

Fit Facts[®]

Fun and Healthy Snacks Even the Picky Eater Can't Resist

RESEARCHERS FOUND THAT WHEN VEGETABLES WERE GIVEN A WACKY NAME, CONSUMPTION DOUBLED – AND THAT REMAINED TRUE WHEN THE VEGETABLES WENT BACK TO THEIR BORING NAMES. PACKAGING—THE WAY A FOOD IS PREPARED, PRESENTED AND PROMOTED—MATTERS. PARENTS CAN DEVISE INNOVATIVE “MARKETING” TRICKS TO HELP CHILDREN DEVELOP HEALTHIER EATING HABITS. TRY THESE SIMPLE IDEAS, AND THEN LET YOUR KIDS COME UP THEIR OWN WAYS TO EAT THEIR FRUITS AND VEGGIES!

SUNSHINE ORANGES

1 orange

Cut the orange lengthwise into approximately five round slices. Take the largest slice and set aside. Cut each of the remaining slices in fourths. Place the circular slice in the middle of the plate and arrange the quartered slices around the circle to make the rays of the sun.

POPPY CARROTS WITH BLACK BEAN HUMMUS

1 Carrot
Green beans
Black bean hummus (see recipe below)

Wash, peel, and slice the carrot into circles, approximately 1/8-inch thick. Spread a few tablespoons of the black bean hummus at the bottom of the plate (this will be the “dirt”). Place the green beans (the “stems”) vertically with one end into the hummus and arrange the carrot slices (the “poppy flowers”) at the opposite end of the green beans.

BLACK BEAN HUMMUS

1 15-ounce can of black beans, drained
Juice of 1 lime or lemon
1 garlic clove
1 tablespoon of olive oil

Place all ingredients into a blender and blend until smooth. If the mixture is too thick, add 1 to 2 tablespoons of water, until desired consistency.

CATERPILLAR EDAMAME

Shelled edamame beans
Grape or cherry tomatoes
Blueberries
Toothpicks

Place approximately 15 shelled edamame beans in one line on a plate. At one end of the line of edamame, place the tomato. To make antennae, place two toothpicks into the tomato and top each with one blueberry.



BANANA BOATS WITH YOGURT

Bananas
Strawberries
Nonfat yogurt
Toothpicks

Peel bananas and slice in half, lengthwise. Next, slice each banana piece in the middle widthwise and set aside. Slice each strawberry lengthwise into approximately 1/8-inch slices. Spear one strawberry slice at the end of a toothpick, using the end of the strawberry with the longer width.

Place 1/4 cup of yogurt into the bottom of a bowl. Place one banana piece into the yogurt, with the flat side up. Finish by placing the toothpick with the strawberry “sail” at one end of the banana “boat.”

ADDITIONAL RESOURCES

[American Council on Exercise](#)

[ACE Fit Life: Kid Friendly Recipes](#)