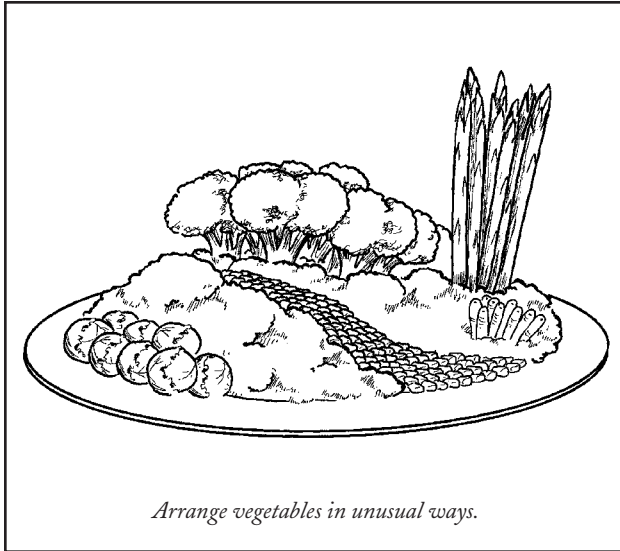


## WORST-CASE SCENARIO.

# HOW TO MAKE YOUR CHILD EAT VEGETABLES

- ★ **Eat vegetables yourself.**  
Be enthusiastic about vegetables. “Beans are awesome!” “Peas rule!” “Rutabagas rock!”
- ★ **Talk in euphemisms.**  
Encourage your child by calling the vegetable a “growing food” or “brain food” or “run-fast food” or “beauty food.”
- ★ **Require one bite.**  
Even if she does not like it, with the “one-bite rule” the child should eventually grow accustomed to the taste, though it may take years.
- ★ **Let the child select the vegetable.**  
Take your child to the grocery store to pick out one vegetable. Invite her into the kitchen to help you prepare it for dinner. She will become emotionally invested in the vegetable and proud of it. She may not only eat the vegetable, she may urge others to do so.
- ★ **Sneak vegetables into other dishes.**  
Camouflage vegetables in stews, lasagna, pot pies, pizza toppings, casseroles, or soups.



*Arrange vegetables in unusual ways.*

★ **Change presentation.**

Arrange vegetables in a happy face. Use unnaturally colored ketchup (pink, green, blue) to jazz up a pile of vegetables. Make trees with broccoli and asparagus, boats from endive, and a lake out of guacamole.

★ **Prepare the vegetable in different ways.**

If she rejected the steamed broccoli, next time serve it raw with a dip. If the asparagus in cream sauce was not popular, try it with butter and lemon. Use a blender or a juicer to transform the vegetable into a purée or a smoothie.

★ **Make vegetables the only option.**

Designate “vegetarian night” and serve nothing but vegetables. Your child will eat them if she is hungry and there is no other food available. When the meal is over, declare the kitchen closed and do not allow snacks or dessert.

★ **Do not make food into a battle of wills.**

Be matter-of-fact about whether your child does or does not eat her vegetables. Do not force a vegetable on your child or bribe her to eat. Do not say, “If you eat your brussels sprouts, you can have dessert.” This will interfere with her developing a genuine affection for the vegetable, and reinforce sweets as the truly desirable food.