

Make it fun!

Capturing the imagination of kids can make eating fruits and vegetables more exciting. Present young kids with cut up fruits and vegetables, and then let them create funny faces or animals. While creating their masterpiece, they're likely to snack on the tasty building blocks. Here's a great recipe you can try at home:



Trees in a Broccoli Forest

Makes 8 "trees." Each "tree" provides one 5 A Day serving of vegetables.

Dipping Sauce:

¼ cup plain nonfat yogurt

¼ cup light sour cream

2 teaspoons honey

2 teaspoons spicy brown mustard

Instructions:

1. Prepare dipping sauce by combining yogurt, sour cream, honey and mustard in a small bowl.
2. Create each tree by putting 2 baby carrots side-by-side to create the trunk. Next, arrange broccoli florets around the carrots to create the leaves. Create a second tree on each plate, and then add four cherry tomatoes at the top of the plate. Spoon dip around the base of the carrots, and sprinkle with chopped parsley to create grass.
3. Have fun eating your trees!

Trees:

16 DOLE® Baby Carrots

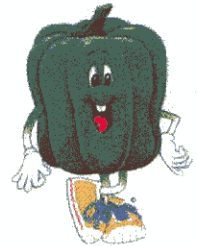
3 cups DOLE Broccoli, cut into florets

16 cherry tomatoes

3 tablespoons chopped fresh parsley

Crunchy and sweet can't be beat.

There's no doubt about it—kids love bite-size pieces of fruits and vegetables. Crunchy, raw vegetables with dip are always a hit, and sweet pieces of ready-to-eat fresh fruit make great snacks. So if your 8-year old won't eat steamed broccoli, try offering him raw broccoli florets with a low fat dressing for dip. Chances are, he or she will gobble it up and ask for more!



Kids like to eat what they make.

Kids are more likely to try something they've helped prepare. To get your kids interested in making fruit and vegetable recipes, have them help find recipes to try. They can look in cookbooks, magazines, newspapers, and online for recipes the whole family can enjoy. Once they find a recipe they want to try, have them develop a shopping list. At the supermarket they can have fun hunting for the fruits and vegetables needed for the recipe. Back at home the fun of preparing the recipe will only be surpassed by the excitement of trying it.



Add fruits and vegetables to favorite foods.

Adding fruits and vegetables to favorite foods is an easy way to get a child to eat more fruits and vegetables. Put sliced bananas on top of cereal. Add slices of green and red pepper to cheese pizza. Make strawberry milk shakes with frozen strawberries, low fat frozen yogurt and milk. Put some shredded carrots and lettuce on a turkey sandwich. Add carrot 'coins' to chicken noodle soup. Put slices of tomato inside cheese quesadillas. Add pureed red peppers and zucchini to spaghetti sauce. The possibilities are endless. Simply use your imagination to come up with other ways to add some more fruits and vegetables to your child's diet.

