

# Make Fruits & Veggies Fun for Kids

**Make sure your kids get all the vitamins they need by preparing nutritious meals.**

Ask them to join in on the fun. Kids are more likely to eat snacks and meals they help make.

Before you know it, they'll discover just how tasty fruits and vegetables can be!

Here are some ideas to change up your everyday meals.

Watermelon is a fruit and vegetable, depending on how you look at it. It's sweet, delicious, and good for you too!



National  
**Watermelon**  
Promotion Board

## 1. Smoothie-licious

Blender concoctions are great ways to eat more fruit and satisfy a sweet tooth. Mix seedless watermelon chunks, peeled and chopped kiwi, vanilla yogurt, and ice.

## 2. The Little Dippers

Watch veggies and fruits disappear when you serve with easy-to-make dips. Blend sour cream, sugar, and vanilla. Serve dip with sticks or small wedges of watermelon.

## 3. Crazy Good Kabobs

Create an easy, fast, no-mess meal! Cut cubes of seedless watermelon, turkey breast, and cheddar cheese. Thread stirrers or straws thru cube stacks.

## 4. Pizza With Pizzazz

Try a sweet version for a change! Start with an 8- to 10-inch round and 1-inch thick slice, drained to remove moisture. Cut into 6 wedges and spread with all-fruit preserves. Sprinkle white chocolate chips, raisins, chopped walnuts, and shredded coconut on top.

## 5. Cookie Cutter Creations

Using cookie cutters, cut shapes out of 1/2- to 3/4-inch seedless watermelon slices. Frost with vanilla yogurt and sprinkle with granola.

## 6. Cool and Frosty

For summertime treats, think snow cones! Scoop out watermelon balls with an ice cream scooper. Freeze for one hour. Roll in vanilla yogurt, sweetened coconut, and sprinkles. Place in a snow cone cup.

## 7. Jelly Logs

Start with 3-inch x 2-inch x 5-inch watermelon rectangles. Cut 3 divots out of each log with a melon baller and fill with different all-fruit preserves. Serve with ginger or peanut butter cookies.

## 8. Granola Goodness

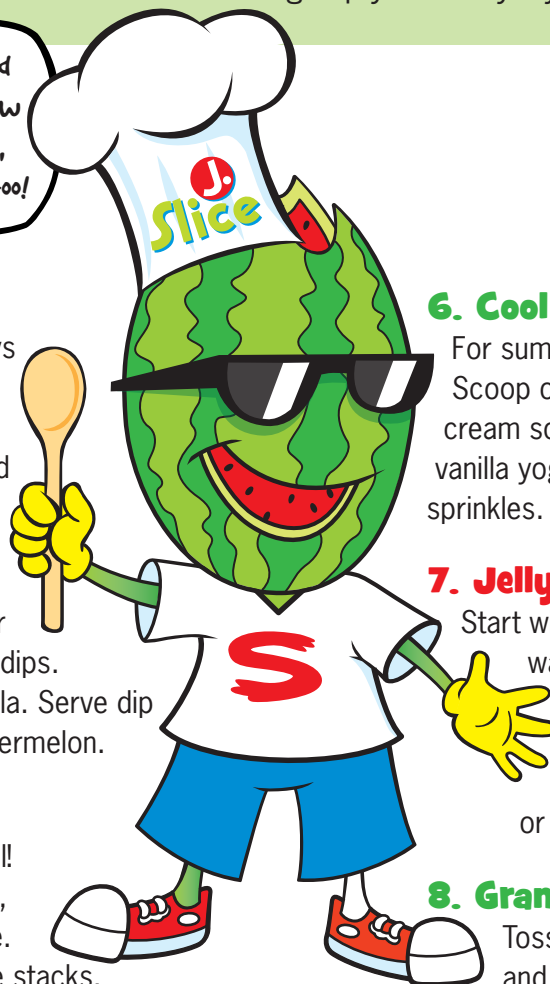
Toss oats, sugar, honey, cinnamon, and pecans together and spread on parchment paper-lined cookie sheet. Bake at 300 degrees until golden brown. Let cool. Break into crumbles. Top bowls of watermelon balls with crunchy delight.

## 9. Green, Orange, and Pink All Over

Sometimes veggies need some added zing. Layer spinach leaf strips, blanched and cooled shredded carrot, and seedless watermelon cubes in serving dish. Pour ginger dressing on top with toasted sliced almonds.

## 10. Kids' Creations

Let kids arrange the food and serve the dishes. Ask them to name their inventive creations and make it a new family favorite.



For detailed recipes, visit  
[www.watermelon.org](http://www.watermelon.org)

# Eat **Good-For-You** Food. **Be Active.** And Your **Kids** Will Too!

**You are the most important role model in your kids' lives.**

If you want them to develop healthy eating habits, set a positive example. Try doing everything together – plan your meals, cook, and eat together. You'll be surprised!

## **1. Munch On Goodness**

Include fruits, vegetables, and whole grains in your meals and snacks. Set an example – get caught eating carrot sticks or a slice of watermelon.

## **2. Team Up For Grocery Shopping**

Kids can learn about food and nutrition at the store. Purposefully choose from all the groups – vegetables, fruits, grains, protein, and dairy. Let your kids pick out nutritious ingredients for dinner.

## **3. Kitchen Magic**

Make meal preparation fun. Use cookie cutters, shape food into animal shapes, or add smiley faces to dishes with fresh cut veggies. Ask kids to come up with their own fruit and veggie snacks, and then give them a cool name!

## **4. Stick To One Menu**

Plan a family menu for everyone and stick to it. It's the best way to get kids to try new foods, and it's easier on you and your wallet. Don't be a short order cook.

## **5. Reward With No-Eat Treats**

To celebrate a child's success or show affection, try something besides food. Give hugs and kisses. Read another book at bedtime. Rewarding kids with sweets can encourage poor eating habits that last a lifetime.

## **6. Eat Family-Style**

Make mealtime an enjoyable time. Sit at a table together, turn off the TV, and take phone calls later. Keep the conversation upbeat and happy.

## **7. Listen Up**

Offer kids choices for meals. "Would you like green beans or broccoli for dinner?" Or, when kids say they're hungry between meals, ask them what small, nutritious snack they would like.

## **8. Set a Screen Time Limit**

Two hours a day is a good allowance for computer use and TV viewing. Encourage your family to get up and move around during commercials.

## **9. Lead Your Family to Fit**

Cheer your whole family on to being active! Come up with a plan to walk, skate, or even play tag together. Kids need to see you moving. So put on your safety gear and get out there!

## **10. Be a Nutritious Foodie**

Sample new foods together. With your kids, describe the taste, texture, and smell. A good way to introduce a new food is at the beginning of a meal. Ask your kids to at least try it, without forcing them to finish.



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