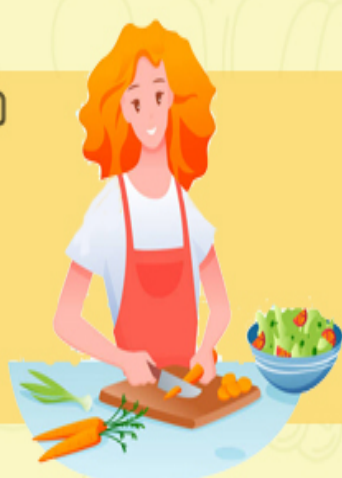


How To Get Your Children To Eat Fruits And Veggies



Take your children grocery shopping and ask their opinions.



Prepare enticing dishes using vegetables and fruits.



Keep a bowl of fresh fruits on the table, accessible to children.



Try including fruits and vegetables in all three meals.



If possible, grow fruits and vegetables at home to keep your children interested.



Involve your children in preparing food whenever and however possible.

