MyPlate Nutrition Education Series: Kid-Friendly Veggies and Fruits\textsuperscript{1}

USDA Center for Nutrition Policy and Promotion, with an Introduction by Linda B. Bobroff\textsuperscript{2}

After introducing MyPlate in June 2011, USDA provided a series of one-page fact sheets to help consumers use the dietary advice of the Dietary Guidelines 2010. The USDA added new fact sheets in December 2011 and continued adding fact sheets in 2012, 2013, and 2014. These fact sheets are distributed by UF/IFAS Extension for Extension faculty, health professionals, and consumers.

This fact sheet is Kid-Friendly Veggies and Fruits, and it can be found on the following page.

Figure 1.
Credits: \url{http://choosemyplate.gov}

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\textsuperscript{1} This document is FCS80047, one of a series of the Family, Youth and Community Sciences Department, UF/IFAS Extension. Original publication date May 2014. Visit the EDIS website at \url{http://edis.ifas.ufl.edu}.

\textsuperscript{2} Linda B. Bobroff, PhD, RD, LD/N, professor, Department of Family, Youth and Community Sciences; UF/IFAS Extension, Gainesville, FL 32611.

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10 tips

Nutrition Education Series

kid-friendly veggies and fruits

10 tips for making healthy foods more fun for children

Encourage children to eat vegetables and fruits by making it fun. Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped make them.

1. smoothie creations
   Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. If you freeze the fruit first, you can even skip the ice!

2. delicious dippers
   Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.

3. caterpillar kabobs
   Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.

4. personalized pizzas
   Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to warm.

5. fruity peanut butterfly
   Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.

6. frosty fruits
   Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make "popsicles" by inserting sticks into peeled bananas and freezing.

7. bugs on a log
   Use celery, cucumber, or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries, or cherries, depending on what bugs you want!

8. homemade trail mix
   Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals to the mix, too.

9. potato person
   Decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.

10. put kids in charge
    Ask your child to name new veggie or fruit creations. Let them arrange raw veggies or fruits into a fun shape or design.

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Go to www.ChooseMyPlate.gov for more information.