



Role Modeling

Children learn from watching you.

Eat fruits and veggies and your kids will too.

One way to encourage your children to eat healthy foods is to be a role model. Show your children that you enjoy eating fruits and vegetables.

Your child is very interested in what you do. If you eat fruits and vegetables, your child will be interested in trying them.

How can I model healthy eating for my children?

Choose healthy foods when you are with your children.

- Share healthy foods with your children at meals.
- Avoid asking your child to eat a food you are not eating.
- Choose healthy snacks when your children are around.

Eat a variety of healthy foods.

- Show your children that there are many delicious, healthy foods.
- Share your excitement about trying new fruits and vegetables or try old favorites prepared in a new way.

Talk to your children about the healthy choices you make.

- In the grocery store, "We're buying fruits and vegetables today! They are good for our bodies and they taste good."
- When making dinner, "We're making fruits and vegetables tonight! I like them and they make me feel good."
- At a restaurant, "I'm looking for a meal that has some fruits and vegetables. I just don't think a meal is complete without them!"

Try a New Food!

Mango

Mangos can be found in the produce department of most grocery stores.



Selecting Mangos: Ripe mangos feel a little soft when squeezed. Unripe mangos feel hard when squeezed.

Storing Mangos: keep ripe mangos in the refrigerator and unripe mangos at room temperature.

You can also purchase frozen mango in the freezer section of most grocery stores.

Practice Being a Good Role Model

Eat healthy foods in front of your children.

Share a variety of healthy foods with your children.

Talk to your children about why you eat healthy foods.

Bring healthy snacks to share with your children when you are running errands.

Mango Smoothie

Try this recipe with your child!

Ingredients

- 1 fresh mango or 1 cup frozen mango
- ½ cup low-fat milk
- ½ cup ice
- ¼ cup vanilla low-fat yogurt

Directions

1. Place the mango, milk, ice, and yogurt in a blender.
2. Blend until smooth.

Serves: 2

Nutritional Information per Serving

Calories: 110
Total Fat: 1g
Saturated Fat: 0.5g



Ask your child which fruit they would like to add.

Mango Makes a Great Addition to Many Meals

- Put diced mango on top of waffles or pancakes.
- Put chopped mango over grilled or sautéed pork, fish, or chicken.
- Add mango chunks to your next fruit salad.
- Make a tasty salad by tossing together chunks of mango, chopped romaine lettuce, black beans, chopped tomato, and diced red onion. Squeeze a lime over the top.

Goal Setting

What is one way you can role model healthy eating for your children during the next week?

**Cook together. Make meals and memories together.
It is a lesson they will use for life.**

**Why is it
important
to cook
with young
children?**

- It's a great way to encourage your child to eat fruits and vegetables. Kids like to eat foods they help prepare. All of that mixing, mashing, and measuring makes them want to taste what they are making.
- Kids feel good about doing something "grown-up." Give them small jobs to do. Praise their efforts.
- They will be learning skills they can use for life. Help teach them to follow instructions, count, and more!
- Cooking together means you can spend more time with your children. This is great on busy days.

**How can
young
children
help with
the cooking?**

- Tearing lettuce for a salad.
- Scrubbing or washing vegetables such as, potatoes and carrots.
- Setting the table.
- Helping to make sandwiches.
- Picking which vegetables go into a salad or soup.

Safety

- Make sure your children wash their hands before you start cooking.
- Teach your children that they should not touch the oven or stove. Do not ask them to put anything in the oven or remove anything from the oven.
- Use the back burner on the stove when possible.
- Turn pan handles toward the back of the stove or counter so that children cannot grab them.
- Never leave children alone in the kitchen when the stove or oven is on.

Let young children help prepare healthy meals and they will be more likely to eat healthy foods.

Your young child can:

- Tear lettuce
- Spread peanut butter and jelly
- Decide which vegetable to put in a salad
- Set the table

Crunchy Vegetable Wrap

Try this recipe for a family meal!

