How to Get Your Kids to Enjoy Fruits and Vegetables

We’ve all seen the faces of children when they’re asked to eat fruits and vegetables. Yuck! Follow these simple tips and your child will be not only eating fruits and vegetables . . . they’ll be asking for them!

**Be a role model**
Children follow the examples that are set for them. If you enjoy five a day, so will your kids. Eat a variety of tasty fruits and vegetables and you’ll be a healthy role model for the whole family.

**Dip it, dunk it, love it!**
Kids love to eat almost anything that can be dunked into a tasty dip or dressing.
- Serve carrot or other veggie sticks with low-fat ranch dressing, light sour cream or low-fat cottage cheese.
- Slice apples and pears or other fruit and dip them into low-fat vanilla or lemon yogurt for a sweet dessert combination.

Keep the crunchies in your munchies.
Fruits and vegetables are perfect munchies for anyone’s snack time.

- A bag of carrot sticks or apple slices make an ideal traveling snack. Many children even prefer raw vegetables - carrots, celery, sweet peppers, zucchini, cauliflower and broccoli are big hits.
- Squeeze or sprinkle orange juice over the top of fresh fruit slices to keep them from turning brown.

**Shop, chop, make and bake**
The more children help with planning, shopping, preparing and cooking food, the more likely they are to eat it!
- Take your kids to the store and let them choose some foods for themselves. Ask the produce manager for samples.
- Let your kids help wash veggies for dinner, cut up foods for a salad or arrange fruit on a plate for dessert.

**Try it . . . you’ll like it**
When introducing a new fruit or vegetable to your children, let them decide whether to eat it - and how much to eat.
- Serve meals family style and let kids choose how much to put on their plates. Then, sit back, relax and enjoy the meal.
- Likes and dislikes change as children grow. If they don’t like something the first time, wait a few weeks . . . and try, try again!

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