



Kids in the Kitchen

Your children are more likely to eat fruits and vegetables if you serve them often for meals and snacks. Sometimes liking new foods takes time. Try these tips to encourage your children to choose and eat more fruits and vegetables.

- 1. Let your kids be produce pickers.** At the market, let them help choose fruits and vegetables. Point out various kinds of fruits and vegetables. Discuss your favorites. Talk about the colors and textures. Let your child pick out something new.
- 2. Let children help cook.** Even very young children can help in the kitchen. They can wash berries, tear lettuce, remove the silk from corn, scrub potatoes with a brush and more. If you let children help, they are more likely to eat what you prepare.
- 3. Eat together.** Make mealtime fun and relaxed. Turn off TVs and cell phones and talk during mealtime. Try new fruits and vegetables together.
- 4. Be a healthy role model.** Your kids learn from watching you. Eat fruits and vegetables for meals and snacks and your kids will, too.
- 5. Surround your child with healthy choices.** If you give a child the option between an apple or a candy bar, most will choose a candy bar. But if the choice is between an apple and a peach, the child will choose an apple or a peach. Both are great options!