

KIDS & VEGGIES

2-5
YEARS

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:

VITAMINS AND MINERALS

for strong bones and teeth, great eyesight, working immune systems, growth and development



FIBRE

for healthy and regular digestive systems

CARBOHYDRATES

to provide energy for growth and play

It's totally normal for young kids to reject new foods



It can take kids more than 10 tries to accept a new flavour



Many veggies taste bitter or sour to kids when they first try them



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



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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.