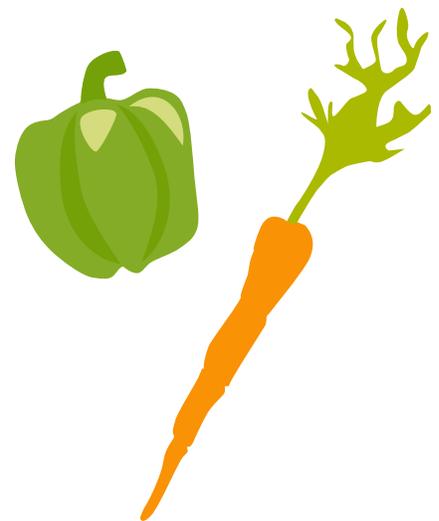
Ingredients

- 4 Tablespoons low-fat cream cheese
- ½ teaspoon ranch seasoning mix
- 2 flour tortillas
- ½ head of broccoli, washed and chopped
- 1 carrot, peeled and grated
- 1 zucchini, washed and cut into small strips
- 1 summer squash, washed and cut into small strips
- ½ tomato, diced
- ¼ green bell pepper, seeded and diced

Directions

1. In a small bowl, stir ranch seasoning into cream cheese, chill.
2. Wash and chop vegetables.
3. Spread cream cheese onto flour tortilla, staying one inch from edge. Sprinkle vegetables over cheese. Roll tortilla tightly. With a sharp knife slice cream into circles and serve.

Serves: 4



Nutritional Information per Serving

Calories: 130

Total Fat: 4g

Saturated Fat: 2g

Goal Setting

**What is one meal that your young child can help prepare next week?
What can your child do to help prepare this meal?**



Eating Together

Eat together. Talk together. Make mealtime a family time.

Eating with your children can be fun and gives you a chance to role model healthy eating behaviors.

- Start eating meals together as a family when your kids are young. This way, it becomes a habit.
- Decide when you will eat together as a family. Write it on your calendar. Plan other events around family meals.
- Try to have family meals at least four times a week.
- It does not have to be dinner. If it is easier for your family, have breakfast or lunch together.
- Gently encourage your child to try new foods.
- Turn off the television. Take phone calls later.
- Talk about fun and happy things. Try to make meals a stress-free time.
- Cook dinner fast on busy nights. Try stir-fried meat and vegetables, quick soups, or sandwiches.
- Do some tasks the day before. Wash and cut vegetables or make a fruit salad. Cook lean ground beef or turkey for burritos or chili. Store everything in the fridge until ready to use.
- Create family routines at meals that everyone enjoys.

This information is adapted from the USDA website, <http://www.fns.usda.gov/fns/corenutritionmessages/default.html>

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Family Meal Tips

- Turn off the TV.
- Talk with your children about their day.
- Make sure everyone washes their hands before you start eating.
- When possible, avoid rushing to the next activity.
- Enjoy the meal and being together!
- Have everyone answer the same questions each night at dinner. Some fun questions:
 - What was the highlight of your day?
 - What did you learn today?
 - What are you looking forward to doing tomorrow?

Quick Minestrone Soup

Try this soup for your next family meal!

Ingredients

½ cup whole-wheat pasta, uncooked
1 16-oz. package frozen mixed vegetables
2 cups low-sodium vegetable broth
1 15 ½ oz. can kidney beans, rinsed and drained
1 16-oz. can low-sodium tomatoes
2 Tablespoons parsley, chopped
1 teaspoon Italian seasoning
¼ teaspoon pepper

Directions

1. Cook pasta in boiling water for 10 minutes.
2. Drain.
3. At the same time, cook vegetables in broth for 15 minutes or until tender.
4. Add beans, tomatoes, seasonings, and pasta.
5. Cook until hot.

Serves: 8

Nutritional Information per Serving:

Calories: 120
Total Fat: 0g
Saturated Fat: 0g

Be creative! Try different beans and vegetables. Ask your children which beans and vegetables they want to add to the soup.

Goal Setting

**What are three meals that you will share with your family during the next week?
When will you eat the meals? Who will be present?**

Letting Your Children Serve Themselves

- Let them learn by serving themselves.
- Let your kids serve themselves at meals.
- Teach them to take a small amount at first.
- They can get more if they are still hungry.

A Good Rule: You decide what, when, and where foods are offered and let your children decide whether and how much to eat.

Children are born knowing how much to eat.

- You don't need to tell them how much to eat.
- They will eat when they are hungry and stop eating when they are full, all on their own.
- Listen to your child. If she says she's full, don't force her to eat more or clean her plate.

When children are given large amounts of food and encouraged to finish it, they cannot stop eating when their bodies tell them they are full. Over time, they may learn to ignore when their bodies tell them that they are full and eat more than they need to.

