

THE DO'S AND DON'TS TO GETTING YOUR CHILD TO EAT FRUITS AND VEGETABLES



DO'S

DON'TS

- 🍎 Praise your child when you see them eating fruit or vegetables
- 🍎 Tell your child that fruits and vegetables taste good
- 🍎 Eat together as a family
- 🍎 Be a role model – show your child that *you* enjoy eating fruits and vegetables
- 🍎 Allow your child to serve themselves fruits and veggies
- 🍎 Ask your child to help with fruit or vegetable preparation
- 🍎 Use fruit or vegetables for your child's snack
- 🍎 Give your child fruit or veggies they like
- 🍎 Offer fruits or veggies without forcing your child to eat them



- 🥦 Don't beg your child to eat fruits & vegetables
- 🥦 Don't keep your child from having sweets if they don't finish their veggies
- 🥦 Don't never allow your child to eat cookies, chips or candy
- 🥦 Don't insist that your child sit at the table until they eat their fruits & veggies
- 🥦 Don't reward your child with sweets if they eat their fruits & vegetables
- 🥦 Don't tell your child to eat fruit and vegetables but not eat any yourself
- 🥦 Don't tell your child how much effort it took to make the fruit or vegetable dish
- 🥦 Don't make your child feel guilty when they don't eat fruits & vegetables
- 🥦 Don't yell at your child for not eating their fruits or vegetables

