

Veggie Plans

There comes a time in every parent's life when vegetables become an issue. All of a sudden your little angel refuses to look at vegetables, smell them, touch them or eat them. And fighting over the food becomes an every night battle.

Children do not like to try new things, they are fussy eaters, and they like routine.

Here are a couple of plans that may help to bring peace at home again.

First of all: remember that the children must be eating what their parents are eating. Do not cook for them separate, do not cook only what they like, and eat with them. Always have on their plates what is on yours, even if it is a very small portion, like one pea, but it must be there.

Try to get them for the first couple of weeks to pick the vegetable up. That is all that they need to do. Thereafter for the next couple of weeks get them to pick it up and smell it. Once that is going well, get them to kiss the vegetable: put it on their lips.

Once they are able to touch and kiss the vegetable get them to see if they can keep it in between their front teeth. They do not have to eat it or swallow it, but make a game to see if they can hold the vegetable without their hands. If you get them to do this, you have gone a far way.

The next step would be to put in the back of their mouths and bite down. They can spit it out initially, that's ok. Once they can bite it, try to get them to swallow, and before you know it – you are one vegetable further!!!! Well done.

Get the kids to help prepare their meals. They find it more attractive and are keener to eat what they helped to make. Also have a vegetable garden where you teach them how to plant, water and then eat the produce. Make a big thing about THEIR vegetable garden and how they are growing food for the family to eat etc... They are learning about caring for something as well as the cycle of life from seed to plant to dying and starting over, as well as encouraging them in the eating of vegetables. You do not need a big garden to do this, a small patch will do.

Plans to sneak veggies in:

Steam all the veggies together, flavour as you like and puree: Then you can do the following:

1. Mix into pasta, cover with lots of cheese and make a pasta bake.
2. Use as a sandwich spread instead of butter
3. Spread over a pizza base and cover with cheese

Make frequently pizzas where there are a lot of vegetables on, or if you want take out – go for the vegetarian options.

Grate a variety of vegetables into a stew.

Grate vegetables and mix into mince when you prepare it.

Kids tend to love stir fries.

Cut lots of raw vegetables like cucumbers, cherry tomatoes, mushrooms, small pieces of broccoli or cauliflower, etc. and serve with some dips like tomato sauce, mayonnaise, hummus, guacamole etc. Then the kids can dip and eat.

Remember that healthy eating plan includes 5 veggies and fruits per day.

Happy and Healthy Eating!