
- Sprinkle some grated cheese on cooked vegetables.
- Spread cream cheese on a slice of whole wheat bread or half a bagel. Let your child make faces on the bread or bagel using cut-up vegetables pieces.



# Get your child involved!

- Let your child pick a vegetable at the grocery store or farmers market for the family to try.
- Let your child help in the kitchen and also watch you cook.
- Let her help you grow vegetables in a garden or a pot. Small tomatoes, peppers, cucumbers and green beans are good for a child's garden. Try growing her favorite vegetable.



## Pizza Please

### Ingredients:

- 2 whole-wheat tortillas
- 2 tablespoons tomato paste
- ½ teaspoon Italian seasoning
- 1 tomato, thinly sliced
- 2 mushrooms, thinly sliced
- 1 bell pepper, thinly sliced
- 2–4 tablespoons mozzarella cheese, shredded



### Steps:

1. Preheat oven to 425 degrees F.
2. Make a few tiny holes in tortillas with a fork. Place on a baking sheet.
3. Bake for about 2 minutes or until crisp. Cool slightly.
4. Spread tomato paste evenly on both tortillas. Sprinkle with Italian seasoning.
5. Add a layer of tomatoes, mushrooms, pepper, and cheese.
6. Bake for about 5 minutes or until cheese has melted.

**Children can help with steps 2, 4 and 5.**



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