

HEALTHY HABITS



FOR FAMILIES

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THE CHILDREN'S CENTER



Parent Tip Sheet #2

Make Veggies Fun!



Many parents have trouble getting their children to eat vegetables. So let's make it fun!

- Get your child involved in the cooking process. Kids are more likely to eat veggies if they are a part of the preparation.
 - Buy some seeds and help your child grow vegetables in a pot or in the yard.
 - Have your child help pick out new veggies at the grocery store to try.
- Make veggies sound “cool.” For example, tell your child that dinosaurs used to eat trees to grow healthy and strong. Then have him or her pretend to be a dinosaur!
 - Try fun recipes that include veggies. Have your child help you.

GOAL: This week have your child choose a fun recipe that includes a veggie and pick out a new veggie to try.



Veggies Are The Way To Go!

- Veggies are healthy because they contain fiber. Fiber acts like a broom to sweep the body clean, making your digestive system happy.
- Think “color”! Choose colorful veggies because they contain lots of vitamins and minerals that help kids feel healthy and energized.
- Veggies are a great low-fat, low-calorie snack that keeps kids fuller longer!
- Veggies can be added to salads, pastas, soups and dips. This makes it easier to include healthy nutrients in kids’ diets.

Healthy Recipe: Happy-Face Muffin Recipe

- 1/2 whole-wheat English muffin
- 2 cherry tomatoes
- 1 small floret of broccoli
- 3 small baby carrots
- 1 tablespoon low-fat cream cheese,
plain or flavored



Have your child spread the cream cheese on the muffin. Then help your child place the two tomatoes as eyes, the broccoli as a nose, and the carrot sticks as the mouth. This can be eaten as is, or baked. *To bake: preheat oven to 350 degrees. Heat up veggies in microwave for 1–2 minutes. Let veggies cool slightly and then place them on the cream cheese and muffin. Place muffin in oven for 5–7 minutes.

Did you know? It takes 7–10 tries for kids to like eating new foods, especially veggies!

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