

Help Your Child Learn to Like New Foods

Offer new foods over and over

- It may take several times for children to like it

Serve new foods with familiar foods

- Mixing new food with familiar foods, such as in soups or on pizzas, can help introduce the flavor

Let them taste the new foods prepared in different ways

- Veggies can be served raw with a dip or cooked

Let them choose new foods they want to try

- At the store, let your children pick one new fruit or vegetable to try that fits into your food budget

Start with small amounts

- Give them just a small taste of the new food

Most importantly keep trying and be patient



Photo: snap.nal.usda.gov

Adapted from "Child Feeding Tips and Advice" for complete article click [here](#) or search "USDA Child Feeding Tips Advice."

Roasted Root Vegetables

Ingredients

- 2 Tablespoons olive oil
- 1 Tablespoon maple syrup or honey
- 1 small garlic clove, minced
- 1 potato (such as russet or Yukon Gold), quartered
- 1 carrot, peeled, cut into 2-inch pieces
- 1 parsnip, peeled, cut into 2-inch pieces
- 1 sweet potato, peeled, quartered
- 1 rutabaga, peeled, cut into 1 1/2 inch pieces
- 1 small onion, peeled, quartered
- 1 Tablespoon butter, melted



Photo: Waukesha County UW-Extension "Farmers Market Fresh"

Directions

1. Preheat oven to 375°F.
2. Mix oil, syrup, and garlic in a small bowl.
3. Place cut vegetables on a large rimmed baking sheet, pour oil mixture over vegetables and stir to coat.
4. Spread vegetables out in a single layer.
5. Roast until tender and golden brown, stirring occasionally, about 1 hour.
6. Transfer vegetables to a platter.
7. Drizzle vegetables with butter and serve hot.

*Complete the meal by serving with grilled or baked chicken, your favorite fruit and a glass of skim milk.

Other vegetables could be added or used in place of those listed including asparagus, radishes, turnips, and zucchini. Let your children pick which veggies they would like to add to this dish.

This recipe is from UW-Extension WNEP, Waukesha County, market fresh recipes, waukesha.uwex.edu/family-living-education/farmers-market-fresh-recipes/