

Raising Great Kids



MARCH

Feeding Children Veggies

Are you having a difficult time getting your child to eat vegetables? You are not alone! Everyone knows that vegetables are good for you and many parents strive to ensure that their children eat them every day, sometimes with little success. In light of this all-too-common challenge, a good attitude and a little creativity are key to working through this dilemma.

One of the most important factors to consider is your own attitude and approach toward eating in general. Avoid forcing a child to eat vegetables or any other food item. Encourage your child to try a spoonful, but do not get upset if he refuses it. Eventually he will try it, so keep reinforcing various foods from time to time.



- ★ Set aside a plate of raw vegetables or a salad of cold, cooked vegetables before the meal ~ the time your child is hungriest. (Remember that some of these foods can be potential choking hazards for the preschooler.)
- ★ Make mashed sweet potatoes instead of white potatoes, since sweet potatoes contain a lot of vitamin A.
- ★ Let your child make his own taco with shredded lettuce, tomato, ground turkey and a little cheese.
- ★ Serve foods with tomato sauce or stewed tomatoes often.
- ★ Try not to overcook vegetables to preserve their taste, bright appearance and valuable vitamins.

Safety Scoop

The following foods cause the most allergic reactions:

- eggs
- milk
- peanuts
- tree nuts (such as cashews and hazelnuts)
- soy
- wheat
- fish & shellfish

The most common food allergies ~ to milk and eggs ~ often disappear by the age of five. **Z** Source: *Healthy Food for Healthy Kids*, 1999.

- ★ Serve vegetables every day so that your child will be familiar with them.
- ★ Prepare meals together and let your child choose fresh vegetables when you're shopping.
- ★ Plant a vegetable garden with your child.
- ★ Most important, set an example. Remember that your actions will speak louder than words. Parents need veggies, too. **Z**



Did You Know?

Did you know that there are benefits of cooking with kids?

- ★ Cooking lets kids act like adults. It boosts a child's self-esteem.
- ★ Cooking uses children's small muscles as they stir, beat and roll items in the recipe.
- ★ Cooking increases a child's sense of texture, taste and smell.
- ★ Cooking expands vocabulary when you discuss words such as salty, smooth and lumpy.
- ★ Children learn science as hard potatoes become soft, cheese melts and dough becomes a cookie.
- ★ Children practice social skills when they cook with others. They learn to get along with others, share, follow directions and be patient.

Get your children involved and set some kitchen rules:

- ★ Choose simple tasks that give results.
- ★ Make sure their hands are washed.
- ★ Make sure there is no sneezing or coughing on food.
- ★ **NEVER** leave children unsupervised in the kitchen. **Z**



Is it okay for children to drink bottled water?

Per the American Dietetic Association's Complete Food and Nutrition Guide, one of the main differences between bottled water and tap is that tap water is fluoridated while bottled is not. Fluoride is a mineral that aids in hardening developing tooth enamel. The addition of fluoride to tap water helps prevent tooth decay. Consult with your children's dentist to ask if regular fluoride treatments will be enough or if a fluoride supplement is necessary for your children. **Z**

Source: The American Dietetic Association's Complete Food and Nutrition Guide, 1996.



Cinnamon Tortilla Chips

8 small flour or corn tortillas
1 tablespoon sugar
1/2 teaspoon cinnamon

Preheat oven to 450°F. Cut each tortilla into 5 wedges with a knife or kitchen shears and place on a cookie sheet. Mix cinnamon and sugar. Brush wedges with water and sprinkle with cinnamon and sugar mixture. Bake about 10 minutes. **Z**

Kids Can Help

Children can bring and measure ingredients and mix cinnamon and sugar. They can brush tortilla wedges with water and sprinkle cinnamon and sugar mixture.



All children must be supervised when they are in the kitchen.



Palm Beach County Extension ~ University of Florida/IFAS ~ Family & Consumer Sciences
559 North Military Trail ~ West Palm Beach, FL 33415-1311

561-233-1742 ~ pbcgov.com/coopext/FACS

MR  9/08