

Make Food Fun and Attractive

Getting children to eat their food can be challenging. Food must look appealing for them to try it. A well planned meal has a good mixture of colors, textures, shapes, and a variety of foods. Encourage children to taste new foods by making them fun, attractive, and appealing in appearance. Here are some tips to make everyday meals fun and attractive for children.

Helpful Tips

- Serve a rainbow of colors each day. Bright, colorful foods are more attractive to children.



- Cook raw vegetables lightly before serving to soften yet retain the crunchiness.
- Serve different shaped fruit or vegetable kabobs with dips made with low-fat yogurt.



- Serve finger foods such as cubed cheese, sliced fruit, and sliced meat.
- Freeze 100% fruit juice to serve as a treat on a warm day.

- Serve an open-face sandwich. Let children make faces on the sandwich with condiments, fruits, and vegetables.



- Assign different names to vegetables such as “X-ray Vision Carrots,” “Power Punch Broccoli,” “Tiny Trees,” or “Silly Green Beans” to entice children to try new foods.
- Decorate food. Add a smiley face or garnish with vegetables and fruits.
- Make food look festive. Sprinkle green onions or dried herbs on food.
- Cut sandwiches, vegetables, and fruit with cookie cutters before serving.



Recipe Corner

Try this fun colorful omelet recipe recipe with your preschooler for breakfast or lunch.

Strawberry S'Mores

SOURCE

"What's Cooking? USDA Mixing Bowl"
US Department of Agriculture
Servings: 1



INGREDIENTS

- 2 strawberries
- 1 graham cracker (broken in half)
- 2 Tablespoons yogurt, low-fat vanilla



PREPARATION

1. Rinse the strawberries in water.
2. Slice the strawberries.
3. Add the yogurt and strawberries to 1/2 of graham cracker.
4. Top with the other 1/2 of graham cracker.
5. Enjoy immediately.

Note: Substitute any desired low-fat yogurt flavor. Try other fruits like blueberries, bananas, etc.



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