



Enjoy more vegetables and fruit!

Vegetables and fruit are packed with nutrients to help children grow, learn and play.

How can I help my child eat more vegetables and fruit?

Eat together. Let your child see you enjoying a variety of vegetables and fruit at meals and snacks.

Share new food experiences. Try new vegetables and fruit together. Explore the variety of colours, tastes and textures.

Prepare vegetables and fruit together. Teach your child to wash fruit, tear lettuce or add vegetables to pizza.

Double up. Have children help add double the amount of vegetables to soups, stews, curries, and sauces.

Put them on your plate. Add colour and flavour by having vegetables or fruit on your plate at each meal and snack.

Take fruit with you. Show your child that fruit is a great snack to eat when you are out. Bring apples, oranges or bananas with you for quick snacks.

For recipes using vegetables and fruit, visit [Inspiring Healthy Eating](#) on the [Healthy Eating Starts Here](#) website.

