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April Newsletter

BOOSTING CHILDREN'S FRUIT AND VEGETABLE INTAKE



Fruits and vegetables are an important part of our diet, fueling our bodies with carbohydrates, fibres and essential vitamins and minerals. Parent's and caregiver's often express frustration when children resist trying new fruits and vegetables. Try these tips and recipes for raising children to be more adventurous foodies and love their fruits and vegetables!

BE PATIENT & TRY NOT TO FORCE IT

Don't force your children to eat, instead **offer a variety of foods** then sit back and **let them decide** what they want to try and how much. Studies have shown that children will eat more and try more new foods when adults do not pressure them. In some studies even comments such as "eat your soup please" were perceived as pressuring by children.

Let your **children pick** out **fruits and vegetables** at the grocery store. This will help them feel more connected to their food and may encourage them to try some fruits and vegetables they might not have otherwise.

BRING CHILDREN GROCERY SHOPPING

LET CHILDREN BE CHEF'S

Get your children involved in the cooking process. Start by letting them help plan and participate in cooking **one family meal per week**. Try the following recipes, letting children pick their veggie mix-ins and help roll wraps or assemble bowls.

RICE PAPER ROLLS

Ingredients:

- 10 rice paper wrappers
- 1 pkg vermicelli rice noodles
- Purple cabbage, cucumber, carrots and pepper
- Tofu, prawns or shredded chicken
- Peanut sauce, for dipping



Recipe adapted from healthyfamilyproject.com



Directions:

Chop vegetables and prepare noodles as package directs. Dip rice wraps in a bowl of warm water for 10-15 seconds. Place all desired ingredients in the wraps. Roll, tucking the sides in as you go.

RAINBOW BOWLS

Ingredients:

- 1 can of chickpeas
- Broccoli, brussel sprouts and/or asparagus
- Sweet potato, carrots and/or squash
- Chopped cucumber, cherry tomatoes, cabbage and/or pepper
- 1 cup rice or quinoa
- Pumpkin and/or sunflower seeds



Recipe adapted from: superhealthykids.com



Directions:

Roast chickpeas with vegetables at 425 F for 25-30mins. Cook rice or quinoa in 2 cups boiling water. Assemble in a bowl with your favourite dressing. Top with seeds.