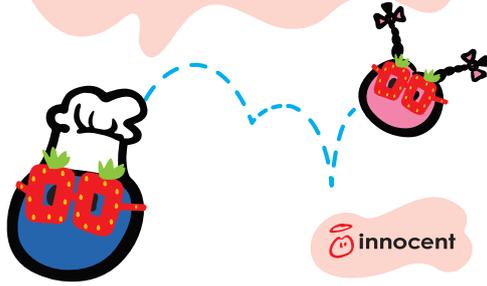


10 ways to get fruit and veg into kids



We always get lots of Mums and Dads popping into Fruit Towers with their kids and lots of them have shared their wisdom on healthy eating. We've picked out our favourite tips and made them into this handy little guide to help you get more healthy stuff into the small people in your life.

Happy reading.

#1 Get your kids to help prepare meals

Cleaning, peeling, picking, mixing – anything to get them involved. They're more likely to eat something they've had a hand in making.

#2 Have a pea eating competition

It works a treat everytime.



#3 Try adding some veg to your cakes

Beetroot and chocolate cupcakes work really well as they look and taste great. And courgette cake is brilliant as even grown ups can't tell there's any grated courgette in there.

#4 Don't force it. Try something else

If your little one is being fussy about a particular food, try to have an alternative on hand. For example, make two different types of veg at tea time that are as different as possible, colour and shape wise (e.g peas and carrots). If they won't eat one, they'll probably eat the other.

#5 Lunchbox love

By getting your kids to make their own sandwiches and choosing the other bits for their lunchbox (a piece of fruit, a treat etc), it'll save you time and means that lunch is less likely to end up in the bin. Popping a kids' smoothie in just before they go to school will help keep everything nice and cool till lunchtime.

#6 Find veg that does cool stuff

For instance, beetroot turns your wee pink and asparagus makes it smell funny. Tell your kids that at the beginning of their meal and watch them polish off the whole plate.

#7 Make your own ice lollies

Buy a lolly making kit and get your kids to make their own. Let them choose their favourite fruit juice and add some water to freeze them. If you're pushed for time, innocent fruit tubes make brilliant ice pops (shameless plug but it's true!).

#8 Put them in charge of the herb garden

Get your kids to plant a mini herb garden outside or in a pot on the windowsill. Then put them in charge of picking the herbs for dinner. Who knows - you might end up discovering some exciting new combinations yourself...

#9 Shopping safari

Let your kids choose some new interesting ingredients when you're out shopping and then cook them up together when you get home.

#10 Make your own fruit cocktail dip

Stir in some vanilla essence or honey into natural yoghurt. Slice up bananas, apples and pears and arrange on a plate with grapes, berries and satsuma segments. Then using cocktail sticks, get your kids to dip the fruit into the yoghurt for a posh but healthy pud.