



HEALTHY EATING

SUGGESTIONS FOR SUPPORTING HEALTHY GROWTH IN
YOUR CHILD!

In Class Today:

- Today, your child read a storybook about different vegetables and why it is good to eat them.
- They also tried a piece of broccoli if they wanted to.

Why is this important?


- The early years of preschool are an important time for children to try new healthy foods.
- Building healthy habits early helps kids continue to eat well as they grow.

CDC Recommendations:

- The CDC recommends that preschoolers eat 1.5–2.5 cups of vegetables per day. (They recommend 2–3 cups per day for adults.)

What can you do?

- Eat vegetables yourself! Your children follow your example.
- Pack vegetables in your child's lunches and make a serving for dinner every night!
- This repeated exposure will make it more likely for your children to keep trying new vegetables.



Here is an
easy broccoli
recipe to try!

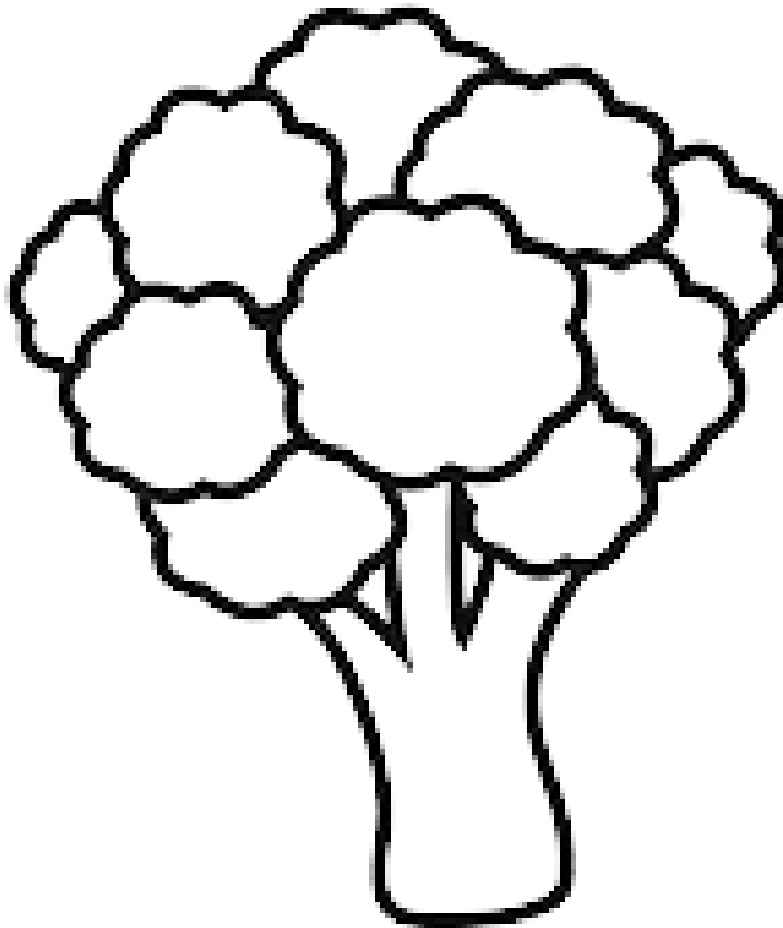


Broccoli

Yum!

Try me at home!

Example



Name : _____