



KidFood

Healthy Eating for Today's Kids

Nutrition Matters

March 2015

Broccoli, Carrots and More!

Enjoy dark green and orange vegetables with your child.
Our most nutritious vegetables are full of color.

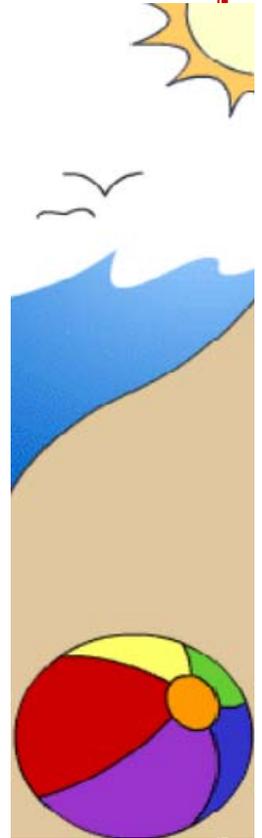
- **Snack on raw broccoli and carrots.** Children love their mild taste and crunch. Dip in low-fat Ranch salad dressing, salsa, or hummus. Try dipping carrots in peanut butter!
- **Let your child help in the kitchen.** Cook with your child. Talk about what you are cooking. "What does broccoli look like? What does it feel like? What does it sound like when we eat it?" Children are more likely to eat what they help to cook.
- **Snack on veggies!** If your child is hungry and wants something to eat before dinner, offer raw carrots or broccoli. Your child will be happy while you finish cooking. And he will be eating his vegetables!
- **Serve cooked broccoli for dinner.** Sprinkle with shredded cheddar cheese or parmesan cheese. Or squeeze fresh lemon juice on broccoli. Toss some fresh chopped broccoli or shredded carrots into your favorite salad. They will add flavor, crunch, color, and nutrition.
- **Add shredded carrots or finely chopped broccoli to spaghetti sauce or lasagna.** It's an easy way to hide a few extra vegetables in a favorite dish.
- **Stir fry frozen or cooked broccoli.** Heat a small amount of olive oil in a skillet. Fry and stir broccoli. Season with garlic salt, pepper and parmesan cheese.
- **Raw broccoli and carrots are portable.** Pack a bag of raw vegetables to go!



*Enjoy colorful vegetables with your family.
When your child learns to eat vegetables early in life,
it's easier to eat a healthy diet. It just becomes a way of life!*

When you buy toys,
get some that help your child
be more active!

- **Tricycles, bikes, and other riding toys are fun to ride.** Find a safe area for your child to ride - sidewalks, park, bike trail, or school playground.
- **Buy a wagon.** Children love to pull their favorite doll, stuffed animal, or friend in a wagon. Wagons are also fun to pull around the yard, park, or beach. Collect treasures such as rocks, shells, and sticks.
- **Push toys are fun for small children.** Try toy shopping carts, strollers, and other push toys. Children love to copy what they see their parents doing.
- **Children love balls.** All types of balls - large beach balls, soft balls, basketballs, and soccer balls. Keep your child's balls in a large basket - ready to be played with.
- **Beach toys are fun for playing in the summer sand.** Pails, shovels, trucks, and other toys can be used to make castles, houses, rivers, and dams.
- **Buy a Frisbee.** The whole family can have fun tossing and catching a Frisbee. Even the family dog can catch a Frisbee.



*If your family or friends want to
buy a gift for your child,
suggest an active toy!*

Veggie Fried Rice

Leftover chicken, ham, or roast beef can be added to the Veggie Fried Rice.

- 2 tablespoons oil
- $\frac{1}{2}$ cup shredded carrots
- $\frac{1}{2}$ cup finely chopped broccoli
- $\frac{1}{4}$ cup finely chopped onion
- 2 cups cooked rice
- $\frac{1}{4}$ cup water
- 2 eggs
- $\frac{1}{4}$ cup milk
- salt and pepper to taste
- 1 tablespoon soy sauce



1. Heat oil in a large skillet. Cook carrots, broccoli, and onion over medium heat for 3 minutes.
2. Stir vegetables while cooking.
3. Add cooked rice and water to vegetables. Cook and stir for 3 minutes.
4. Beat eggs and milk together in a small bowl.
5. Pour milk and eggs over rice mixture in skillet.
6. Cook over medium heat, stirring gently until eggs are firm.
7. Season the Veggie Fried Rice with soy sauce, salt and pepper.

What Can You Do?

- Prepare more meals with carrots and broccoli.
- Buy active toys for my child to play with this summer.
- Cook the Veggie Fried Rice for my family.
- Other: _____



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