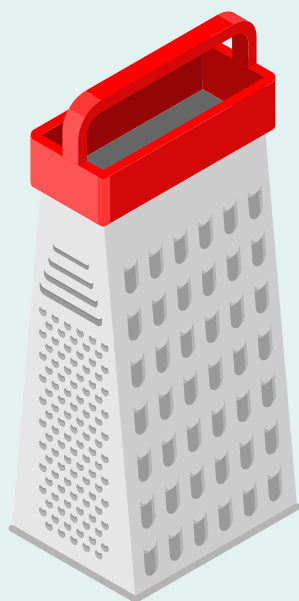


# Improving your families fruit and vegetable intake

*Have you got kids (or big kids) or that won't eat their fruits and vegetables? Or just want to increase your families intake? Here's some tips on how reach your 5-a-day.*



## Add vegetables to sauces.

Once grated or blended up, vegetables can go unnoticed, such as in a bolognese or cheese sauce. Even if your kids aren't fussy, this can just be a good way to increase intake.



## Be creative with presentation.

Foods that look more appealing or are made into funky patterns will be more of a hit.

## Be colourful.

Use a variety of fruit and veg to add more colour to a meal. This also helps make sure you're getting all the different nutrients that fruit and vegetables have to offer. Aim to 'Eat the Rainbow'!



## Explore all senses.

Encourage your child to sniff, touch or simply look at vegetables that they are unsure of. Getting used to them before eating will help improve the likelihood of them trying them later.

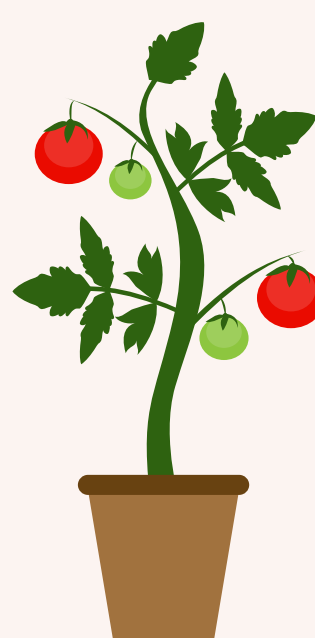
## Show your kids pictures of different fruits and vegetables.

Looking at images of different foods can help your kids familiarise themselves with them without worrying about having to try them. Flashcards can be a good way to do this, or looking at pictures online.



## Let kids play with their food.

This can help kids familiarise themselves with foods and improve their chance of being eaten. Making art, such as fruit faces or building structures can be a fun way to do this.



## Grow your own.

Kids are more likely to try foods if they've grown them, it will give them a sense of pride and allow them to explore the foods with other senses like touch and smell before the food is ready to eat. There's a variety of fruits, vegetables, and herbs that can be grown indoors or outdoors in the UK.



## Bake them into cakes and other sweet treats.

For some recipes, they can just be a good addition, for others they can be used as a substitute for sugar since they are naturally sweet, especially when cooked.

## Get the kids cooking.

Same as with growing, if the little ones have helped to cook the food, they'll be more willing to try it. They can get involved in any number of processes from weighing and stirring, to chopping and mashing.

