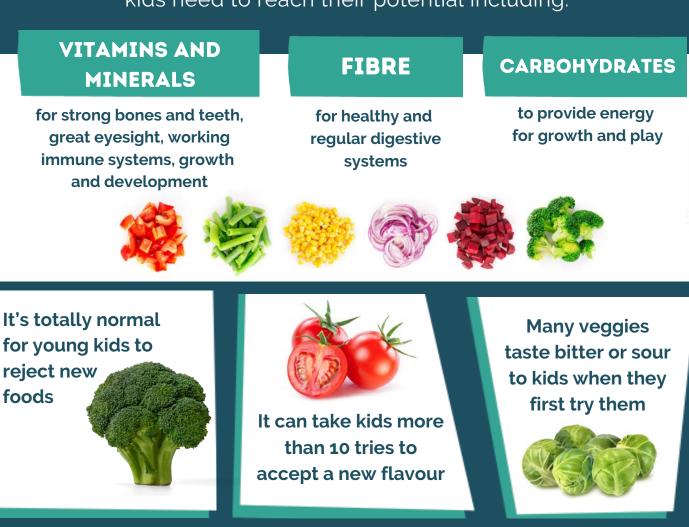
# **KIDS & VEGGIES**

### **DID YOU KNOW?**

Less than 2% of Australian children aged 2-5 years eat enough vegetables each day. Vegetables are full of nutrients that growing kids need to reach their potential including:



Kids learn to try new foods by copying those around them





Increased vegetable consumption is associated with improved health

Children enjoy choosing what they eat

2-5

YEARS



Health Illawarra Shoalhaven Local Health District

# **KIDS & VEGGIES**

## WHAT CAN YOU DO?



Getting children to eat their veggies doesn't have to mean broccoli stand-offs or tantrums over tomatoes. Take the stress out of introducing vegetables to kids with these fun and interactive activities.

#### ART

Get creative with vegetable off-cuts: broccoli paint brushes, cucumber stamps and capsicum stencils. Have a plate of fresh, chopped-up veggies to munch on after the session.





#### CREATE

Rice cakes spread with ricotta or cottage cheese make great canvases for kids to create veggie faces. Try grated carrot, zucchini noodles, cherry tomatoes and alfalfa sprouts.

### PLAY

Who can keep their veggie slice on their forehead, nose or lips the longest?

Instead of 'Duck Duck Goose' try 'Carrot, Carrot, Tomato'.

#### STORY TIME

Try reading 'The Magic Lunchbox', 'Little Pea' or another vegetable-themed tale.

