

Eat Your Vegetables!

Directions Children do not always want to eat what is set before them. Nutrition is important, but food fights and power struggles spoil a meal. Do not say, “No dessert until you eat your vegetables.” That teaches a child that vegetables are a duty and sweets are a reward. Here are some positive suggestions for making vegetables a pleasure. For each suggestion, describe how the idea could have a positive effect on relationships.

1. Let the child help make a salad. Children are more likely to eat food they help prepare.

2. In the grocery store each week, let the child choose a new vegetable to try. _____

3. Serve vegetables at the beginning of the meal, when the child is hungriest. _____

4. Sneak vegetables into other foods the child likes, such as soups, pizza, tacos, or macaroni and cheese. _____

5. Grow a vegetable garden with the child. Encourage the child’s pride in the results. _____

6. Cut vegetables into fun shapes, or make a “smiley face” of vegetable pieces on the plate.

7. Be a role model. Let the child see you eating vegetables with pleasure. _____
