

For the Love of Food

www.fortheloveoffood.org

*Teaching friends and family to eat better through family meals and small dinner parties.
Because the best place to teach nutrition is right at home.*

Did you Know?

- Eating the recommended servings of fruit and vegetables could reverse the rising trend in all diet related disease including diabetes, heart disease, high blood pressure, cancer and obesity.
- Only 29% of adults eat five servings of fruit and vegetables daily.
- Only 22% of youth eat five servings of fruit and vegetables daily.

For the love of Food project uses mealtime to encourage eating more fruits and vegetables. Visit www.fortheloveoffood.org for recipes and menus then plan a dinner, enjoy the meal and share the recipes.

Fun Activities to expose your children to new Fruits and Veggies!

What's Inside?

Select any fruit or vegetable, preferably one unfamiliar to your child.

Ask:

Can you guess what is inside? What color will it be?

Will there be seeds? Big or little or none at all?

Will it be juicy and soft or hard and dry?

Slice it open and see which guesses were right!

Touch and Texture

Put any whole fruit or vegetable in a brown paper bag without letting your child see it.

Ask the child to touch the food. Now encourage them to guess what it is by texture.

Will it taste sweet? Will it be crunchy? (other predictions?)

Now take it out of the bag and let the child see which predictions were correct.

Smelling

Our sense of smell helps us enjoy food. Take a small piece of any fruit or vegetable. Place each different fruit/vegetable in an individual paper cup.

Make a cover with masking tape, leaving a small hole for smelling.

Using smell, can the child identify the food?

No Cook Fruit and Vegetable Recipes

Cucumber Sandwiches

Peel and slice cucumbers into 1/2 inch circles, fill 2 slices with peanut butter, cottage cheese, or sliced cheese

Carrot Apple Salad

Grate 2 carrots and 2 apples, mix with 1/2 cup raisins (optional) and stir in the juice from 1/2 lemon. Refrigerate

Strawberries with Yogurt and Brown Sugar or Nuts

Rinse whole berries, put a small container of vanilla yogurt in a bowl, put 1/4 cup brown sugar or finely chopped nuts in a bowl. Dip the berries in the yogurt then the brown sugar or nuts.

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