

LiveWell Tots

LESSON TWO | FRUITS & VEGETABLES

Presented by



Introduction to Fruits & Vegetables

Eating fruits and vegetables that are rich in vitamins and minerals is one of the best ways to feel healthy and energized. Children who are exposed to new fruits and vegetables are also more likely to try new foods. Additionally, it's been proven that children who eat family meals with the TV off eat more fruits and vegetables.

In Module two, children learned about the importance of eating fruits and vegetables. We talked to students about eating different types of fruits and vegetables and learning to identify them. Children also learned that half of their plates should include fruits and vegetables. Please ask your child about their LiveWell Tots lesson and what they thought about their mindful tasting.

Helpful Tips for Eating More Fruits & Vegetables at Home

- **Fruit skewers:** cut fresh fruit and thread onto a skewer.
- **Smoothies:** blend fruits and leafy greens like kale or spinach, with water and ice.

- **Omelets:** add mushrooms, onions, tomatoes, sweet corn or spinach.
- **Pasta:** bulk up the recipe by adding veggies like peas, spinach or zucchini to your sauce.
- **Grow your own garden:** research has shown that children are five times more likely to eat salad when they have grown it themselves.

Reading Recommendations

A great way to be in the moment with your child is to read together. Look for children's books that effectively promote an appreciation for food and good health. The following books support the messages from this month's nutrition lesson:

- *Broc and Cara's Picnic Party* by Dave A. Wilson
- *Eating the Alphabet: Fruits and Vegetables A to Z* by Lois Ehler
- *How are you Peeling?* by Saxton Freymann and Joost Elffers
- *The Vegetables We Eat* by Gail Gibbons

Chickpea Salad



Ingredients

- 1 Can garbanzo beans
- 1 Cup cherry tomatoes
- 1 Persian cucumber
- 1 Lemon juiced
- Mint and/or parsley – ¼ cup
- Italian seasoning- 1tsp.
- Olive oil – 1 tbsp.
- Garlic – 1 clove minced or pressed
- Salt and pepper

Directions

1. Dice tomatoes, cucumbers and mint and add to bowl
2. Rinse and drain a can of garbanzo beans, add to bowl with veggies and mint
3. Mix lemon juice, olive oil, Italian seasoning, garlic and salt and pepper
4. Pour dressing over salad and mix well