Keep in mind what your child eats over time. Meals and healthy snacks give children several chances to eat a variety of foods. If your child eats only a little or nothing at one meal, don't worry. He'll make up for it with other meals and snacks

Letting children serve themselves means allowing them to decide what to eat from the healthy options you provide and allowing them to decide how much to eat. Young children may not be able to put food on their own plates. Even if you are serving them, allow them to decide how much is put on their plate.

What's a preschooler sized serving?



1/4 cup vegetable



1/4 cup fruit



1/4 cup cooked pasta or rice



1/3 cup dry cereal

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Tips for letting children serve themselves

- Avoid comments about how much food or which foods a child is eating.
- If your child doesn't want to eat when the rest of the family is eating, have her sit with the family while everyone else eats. Make the food she would have eaten during the meal available later if she is hungry. Avoid giving her treats or snacks later.

Fruit Kabobs with Yogurt Dip

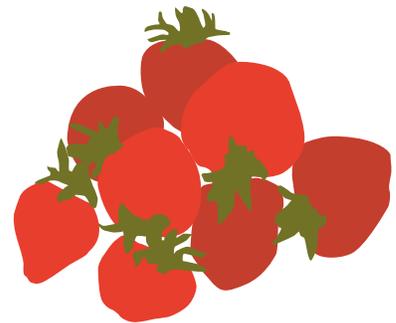
Makes a great afternoon snack to share with your child.

Ingredients

- ½ watermelon cut into chunks
- ½ pineapple cut into chunks or 1 20oz can pineapple chunks in 100% juice
- 1 cup red seedless grapes
- 1 cup strawberries, stemmed
- 16 wooden skewers, 6 inches long
- 1 cup low-fat yogurt vanilla or strawberry

Directions

1. Allow your children to select several fruit chunks and put them on a skewer.
2. Place low-fat light strawberry yogurt in bowl. Dip the fruit skewer in the yogurt.



Serves: 8

Nutritional Information per Serving
Calories: 210
Total Fat: 1g
Saturated Fat: 0g

Goal Setting

What are two meals that you can serve family style in the next week? Serving meals family style allows your children to decide how much they want to eat.



Liking New Foods Takes Time

- Kids don't always like new foods right away.
- Offer new fruits and vegetables many times, served a variety of ways.
- Give your kids just a taste at first and be patient with them.

- Young children may not want to eat fruits and vegetables the first time they try them.
- Keep trying! Keep giving your children small amounts of fruits and vegetables even if they do not eat them at first. Offer your children small amounts of new foods so that you do not waste food.
- Give children small amounts to taste or play with at first. This can be as small as a spoonful of peas or cooked carrots, a piece of an apple, or one section of an orange.
- When children are first learning about new foods, but not yet eating them, there is no need to make a separate portion for them. Just give them a small taste of what you are eating.



TIP: Eat the same foods that you are introducing to your children. Your children learn from watching you. If you show them that you eat and enjoy these foods, they will be more likely to try them.

The first 1-3 times children are given a new food, they may just smell, touch or play with it.

The next 4-6 times they are given a food, they may spit it out or nibble on it.

The next 7-9 times they are given a food, they may actually eat and swallow it.

Young children may have to eat a food 15 times before they like it and eat it every time you give it to them.

Make introducing new foods fun!

- Make up silly names for the new food.
- Make up a song about the food.
- Make up a dance to do after eating the new food.

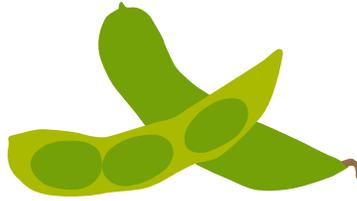
How many of these fruits and vegetables have you shared with your child?

- Zucchini
- Cauliflower
- Yellow Peppers
- Snow Peas
- Clementines
- Asian Pears

Try a New Food!

Edamame

Edamame are young soy beans that have been harvested before they start to harden. They make a great snack or side dish!



You can purchase frozen edamame in most grocery stores or health food stores. You can buy shelled or unshelled frozen edamame. Look for them in the freezer section near the frozen vegetables.

To prepare unshelled: boil the unshelled edamame for 5–10 minutes, cool under running water, salt lightly, and serve. Your children will enjoy popping them out of the pod to eat. Do not eat the shells.

To prepare shelled: boil for 2-4 minutes, cool under running water, toss with melted butter or olive oil, and serve.

