

My Child Won't Eat Veggies



GIVE 'EM RAW VEGGIES

Most veggies *don't* have to be cooked. When you're cutting up veggies for the rest of the family, put your child's plate out and place some of each raw veggie on it. It may

seem weird but lots of kids love crunchy, raw veggies when they won't touch them cooked - even raw Brussell sprouts!



TRY: snow peas, carrot sticks, 'little green trees' (broccoli), little white trees (cauliflower), celery boats, shallot curls, radish roses, carrot shapes, corn cobs, capsicum sticks or rings, cucumber sticks or rings, tomato slices or wedges, cherry tomatoes, shredded lettuce, grated carrot, mushrooms, baby corn, shredded cabbage, purple cabbage, sweet potato circles, green beans, rocking pumpkin, brussell sprouts, baby spinach, rocket, zucchini sticks, veggie ice blocks - frozen vegies (Even though you might never eat them frozen, kids sometimes will 😊)



Let your child 'help' you cut up the veggies! Yes, it will take you longer, but when kids are involved they may try the food - if they're happy to eat veggies while you cut them....let em!



Vegetables don't have to be eaten at dinner time.

Give them during the day as snacks

Serve them raw with plain yoghurt, a dip like hommus, cottage cheese, any soft cheese, or left over mashed potato....whatever they like - so they can stick the veggies in and pick up something mushy with it.



☺ Cook veggies in an omelette and cut out shapes with cookie cutters or play dough cutters

☺ Start babies with veggies....they will try anything. Give them veggies that *you* don't even like and don't say anything negative. Everyone has different tastes.

☺ Put veggies on skewers!

Try: raw or cooked corn, cherry tomato, broccoli, capsicum, zucchini, carrot, broccoli, cucumber, mushrooms...anything. Cut them small, and add a square of cheese, meat, chicken, or even mandarin or pineapple!

