



# KidFood

Nutrition Matters

*Healthy Eating for Today's Kids*

August 2007

## Summer Harvest

Summer brings lots of fresh fruits and vegetables.

**If your child refused to eat certain fruits and vegetables in the past, try them in the summer.**

Vegetables and fruits taste better during the summer. Summer is also a great time to try vegetables prepared in different ways.

**Your child may learn to like fruits and vegetables that he refused to eat in the past. His tastes can change!**

Take your child to the local farmers' market.

Visit local gardens and orchards to pick your own fresh fruits and vegetables.

Take a ride in the country.

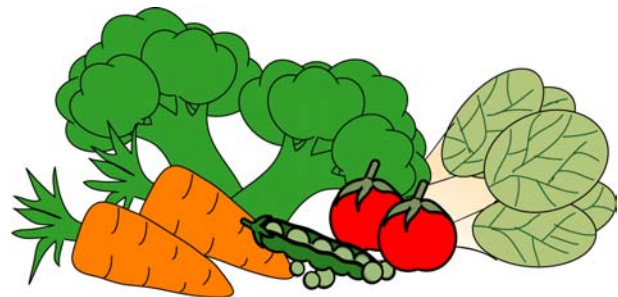
Talk about how fruits and vegetables grow.

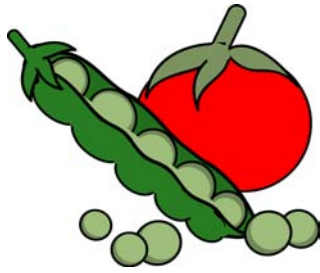
**Your child will be more likely to eat the fruits and vegetables that he picks and chooses.**

Let your child help cook and prepare fruits and vegetables.

**Your child will like to eat what he helps to cook.**  
**Your child can help:**

- Wash vegetables in a sink of water.
- Break green beans in half.
- Husk corn on the cob.
- Remove peas from pods.
- Stir salads together.
- Add vegetables to recipes.
- Break cauliflower and broccoli into small pieces.





## Try New Veggies!

- Try raw peas, green beans, cherry tomatoes or sliced cabbage. (Do not give whole cherry tomatoes to children under 2 years).
- Dip raw vegetables in salsa, dill dip, warm cheese dip, low-fat ranch salad dressing, or peanut butter.
- Dip raw snow pea pods, green beans, cucumber and zucchini slices, green and red pepper strips, raw rutabaga and kohlrabi strips.
- Sprinkle low-fat shredded cheddar or parmesan cheese on cooked vegetables.
- Boil rutabagas with potatoes. Drain off water. Add a small amount of low-fat milk and mash together!
- Serve baked spaghetti squash with parmesan cheese.
- Stir fry a bunch of spinach with 1 teaspoon olive oil and 1 tablespoon water. Season with a dash of vinegar.

**Offer vegetables to your child at the beginning of a meal.**

Your child may be more likely to try a new vegetable when he is hungry. He will taste it and may like it!



## Try it!

Children who are willing to taste new foods are more likely to eat a wider variety of foods!

- **Offer a new food along with familiar foods.** It will be less scary for your child to see a new food on his plate if there are familiar foods on his plate.
- **Offer new foods often.** Try new foods and recipes. Your child will learn that trying new foods is a normal habit for your family.
- **Let your child see you taste and enjoy new foods.** Children learn best by watching their parents and others eat.
- **Keep secrets.** If you or others do not like certain foods, do not talk about them. Only say "good things" about food at the family table.

## Fresh Tomato Rice Soup

Serve with Grilled Cheese Sandwiches!

- 6 ripe tomatoes
- 1 small onion, chopped
- 1 tablespoon olive or vegetable oil
- 1 clove garlic, peeled and crushed
- $\frac{1}{4}$  cup chopped fresh basil or 2 tablespoons dry basil
- $\frac{1}{2}$  cup rice
- 2 (10.75 ounce) cans chicken broth
- salt and pepper to taste



1. Wash fresh tomatoes. Dip tomatoes in boiling water for 30 seconds to loosen skins. Remove tomatoes from boiling water and place in a bowl of ice water.
2. Remove core and peel off skins. Cut tomatoes in half, remove seeds. and chop into small pieces.
3. Cook onion in oil in a saucepan over low heat for about 4 minutes. Stir onions while cooking. Add garlic and cook for 1 more minute.
4. Add tomatoes, rice, chicken broth and basil. Cook for 20 minutes over medium heat.
5. Season with salt and pepper. Serve.



## More Veggies to Try!

### Make a Stir Fry

Heat 1 tablespoon olive oil in a skillet. Add 2 cups snow peas, 2 tablespoons water,  $\frac{1}{2}$  teaspoon garlic powder, and 1 tablespoon soy sauce. Stir fry for about 3 to 4 minutes or until pea pods turn bright green.

### Cool Coleslaw

Make a quick coleslaw. Mix together shredded carrots and cabbage with low-fat Ranch salad dressing.

### Easy Baked Potato

Top a baked potato with cooked broccoli, cauliflower or carrot slices. Sprinkle with shredded cheddar cheese.

Eat meals with your children. Show them how you enjoy vegetables too.



PLACER-NEVADA COOPERATIVE EXTENSION OFFICE  
UNIVERSITY OF CALIFORNIA  
11477 E AVENUE (*Building 306, DeWitt Center*)  
AUBURN, CA 95603

To simplify information, trade names of products have been used. No endorsement of named or illustrated products is intended, nor is criticism implied of similar products that are not mentioned or illustrated.

## Nutrition Matters

KidFood is published 12 times a year.  
Copyright 2007

The content of KidFood is not intended to provide medical advice;  
This should be obtained from a qualified health professional.

## Nutrition Coalition

Supported by First 5 Placer County  
Children and Families Commission

**SHARON K. JUNGE**, Nutrition, Family  
Consumer Science Advisor

**VICKY PANTELS**, Program Representative

**University of California  
Cooperative Extension  
11477 E Avenue  
Auburn, CA 95603  
Ph: 530-889-7350  
Fax: 530-889-7397  
Email: [ceplacer@ucdavis.edu](mailto:ceplacer@ucdavis.edu)  
Website: <http://ceplacer.ucdavis.edu>**