Tips for introducing new foods

Pair a new food with a favorite food.

Be patient and keep trying!

Eat the new food with your child to show them you enjoy it.

Have your child help you prepare the new food.

Apple Bark

Try an Old Favorite a New Way!

Ingredients

- 1 Granny Smith Apple
- 1 Tablespoon peanut butter
- 2 ½ Tablespoons golden or black raisins
- 1 ½ Tablespoons dried sweetened cranberries

Directions

Cut apple into four quarters. Remove the core by cutting away to leave a flat surface on the apple quarter. Spread the peanut butter on the apple quarters. Sprinkle the raisins and cranberries on the peanut butter.



Serves: 2

Nutritional Information per Serving:

Calories: 150
Total Fat: 4.1g
Saturated Fat: 1g

Goal Setting

What is one new food you are going to start introducing to your child next week? How will you prepare this food? Remember to be patient and try offering it many times, even if your child does not eat it the first time.

- Offer your children new foods. Let them choose how much to eat.
- Kids enjoy a food more when eating it is their own choice.

Rewarding children is not the best way to get them to eat healthy foods.

Sometimes parents say:

"If you eat your broccoli, you can have ice cream."

When parents reward children for eating healthy foods like broccoli by giving them unhealthy foods like ice cream, they may come to like the unhealthy foods more and dislike the healthy foods.

Instead try saying:

"This is broccoli! It is crunchy!"

Pointing out the different qualities of a food encourages your child to try the food.

Or say:

"We can try the broccoli another time. Next time, would you like it cooked instead of raw?"

Rewarding your child with attention and kind words and allowing them some control over how their food is prepared may encourage them to try the food.

Pushing children to eat healthy foods is also not the best way to get them to eat healthy foods.

Sometimes parents say:

"You have to finish what's on your plate before you can leave the table."

If parents push their children to eat fruits and vegetables, children may start to dislike these healthy foods. Children may also learn to eat when they are not hungry.

Instead try saying:

"Is your stomach telling you that it's full?"

Phrases like these help your child learn to listen to their bodies and stop eating when they are full. This can prevent overeating.

Or say:

"If your tummy is full, you can be done."

Good ways to help your children to eat healthy foods:

1. Don't give up if your child won't eat a healthy food the first time you give it to them. Keep trying with small portions.
2. Limit the unhealthy foods such as ice cream, cookies, soda, potato chips that you keep in your house.
3. Show your children that you like and eat healthy foods.
4. Take healthy snacks – such as carrot sticks, apples and grapes – with you when you go out so that you don't have to buy unhealthy snacks for your kids.
5. Make sure your meals are mostly made up of healthy foods. Try two vegetables and a lean protein.
6. Avoid unhealthy snacks right before meal time.

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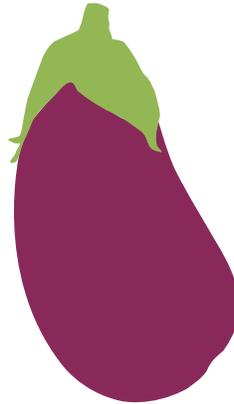
Try a New Food!

Eggplant

Eggplant can be found in the produce department of most grocery stores.

Selecting Eggplant: Look for an eggplant that is a deep purple color and has a firm, shiny skin.

Storing Eggplant: Store unwrapped in the vegetable compartment of your refrigerator. Use within one week of purchase.



Be Patient!

Children may play with, spit out, and taste a food several times before they eat it. If you continue to give your children fruits and vegetables and show them that you enjoy them, after a while they will start to eat them too.

Galloping Good Eggplant

Try this recipe with your child!

Ingredients

- 1/2 eggplant, diced
- 6 fresh mushrooms, diced
- 1 fresh tomato, chopped
- cooking oil spray
- 3/4 oz. fat-free mozzarella cheese (use a string cheese stick)

Directions

1. Spray skillet with cooking oil.
2. Sauté eggplant, mushrooms, and tomatoes in skillet until tender but cooked.
3. Drain off extra juice and top with shredded or 'peeled' cheese. Let it melt. Serves: 2

Serves: 2

Nutritional Information

per Serving:

Calories: 70
Total Fat: 0.5g
Saturated Fat: 0g

Goal Setting

What are two things that you learned during this course? What are two changes that you would like to make or have made in how you feed your children?