



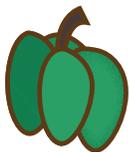
# 5 WAYS

## TO INTRODUCE CHILDREN TO VEGETABLES

During the early years, young children need many opportunities to try vegetables. They need time and opportunities to develop a taste for new foods. Some children may need at least 15 times before they are willing to try any new food. Therefore, incorporating fun and creative ways to introduce new foods is a sure way to help them try or like many vegetables. Here are five ways to introduce children to a variety of vegetables.



Model healthy eating habits for children by eating a variety of vegetables with them.



Plan activities that allow children to learn more about vegetables, such as featuring a new vegetable each week.



Each month, invite a local farmer to talk about in-season vegetables with the children.



Serve vegetables to add splashes of color to the plate.



Prepare child-friendly recipes with the children that features new vegetables.

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