

Simple ideas can make eating vegetables fun for children



Try these creative ideas to encourage children in your service to eat more vegetables during the day.

Party platter: Include veggie slices (e.g. tomato, red capsicum, cucumber, steamed carrot) and dips. For flavour and variety add fruit, cheese and lean cold meats. You can also add a selection of veggies to your regular fruit platter (e.g. strips of capsicum, cucumber, grated carrot).

Ants on a log: Fill celery sticks with cream cheese or peanut butter (if allowed) and dot with currants or sultanas.

Corny cobs: Steam corn on the cob or cook frozen corn cobbettes.

Veggie crackers: Top wholemeal crispbread, corn thins or rice crackers with cottage or cream cheese and your choice of avocado, lettuce, tomato and cucumber.

Homemade cuppa soup: Serve small portions in cups on a cold day. For fun, try Pumped up pumpkin or Shrek soup (green pea and ham).

Super salads: Toss chopped fresh vegetables to make a garden salad, or combine roasted veggies to make a warm roast veggie salad (add some grilled chicken breast for variety).

Carrot and raisin sunshine salad: Mix shredded carrots with raisins and natural yoghurt and serve in iceberg lettuce leaves.

Veggie 'chips': Make sweet crunchy chips by slicing carrot, zucchini, potato and sweet potato, spraying with olive oil and baking until golden.

Veggie slice: Mix grated vegetables (e.g. zucchini) with chopped onion, cheese, flour and eggs and bake in a moderate oven until golden brown.

Veggie pita pockets: Encourage kids to fill pita pockets with their choice of chopped vegetables and dips.

Veggie muffins: Try pumpkin and zucchini, carrot and sultana, cheese and corn, pumpkin and date, sweet potato, zucchini and poppy seed.

Beans in a cup: Serve warm baked beans topped with grated cheese in a cup or pour the beans over wholegrain toast.

Stuffed spuds: Cook small potatoes, cut the tops off and scoop out some potato. Fill with creamed corn, salsa, coleslaw or baked beans.

Veggie side dishes: Offer a bowl of colourful veggies with main meals and encourage kids to help themselves at the table.