



## Helping Kids Enjoy More Fruits and Vegetables

It can be tough to get kids to eat a variety of fruits and vegetables. Don't force the foods, but continue to offer a variety. Try these ideas:

- Set a good example by eating fruits and vegetables yourself. You are a role model for your kids in so many ways. Eating is no exception. When your kids see you eating and enjoying fruits and vegetables, they will too.
- Offer lots of choices. Give children a choice of fruits for lunch. Let them help decide on the dinner vegetables or what goes into the salad.
- Let your children help. Kids enjoy helping in the kitchen, and are often more willing to eat foods they help choose and prepare. Depending on ages, kids can help shop for, clean, and prepare fruits and vegetables.



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- One last tip: Keep foods separate. Kids often prefer foods served separately. If they want to mix peas and corn, let them do it themselves!

*Taken from "Fabulous Fruits...Versatile Vegetables" at [www.cnpp.usda.gov](http://www.cnpp.usda.gov).*

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**For recipes: Contact your county extension office in Kansas or visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu)**

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