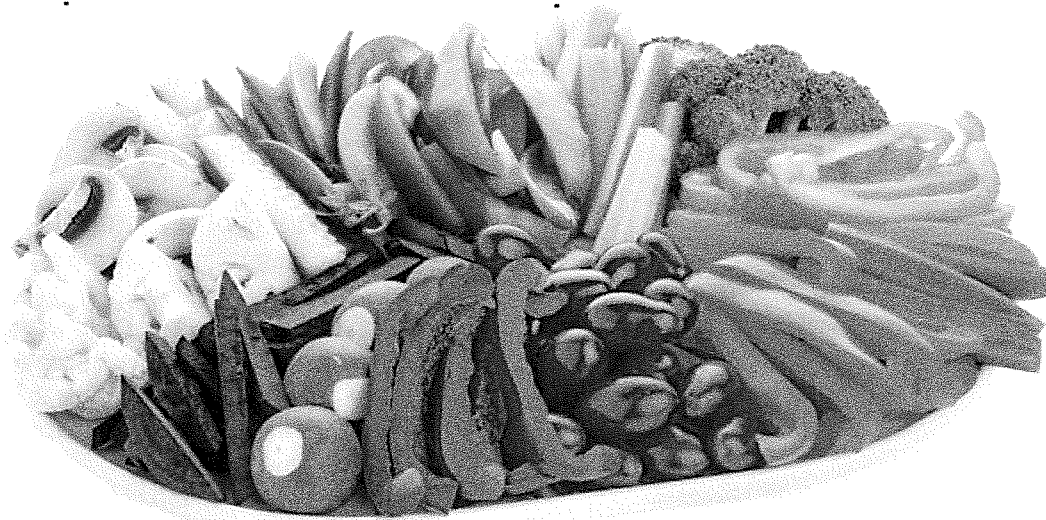

Why vegetables are important for young children!

Supporting Nutrition for Australian Childcare <admin@snacwa.com.au>
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Thu, Apr 20, 2017 at 6:28 PM

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EAT A RAINBOW OF VEGETABLES EVERY DAY

Different coloured vegetables provide different vitamins, minerals and phytochemicals. Making sure young children are eating a rainbow of vegetables ensures the right balance of nutrients for good health. Vegetables can also prevent overweight/obesity, constipation as well as chronic disease in later life.

BENEFITS OF A RAINBOW OF VEGETABLES...

RED: Good for memory and heart health. Examples are red capsicum, cherry tomatoes, radish.

GREEN: Good for eyesight, strong bones and teeth. Examples are celery, cucumber, snow peas, broccoli, zucchini.

ORANGE & YELLOW: Good for heart health, eyesight and healing. Examples are orange capsicum, corn, carrot, yellow tomatoes.

BLUE & PURPLE: Supports memory and keeps kids healthy as they grow. Examples are purple carrots, purple cabbage, egg plant, beetroot.

WHITE AND BROWN: Good for heart health. Examples are mushroom and cauliflower.

Tips to increasing vegetables during May Munch vegie breaks

1. Start with vegetables your children are familiar with.

2. Try sweeter vegetables like red capsicum and cherry tomatoes.
3. Allow children to choose their May Munch vegetables.
4. Use a variety of vegetable colours to make it more appealing.
5. Children will follow your lead (eventually), make sure you show them how much you enjoy eating vegetables.

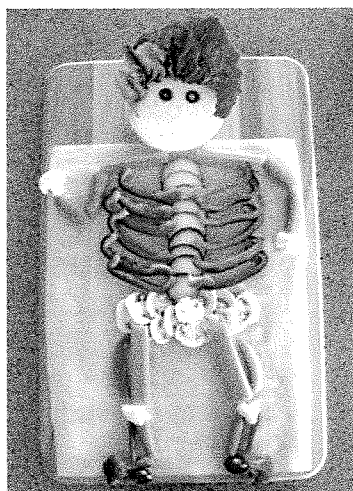


EGGPLANT CHIPS
(can substitute with Zucchini)

1 medium eggplant,
washed and cut into 1/2 cm rounds
Sea salt
Extra virgin olive oil
Spices (optional)

Preheat oven to 200°C
Arrange eggplant rounds in single layer
on baking tray
Cover lightly with olive oil and sprinkle
with pinch of salt (and other spices if
you like)
Bake for 15 minutes then check for
browning on top
Once brown, turnover and brown other
side for 10 to 15 minutes
Chips should be crisp and brown
Serve with hummus dip

More vegetable snack ideas can be
found at
[http://www.nutritionaustralia.org/
national/resource/vegetable-
snacks-kids](http://www.nutritionaustralia.org/national/resource/vegetable-snacks-kids)



Eye-catching and colourful vegie displays
can attract fussy and reluctant eaters.



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