

# Fruit and Vegetable Tips for Children



Client Information

[www.interiorhealth.ca](http://www.interiorhealth.ca)

Offer fruits and vegetables often; ideally at every meal and snack time. For some children, learning to enjoy fruits and vegetables can take time. Keep offering different types of fruits and vegetables many times prepared in different ways, without pressure to taste or eat. This handout offers ideas you can try.

Involve your child with growing, shopping and preparing fruits and vegetables to increase their familiarity with them. Set a good example! If you eat veggies and fruit your child is more likely to follow suit.

Keep a supply of fresh fruit and veggies that are washed, cut and ready to eat in the fridge for quick snacks. The more colors the better!



## Safety Tips for Young Children

- Some fruits and vegetables may be a choking hazard for young toddlers; you can make hard fruits and vegetables safer by cutting into small pieces, grating or steaming lightly.
- Skewers and sticks are not safe for younger children. Use discretion and always supervise children while preparing food and eating.

## Fruits

- Let kids dip apple slices into peanut butter or spread thinly with peanut butter
- Make a fruit and yogurt parfait topped with a bran cereal
- Make fruit salad or fruit kebabs for a yummy dessert
- Serve applesauce, berries or peaches with pancakes and French toast
- Add fresh or dried fruit to cereal
- Mix applesauce into hot cereal or add raisins, chopped dried apples or apricots while cooking
- Make fruit smoothies by blending milk, yogurt and fresh or frozen fruit
- Make fruitsicles by freezing your smoothie in molds with a stick
- Peel and freeze a banana on a stick
- Make baked apples filled with chopped walnuts, oats and a bit of brown sugar (use a microwave to save time)
- Use fruit in baking – berries, bananas, cranberries, apricots, prunes, grated apple and applesauce make muffins moist and tasty

<b>Healthlink BC</b> <b>Call 8-1-1</b> <a href="http://www.healthlinkbc.ca">www.healthlinkbc.ca</a>	Nurse	24 hours a day	Daily	<i>Call 8-1-1 to speak with a nurse, ask a dietitian about nutrition, or a pharmacist about your medication.</i>
	Dietitian	9 am–5 pm	Mon–Fri	
	Pharmacist	5 pm–9 am	Daily	
	Hearing Impaired	Call 7-1-1		

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# Fruit and Vegetable Tips for Children *(continued)*

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## Vegetables

### Mix them in:

- Finely grate carrot into spaghetti sauce
- Make green smoothies by adding spinach or kale (loosely frozen in a bag is handy)
- Keep a bag of frozen mixed vegetables (peas, carrots, corn) in the freezer. Add a handful to soups, casseroles, pasta dishes and rice.
- Use zucchini, carrot and pumpkin in muffins and loaves

### Serve a “build your own”:

- **Green salad** - Let children add toppings at the table such as nuts, seeds, croutons, chopped boiled egg, cheese, raisins or berries
- **Sandwich, wrap or taco** - Let children choose from a variety of veggie toppings such as grated carrot, thinly sliced cucumber and peppers, dark green lettuce or spinach, and tomatoes
- **Pizza** - Include toppings such as peppers, mushrooms, onions, spinach, broccoli and tomatoes

### More ways to prepare veggies:

- Make veggie “noodles” from zucchini using a spiralizer; serve with sauce
- Roast vegetables in the oven; (e.g. carrots, cauliflower, onions, sweet potatoes, peppers, and beets). First drizzle with oil and spices. Crispy, sweet and savory! Mmmm.
- Grill vegetable kebabs on the BBQ
- Make pan-roasted asparagus – a delicious way to introduce asparagus
- Warm up with butternut squash soup on a chilly day
- Use sweet potatoes to make [homemade fries](#)
- Make stuffed baked potatoes with broccoli and cheese sauce

## Snacking favourites

- Serve raw veggies with dips like hummus, tzatziki, or yogurt mixed with ranch dressing
- Serve cut up fruit with a yogurt dip
- Make a trail mix that includes raisins and other dried fruit (chop if necessary).
- Make [kale chips](#); a tasty snack and fun activity
- Make a fresh salsa (you can make it a fruit salsa by adding chopped mango or pineapple)



## For More Information

### Contact a dietitian

Dial: 8-1-1 or by email at

[www.healthlinkbc.ca/dietitian](http://www.healthlinkbc.ca/dietitian)

### Healthy Eating for Children

[www.interiorhealth.ca/YourHealth/InfantsChildren/Pages/Nutrition.aspx](http://www.interiorhealth.ca/YourHealth/InfantsChildren/Pages/Nutrition.aspx)

### Recipes

[www.bettertogetherbc.ca](http://www.bettertogetherbc.ca)

[www.healthyfamiliesbc.ca/home/blog/category/recipes](http://www.healthyfamiliesbc.ca/home/blog/category/recipes)