



TidBit Times

March 2019

'Turnip' the 'Beet'

Celebrate National Nutrition Month!

Do you struggle to get your child to eat fruits and vegetables? If so, you are not alone. Research shows that the majority of children in the U.S. don't meet the daily recommended intake of 2½ cups of vegetables and 1½ cups of fruit. Many children are picky eaters, and picky eaters tend to avoid vegetables.

Because food can become a hands-on activity, everyday tasks can get kids involved in food, which can help promote healthful eating. Try some of these simple ways to explore fruits and vegetables with young children:

Let Your Child Explore! Plan a fun trip to a grocery store or farmers market with your child. Allowing children to have a say in what produce is picked can be helpful in encouraging them to eat it once you are home. Here are a few creative activities to try.

- Beforehand, give your child cookbooks or cooking magazines and have them look for recipes they would like to try. For older children, you can even ask them to help plan a meal.
- While shopping, allow them to pick out the "best" apples, broccoli or whichever produce interests them.
- As you walk the store aisles, encourage children to name the fruits and vegetables in the produce, canned food or frozen food aisle, or to say the colors of foods they know.
- Find foods that are new to them; talk about their color, shape, size and feel.

Let Children Choose! Once children have explored all the produce, let them choose a vegetable or fruit to take home and try. Discuss how they would like it prepared. Younger children can bag up the produce, and older children can weigh it and calculate the cost. Challenge them to put one item of each color in the cart: white cauliflower, blue blueberries, orange carrots, green spinach, etc.

Try Growing Your Own Produce! Growing your own foods from seeds in your garden can be a rewarding experience. Perhaps start the seeds in paper cups on your windowsill. Kids enjoy eating foods they grow themselves — and it's a great science lesson!

Your Child Can Help At Home Too! At home, as you take vegetables out of grocery bags, talk about on which part of the plant each one grows: leaf (cabbage, lettuce, greens), roots (carrot, potato), stalk (celery, asparagus), flower (broccoli, cauliflower, artichoke) and seed (peas, corn). Kids are more likely to try a food that they have a hand in choosing and preparing. Children love to help! Depending on their age and skill level, children can participate in various meal preparation tasks such as:

- Washing vegetables
- Rinsing berries
- Tearing lettuce

For more information, visit www.eatright.org



Recipe of the Month:

‘On the Go’ Hidden Vegetable Breakfast Muffins

‘...and we’ve been kid approved!’

Ingredients—

- 1 cup of Cauliflower
- 5 eggs
- 1 Cup grated cheddar cheese
- Optional Vegetables (ie, spinach, cherry tomatoes, asparagus, broccoli)

Recipe—

1. Roughly chop cauliflower.
2. Blitz in a food processor until resembles a fine grain.
3. Whisk eggs.
4. Add cheese and cauliflower.
5. Fill greased muffin cups with egg mixture. (can add salt or pepper to taste).
6. Add additional vegetables (spinach, tomatoes, asparagus, etc) as desired.
7. Bake at 350F for 15-20mins until firm/springy to touch
8. Cool for 5 mins in tray before serving or cool completely before adding to a lunch box.



1. Almond	Z	A	S	D	Y	G	H	J	K	L	M	N	B	V	C	P
2. Basil	B	H	E	C	A	U	L	I	F	L	O	W	E	R	W	A
3. Cauliflower	Q	J	A	N	L	W	E	A	F	E	T	A	Z	O	L	P
4. Dill	C	I	I	M	D	U	M	O	J	F	E	S	U	G	O	R
5. Eggs	S	N	A	C	B	I	T	V	U	T	A	A	C	O	B	I
6. Feta	W	Y	S	Y	A	S	Q	A	S	B	A	B	C	Z	S	K
7. Gumbo	I	A	L	A	L	M	O	N	D	E	P	I	H	C	T	A
8. Ham	S	M	A	K	E	W	A	I	I	W	A	J	I	W	E	M
9. Jicama	S	T	O	M	A	T	I	L	L	O	K	J	N	U	R	L
10. Kiwi	C	O	Y	U	L	O	C	L	L	U	Q	U	I	N	O	A
11. Lobster	H	K	R	S	Q	G	E	A	I	R	O	W	V	O	J	L
12. Mushroom	E	R	O	H	U	U	A	S	U	B	A	S	I	L	E	E
13. Nutmeg	E	A	K	R	C	M	Z	C	I	L	E	D	K	A	S	G
14. Okra	S	J	I	O	Y	B	A	K	M	V	D	N	I	Z	U	G
15. Paprika	E	A	C	O	Z	O	S	M	A	S	H	O	O	S	A	S
16. Quinoa	N	U	T	M	E	G	W	K	I	W	I	L	R	I	H	G
17. Radish	O	F	L	C	A	B	B	A	G	E	S	G	E	A	N	D
18. Swiss Cheese																
19. Tomatillo																
20. Vanilla																
21. Wasabi																
22. Yam																
23. Zucchini																

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