

Week 6: Veggie Tales



Step of the Week

This week's lesson is to:

1. Help your family figure out your favorite veggies
2. Learn ways to eat more vegetables

Did You Know?

- Eating a variety of different veggies is good for your gut health! And when your gut is happy it lowers blood pressure, the risk of heart disease, cholesterol, and digestive issues!
- Vitamin A and Vitamin C, found in a lot of green veggies, can help keep eyes, skin, teeth and gums healthy. They can also help stop you from getting sick! Filling up on vegetables can help you feel full! Getting in your serving of vegetables can help keep you from over-snacking or over-eating.
- Frozen veggies can be a great way to get your veggies and nutrients in. Vegetables that are frozen still hold their nutrients. This can be an affordable way to try new veggies because they last for a while.



Myth vs. Fact

Myth: Eating more vegetables means you have to give up your favorite foods.

Fact: You can use vegetables in your favorite foods to make them healthier. You can mix ground up cauliflower into rice or have zucchini noodles or spaghetti squash instead of pasta. Make a wrap with lettuce instead of tortillas and use bell peppers as a base for mini pizzas!

Myth: Eating veggies are expensive.

Fact: There are plenty of ways to save money when trying to eat more veggies. Some stores mark down veggies that aren't pretty looking or that need to be eaten right away. Frozen veggies are less expensive than fresh and are great for meals in which you are planning on cooking the vegetables anyway, like chili, soup, or stir fry. Buying veggies that are in season can also reduce costs. And if there are certain veggies your family eats a lot of, consider buying them in bulk as bulk food is often sold at better prices.

Family Learning and Fun

ACTIVITY 1

STEP 1

Let's make a list of our favorite veggies? What about some fruits and veggies we don't like so much?

Veggies We Like	Veggies We Don't Love

STEP 2

Are there any veggies you've always wanted to try? Let's write them all down!

STEP 3

What veggies does everyone want to try? What veggies do most people want to try?

What does everyone want to try?	What veggie(s) can we all agree to try?

Now, pick one veggie and try it three different ways (i.e. raw, steamed, boiled) OR try eating the rainbow by tasting three different veggies of different colors.

ACTIVITY 2

In this activity, you will be a food scientist. Everyone, grab a sheet of paper and something small to eat. For those of you who cannot read or write, someone else can write for you. Your small food item can be an almond, a pear or a grape. Mindful eating is being present and noticing things about our food that we might not usually notice. Things like its taste, color, or even how it feels in our hands. Let's all use our 5 senses and try this with the food we have in front of us.

- **See:** What do you notice about the food you are holding? Is it red, orange, green? What shape is it?
- **Feel:** How does the food feel? Is it squishy or firm? Is it heavy or light?
- **Hear:** Does the food make any sound? What about if you squish it between your fingers?
- **Smell:** How does the food smell? Does it smell fruity or does it not smell at all?
- **Taste:** Put the food in your mouth - or even just touch it with your tongue if you aren't ready yet to put it in your mouth. Don't chew yet! How does the food taste in your mouth? Is it sweet, bitter, or salty? Slowly begin chewing. How does it taste now? Are the flavors changing or are they the same? Think about these flavors in your mouth. Close your eyes if you really want to focus on the experience!
- Finally - do you want some more to experiment with tasting?

It's okay to eat something not as healthy once in a while. Make sure there are no distractions and to really practice mindful eating when doing so. Enjoy the process as well!

Let's Chat!

What does everyone think? _____

Are you excited to try new veggies as a family? _____

What ways did you like your veggies cooked? _____

Ideas for Change

- Maybe this week we will attempt to try one new vegetable a day. Or maybe even two.
- Perhaps you could try finding fun recipes to use a new vegetable at dinner or lunch.
- Don't be afraid to try vegetables in different ways. Sometimes cooking it differently can help your body absorb the nutrients better. Roasting, for example, is a great way! Olive oil is a healthy fat which helps your body absorb the nutrients and vitamins better. Try out this recipe to help you roast some veggies: <https://healthyrecipesblogs.com/roasted-vegetables/#recipe>
- Parents, don't pressure your children to try new foods like veggies. This may work against you. Instead, try eating the veggie in front of your child. Then, offer one to them. If they don't like it, don't make a big deal and continue to enjoy your meal. Eventually, they will learn to eat them too.
- Encourage your child to be a "food scientist" by conducting an experiment on foods on their plate they may not yet be ready to eat fully.



Taking a Step

What is one little step we can make to eat more vegetables this week?

Pledge: What's our little step for this week?

We pledge that we will do our best to stick to this little step for our health this week:

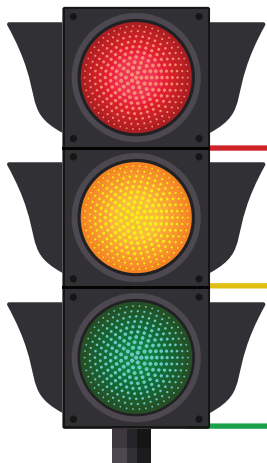
sign your name(s) on the line

End of Week Check In!

- Do you like a vegetable cooked a certain way? If yes, which one(s)?
- Did you try a new vegetable?
- Did you replace any food with a new vegetable?

Looking Back!

Last week, we talked about healthier ways to snack. How did we do last week?



RED LIGHT

- ☐ Ate mostly sugary or salty snacks
- ☐ No fruit or vegetables

YELLOW LIGHT

- ☐ Some fruit and vegetables

GREEN LIGHT

- ☐ Ate mostly fruits and vegetables
- ☐ Tried pre-portioning my snacks



It's ok if you didn't quite hit your goal! Change isn't always easy. You just have to be proud of yourself for trying and remember that it's never too late to start again. If your goal was too hard last week, try making it a little bit easier this week. If it was a really big struggle, there are other resources outside of this program that can be found below to help you out a bit more!

List of resources for more information:

<https://www.healthychildren.org/English/healthy-living/nutrition/Pages/How-to-Get-Your-Child-to-Eat-More-Fruits-and-Veggies.aspx>

<https://www.childrens.com/health-wellness/how-to-get-kids-to-eat-vegetables>