

Fruits & Vegetables

Introduction to Fruits & Vegetables

Eating fruits and vegetables is one of the best ways to get the nutrition that we all need to lead healthy lives.

Children who are exposed to new fruits and vegetables are also more likely to try new foods. Additionally, children who eat family meals with the TV off have been shown to eat more fruits and vegetables.

In Module two, children learned about the importance of eating more fruits and vegetables. Additionally, children talked about eating different types of fruits and vegetables, and learned to identify them. Children also learn that half of their plates should always include fruits and vegetables. Students tried zucchini and lemon as part of the Mindful Tasting portion of the lesson. Please ask them what they thought about the experience and remind them about eating fruits and vegetables every day.



Helpful Tips for Increasing Fruits & Vegetables at Home

- Fruit skewers: cut fresh fruit up, then 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.

Family 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 Ehlert
- *How are you Peeling?* by Saxton Freymann and Joost Elffers
- *The Vegetables We Eat* by Gail Gibbons

Zucchini Spaghetti

- 1 pack of whole grain spaghetti
- 2 tablespoons olive oil
- 1 onion, diced
- 1 garlic clove, minced
- 1 teaspoon Italian seasoning
- 2 zucchinis, grated or diced
- Grated zest and juice from 1 lemon
- 1/3 cup chopped parsley
- Grated parmesan
- Cook spaghetti in a large saucepan of boiling water per package instructions. (Roughly 10 minutes.) Drain when done.
- Meanwhile, heat olive oil in a saucepan on medium heat. Saute onion, garlic for 5 minutes (or until the onion is tender).
- Then stir zucchini, parsley, lemon zest and juice into the other ingredients in the saucepan. Cook for 2 minutes.
- Toss mixture through pasta until evenly mixed. Serve and top with grated parmesan.

