

# Clever Ways to Eat More Vegetables



## Dear Parents,

Hello! Following my previous introduction of different types of vegetables, this time, I, EatSmart Doggie, will share with you more tips on how to incorporate colourful vegetables into the daily diet of young children, helping them enjoy eating vegetables!

### Learning about vegetables



Let young children learn about and encounter a variety of vegetables in their daily lives:

- Read books about vegetables together with them
- Take them to a supermarket or a farm to learn about fresh vegetables
- Play vegetable-themed parent-child games such as classifying vegetables by colour

### Buying vegetables

- Let young children choose the vegetables they like
- Make dishes with different types of vegetables, thereby helping young children obtain various nutrients and enhance the visual appearance, smell and taste of the dishes



### Cooking vegetable dishes



- Cook with young children and let them do the simple steps such as picking vegetable leaves and mixing salad vegetables
- Use vegetables to make the main dishes and prepare rice with vegetables to help young children eat more vegetables
- Make spaghetti sauces with fresh vegetables (e.g. tomatoes, pumpkins)
- Provide at least 1 serving of vegetables (i.e. ½ bowl of cooked vegetables or 1 bowl of uncooked vegetables (1 bowl = 250-300 ml) every main meal
- Take a hint from healthy vegetable recipes and make different dishes to boost young children's interest in eating vegetables

To get more inspirations for recipes, scan the following QR codes now for the "Cook Smart Recipes" videos and the "Recipe Sharing Platform"!



### Eating vegetables

- Encourage young children to try different vegetables every main meal
- Provide vegetables as snacks (e.g. fresh cucumber sticks/carrot sticks, mixed vegetable salad)
- If a young child is willing to eat vegetables, praise him/her as an encouragement (e.g. praise him/her verbally or give him/her a hug)



Lastly, parents and carers should also act as good role models and eat more vegetables with young children!



# Mini Game

Young children, do you know what colours these vegetables are respectively? Please colour them accordingly!



Choy sum

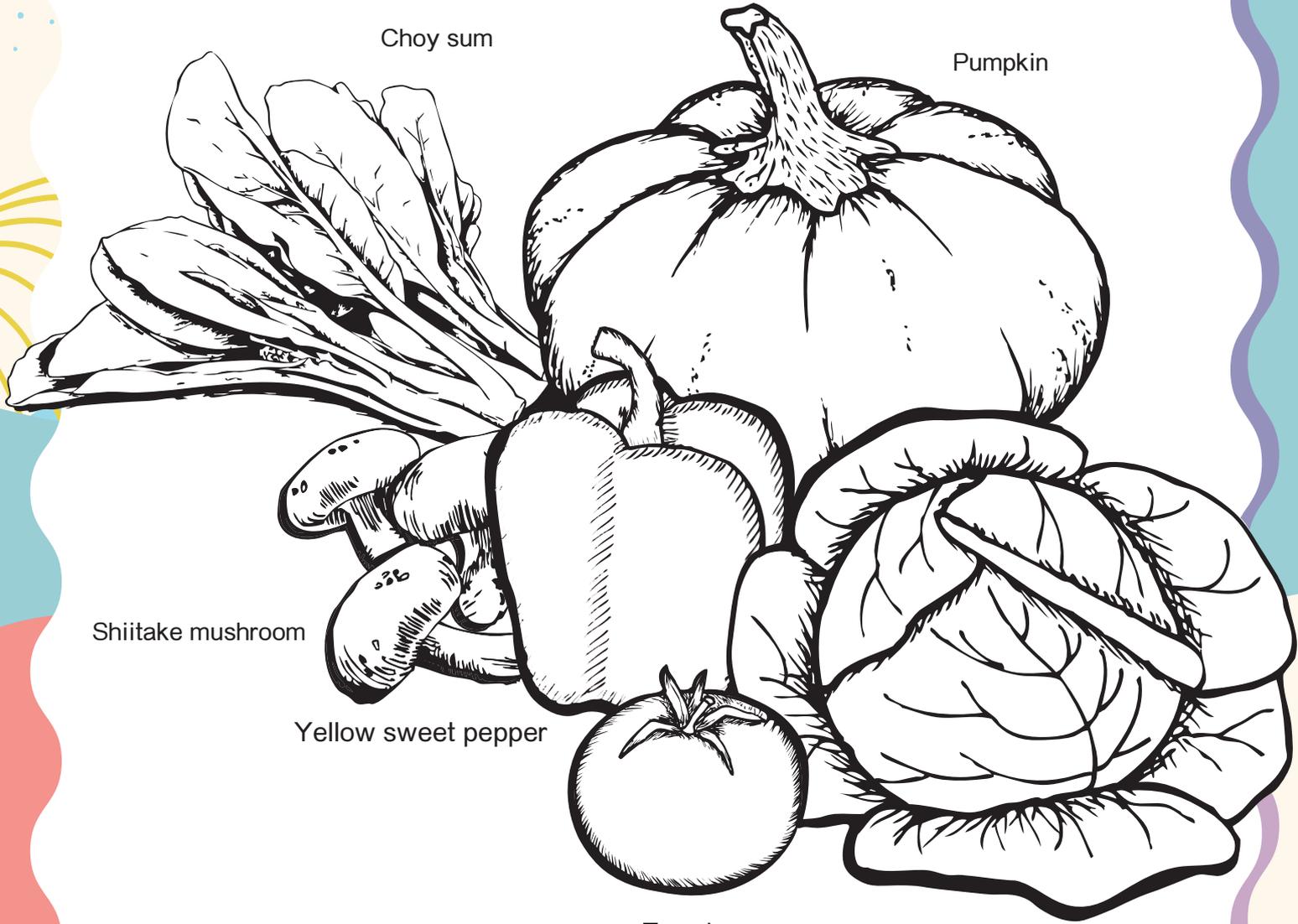
Pumpkin

Shiitake mushroom

Yellow sweet pepper

Tomato

Purple cabbage



Answer:  
Tomato: red  
Pumpkin: orange  
Yellow sweet pepper: yellow  
Choy sum: green  
Purple cabbage: purple  
Shiitake mushroom: brown