

*The LiveWell Kids program partners with Redondo Beach Unified and Hermosa Beach City School Districts to provide elementary students with interactive nutrition and garden lessons to help them adopt mindful healthy behaviors at an early age.*

## **LiveWell Kids Nutrition Program Module 2: Fruits and Vegetables**

Is getting a child to eat fruits and vegetables a challenge? You're not alone, only 21% of youth ages 6-19 eat the recommended five or more servings of fruits and vegetables each day. Fruits and vegetables provide important vitamins and minerals, help reduce obesity and are important to your child's overall health.

During the second LiveWell Kids Nutrition lesson of the year, students learned about the importance of eating fruits and vegetables every day and the willingness to try new foods. Students practiced meal planning using the MyPlate method so that half of their plates included a variety of colorful fruits and vegetables.



Try some of these tips at home to incorporate more fruits and vegetables into your family meals:

- Lead by example: serve and eat fruits and vegetables at every meal so that it becomes the norm for your family.
- Hands on experience: children are more willing to try foods when they are involved. Have them help choose the vegetable for the meal and help prep. Little ones can help tear lettuce and snap green beans. Older children can practice easy knife skills and help cut fruit and vegetables and maybe even create their own dish.
- Make it easy: have cut vegetables accessible to put out for snacks. Serve it with hummus or make a quick dip from Greek yogurt, lemon and some dill. Frozen peas or fruit can also make a great easy snack for your family while dinner is being prepared.
- Veggies to the rescue: bulk up your meals with some nutrient dense vegetables. Leafy greens can be added to a smoothie, sauté onions, zucchini and mushrooms into a pasta or egg dish. Get creative and add some healthy flavor to your meals.
- Take your family to a local farmers market. There are several in the Beach Cities area each week. Pick out a new fruit or vegetable to try and ask the farmer how it was grown and for some interesting ways to prepare it.

Adding fruits and vegetables to your meals can be fun and delicious. Remember that half of your plate should be filled with colorful produce. Get creative and have fun eating from the rainbow.