



Fun With Food and Fitness

First-grade nutrition education newsletter

Lesson **4**

Archive version -- See extension.missouri.edu

Try, try again

Eat a variety of colorful veggies every day for good health.

Concerned your child doesn't like vegetables? Make eating veggies fun. The recipes and ideas in this newsletter will help. Remember, children learn by watching you. If they see you enjoying vegetables, they will be more likely to eat them too! Other ideas for making eating veggies fun:

- Kids like to eat what they help prepare. Let them tear lettuce leaves for a salad or stir ingredients for a recipe you are preparing.
- Kids like what they get to choose. Let them put together their own salads or tacos.
- Don't get discouraged. Sometimes it takes 10 or more tries for your child to like a new food.
- Some like it raw. Some like it cooked. Try them both ways to find out how your child likes veggies served.



Let your kids be "produce-pickers." Help them choose veggies at the store.

What can you do to help your child choose a variety of vegetables?

- Want your kids to reach for a healthy snack? Make sure veggies are in reach. Have cut-up vegetables in the refrigerator for healthy snacking.
- At the store, ask your child to find all the red veggies, all the yellow veggies and all the green veggies.
- Children love to be involved in preparing food. Make the recipe on the second page together.

Kids in the Kitchen

With this recipe your child gets to practice skills like:

- washing vegetables
- cutting vegetables with a plastic knife
- mixing ingredients



Recipe

Fresh Veggies and Dip

Serving size: 1 cup

Total calories: 59; Total fat: <1g; Saturated fat: <1g; Carbohydrates: 12g; Protein: 2g; Fiber: 4.2g; Sodium: 240mg

Ingredients:

- ½ cup fat free sour cream
- ⅓ cup prepared salsa
- 3 tablespoons green onions, chopped
- ½ teaspoon garlic salt
- 1 red bell pepper
- 2 celery stalks
- 1 cup baby carrots

Directions:

1. Put sour cream, salsa, green onions, and garlic salt in a small bowl. Stir well.
2. Carefully cut the bell pepper in half lengthwise. Use your hands to remove the stem and seeds. Cut the pepper into strips.
3. Remove leafy tops from celery stalks. Cut celery stalks into sticks.
4. Serve red bell pepper strips, celery sticks, and baby carrots with dip.

Used with permission from Eatfresh.org. <https://eatfresh.org/recipe/>



Did you know...

If you get SNAP benefits (food stamps), you can use them to buy seeds and plants for use in gardens. Children are more likely to eat veggies if they have grown them. For more information about using food stamps to buy seeds, go to mydss.mo.gov/food-assistance/food-stamp-program.



Move it!

Picking vegetables from the garden is one way to make family time, active time. Aerobic activity makes us use our arms and legs. Our hearts beat faster and we breathe heavier. Doing this type of activity every day is important for good health. Get moving: garden, walk or ride a bike. You and your child can spend quality time together while being physically active.

Find more information and view videos on how moms are helping their families eat healthier foods at <https://www.fns.usda.gov/core-nutrition/especially-moms>.

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For more information, call MU Extension's Show Me Nutrition Line at 1-888-515-0016. Running out of money for food?

Contact your local food stamp office or go online to mydss.mo.gov/food-assistance/food-stamp-program.