



# KidFood

Healthy Eating for Today's Kids

Nutrition Matters

October 2012

## Time to Eat

Does your child refuse to come to the table when it's time to eat?  
Your child will eat better and be happier if he knows what to expect at mealtimes.

### Create some mealtime routines:

- **Give a warning for meals** such as "we will be eating in 5 minutes." Your child will have some time to stop playing and think about eating. Forcing your child to rush to the table may upset him.
- **Have an activity before eating** such as washing your hands and setting the table. Your child will have time to slow down and get ready to eat.
- **Eat together.** Ask everyone in your home to take time to sit down together, eat and talk.
- **Expect your child to stay at the table during a meal.** If your child wants to leave while others are eating, tell him to stay. Even if he doesn't eat, he will enjoy time with his family. And he may start eating!
- **Have an activity at the end of meals.** If your child is old enough, ask him to scrap leftovers into the garbage and to put his plate on the counter. Wash your child's hands and face when the meal is finished.



# Roasted Veggies

*A delicious way to serve vegetables!*

Makes 6 servings

## Ingredients:

- 5 carrots
- 2 sweet potatoes
- 2 white potatoes
- 1 onion
- $\frac{1}{4}$  cup olive or vegetable oil
- 1 tablespoon dry Italian herbs
- Salt and pepper to taste



## Prepare vegetables for roasting:

1. Peel carrots and cut into  $1\frac{1}{2}$  inch pieces.
2. Peel sweet potato and cut into 1 inch cubes.
3. Scrub white potato and cut into 1 inch cubes.
4. Peel onion and cut into 1 inch wedges.

## Cooking Directions:

1. Place vegetables in a large bowl. Add the oil, herbs, salt and pepper. Mix together.
2. Spray a large metal roasting pan or baking sheet with a non-stick cooking spray.
3. Place vegetables on the roasting pan or sheet. Spread out the vegetables so they are in a single layer.
4. Roast in a 425° oven until vegetables are tender, about 45 minutes. Stir vegetables two to three times while they are cooking.
5. Serve.

## Make it a Meal

Serve roasted veggies with a cooked pork chop, chicken or hamburger patty.

## Table Talk

*Create happy memories with your family.*

- ☺ Tell a story about your childhood - your favorite pet, games that you played, who you played with.
- ☺ Talk about what you did during the day - tell a funny story about your work.
- ☺ Ask your child what he did during the day - what game he played, what he ate, who he played with, what happened at school.
- ☺ Plan family mini-trips - talk about where your family would like to go for a vacation, who to visit.



### What Can You Do?

- Create some routines for family mealtimes.
- Roast vegetables for a family meal.
- Make half your plate fruits and vegetables.
- Other: \_\_\_\_\_

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## Nutrition Matters

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