



Fruits - Basket of vitamins for Kids

Packed with fibre and most concentrated sources of phytochemicals and minerals, fruits are also outstanding sources of vitamin C & A. Yet preschool and school-age children eat less than one serving of fruits and vegetables daily, half of what they should actually be eating. Kohila Govindaraju, nutritionist, checks out what needs to be in your basket of fruit.

Smell, texture, and colour are the important elements in attracting kids' attention. Once, at a party, while playing the fruit-puzzle, my friends' children opened the secrets to their fruit preferences. A nine-year-old boy declared he liked pineapple, grapes, guava because they are juicy and tasty. A pair of twins enjoyed all varieties of fruit but mango was a hot favourite for its sweetness. Another boy liked bananas because they are soft and apples because they are crunchy!

But to papayas, there was an emphatic dislike – firstly, because of its unattractive shape; secondly, because of its bland taste. How unfortunate as papayas are so good for the digestive tract! If you would like to sneak them into your child's fruit diet, try modifying its shape and even taste! That is exactly what my friend and I did. We made little hearts of papaya with a cookie cutter and enhanced the flavour of papaya with a sprinkle of lemon juice! Needless to say, it was a hit!

So take small steps to achieve bigger results! Breakfast is an easy time to include fruits in a child's diet. Here's how:

Fruity Breakfast Parfait (4 servings)

- 2 cups chopped fresh pineapple,
- 1 cup strawberries,
- 1 cup low-fat vanilla yoghurt
- 1 banana, sliced
- 3/4 cup chopped dates
- 1/4 cup sliced almonds

In a glass, layer pineapple, strawberries, yogurt, banana and dates. Sprinkle the top with almonds.

Colourful Fruit Salad

This has wonderful flavours that will have the kids going for it. Fruit salad is good any time of the day, and really easy to prepare. What we need to do is mix up few fruits

cut and add lemon juice with fresh mint. That is it!
Green or red grapes seedless - remove the

stems
Slice the strawberries and kiwi
Cut the papaya and pineapple
Mix them in a bowl with lemon & mint dressing.

Fruit kebab

The easiest dish for kids' parties.

Fruit wrap

Simple, filling and nutritious, it is also easy to vary with different fruit.

Try this recipe:

- 1 wholewheat wrap
- 1 tablespoon of peanut butter
- 2-3 slices of mangoes or strawberries
- 1 small banana, sliced
- Cinnamon to taste

Morning sunrise smoothie

- 1 banana, peeled and sliced
- 1/2 cup strawberries
- 1/2 cup orange
- Blend all ingredients until smooth

Layered fruit smoothie could attract the children even more!

Fruit pops, a simple summer fruit pop that requires just our favourite fruit, some cookie cutters and popsicle sticks!

Pull out the cookie cutter now!

References

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