



PREVIOUS STORY

NEXT STORY

TEXT SIZE + - | EMAIL | PRINT | SHARE

Average:

Your rating:

The Veggigation of Your Grandkid

Help them learn to like vegetables

BY: SUSAN KUCHINSKAS | NOVEMBER 4, 2010 | LEAVE A COMMENT



SOURCE: GETTY IMAGES

Even if your own kids turned out fine despite eating nothing but plain spaghetti and crackers for the first six years of their lives, there's something upsetting about seeing your grandchildren surviving on chicken fingers when they come to visit.

Veggigation is a program for schools that links lessons in the classroom to experiences in the lunchroom. The idea is to introduce students to some tastier ways to enjoy vegetables, while providing some nutrition education.

The program was developed by Lisa Suriano, whose family business is providing food service management to independent schools.

"I was fortunate to be raised in a household where we always had access to fresh vegetables," she says. "One of my goals was to provide teachers with a fun, easy tool to teach young students that eating vegetables is not only important for their health, but also, that vegetables are delicious and fun."

The nine-month program includes lesson plans with corresponding recipes for food service managers, Veggie of the Month posters and a theme song CD with sheet music.

For most of us, when we were kids, eating vegetables was positioned as something we had to do because it was good for us. I remember sitting at the dining table after everyone else was gone, staring at the boiled Brussels sprouts on my plate, trying to get up the nerve to choke down a couple.

Today, parents take a friendlier approach to getting kids to form healthy habits, and the Veggigation program is a good example.

If you want to try this approach on your grandchildren, the Veggigation folks have some tips:

Pick your battles. Boiled spinach and roasted Brussels sprouts are probably not going to fly down kids' throats, no matter how fun you try to make them seem. Select sweeter veggies like carrots and peas for starters.

Repeat as needed. Don't try once or twice and then give up. Keep a plate of fresh-cut raw

FOLLOW US



ADVERTISEMENT

INTRODUCING >PASS AMERICAN EXPRESS >PASS CARD THE NEW PREPAID RELOADABLE CARD PARENTS GIVE TO TEENS. PASS IT ON. LEARN MORE

FIND A CARE PROVIDER

Zip: [input] Child Care [dropdown]

Search

Care.com

THIS WEEK'S POPULAR STORIES

VIEWED | DISCUSSED | SEARCHED

- 1. Did You Birth a Bully?
2. Holiday Cards and Your Family
3. Return of the Native
4. Don't Let Health Concerns Throw a

vegetables available to snack on, especially in that ravenous 30 minutes before dinnertime.

Get them hands on. Let your grandchildren help out with peeling and preparing vegetables. Cut them into interesting shapes. Get creative: Slice sweet potatoes and then let kids cut them with a cookie cutter. They will be more willing to try something that they've had a hand in creating.

Start small. Offer a "tasting cup" with just a tiny amount of the vegetable in question. A small, contained portion of a new food is less intimidating and more intriguing to kids.

Get crazy with dips. Try a variety of different dips served with raw or blanched veggies to keep it interesting. A peanut butter and maple syrup dip will cover up that distressing vegetable flavor just fine.

Ask their opinion. Kids love to tell you what they think. Tell them that you want their feedback on the vegetable you're introducing and the way it's prepared. They will be more likely to give it a try if they know they can say they don't like it.



Share Strong!
EMAIL THIS STORY TO A FRIEND

grandparents

Understand Your Family When You're 50+ - Visit AARP Magazine Online. AARP.org

Grandparents Legal Rights

Must Read Information. Legal Rights for Grandparents www.SeniorsList.com

\$437/Day Work From Home

Can You Type? Make Over \$437/Day From Home. Read This Shocking Report! LA-Sentinel.com

SPONSORED LINKS

[◀ PREVIOUS STORY](#)

[NEXT STORY ▶](#)

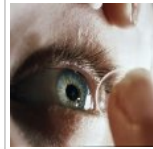
More Stories About: [Grandparents](#), [nutrition](#), [vegetables](#), [Vegigation](#), [veggies](#) • [All Categories](#)
You might like:



R-Rated Friends' Houses



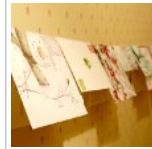
Is It OK for Divorced Parents to Move Away?



Contact Lenses for the Whole Family?



Don't Let Health Concerns Throw a Wet Blanket on Your Sex Life



Holiday Cards and Your Family

[Wet Blanket on Your Sex Life](#)

- [How to Make Good New Year's Resolutions -- and Stick to Them](#)

HIGHEST RATED



VIDEO
[Get in the Game! Beach Volleyball for Be](#)
You need three basic skills for...
★★★★★



ARTICLE
[Giving Good: Holiday Gifts to Give Back](#)
Not sure what to give to your...
★★★★★



ARTICLE
[Broadway through Sondheim's Eyes](#)
The title of composer and lyricist...
★★★★★



ARTICLE
[Holiday Cards and Your Family](#)
It's the season to whip out a red...
★★★★★

WHAT WE'RE READING

- [Grace and Gravity](#)
- [Motherhood Later... Than Sooner Blog](#)
- [Momtourage](#)
- [Taking the Kids Blog by Eileen Ogintz](#)
- [Who Moved My Dentures](#)
- [Family Relationships](#)
- [Boomer Cafe](#)
- [The Best of Everything After 50](#)
- [Mothering Mother & More](#)
- [On Parenting](#)
- [Life with Father](#)
- [Aging Parents and the Sibling Rumble](#)
- [Fulfillment at Any Age](#)
- [The New Old Age](#)
- [WebMD -- Parenting](#)
- [The Blog of Author Tim Ferriss](#)

ADVERTISEMENT

COMMENTS

Sign in or register to label comments with your username. Please note it could take up to 15 minutes for your comment to appear.

This tests that you are really a person and not a computer.



stop spam. read books.

[Submit Comment](#)

MORE ON FAMILY GOES STRONG

ARTICLE



What's on Our Minds Today
Having trouble facing your Monday? Us, too. Instead of starting your...

PHOTO GALLERY



95-year-...

Best Christmas Stories for Your Family
The best Christmas stories appeal to 5-year-olds — and

The Only Bath Tissue with Lotion with Aloe & Vitamin E.

gentle & soothing lotion

Buy Now ▶

ARTICLE



vacation...

Should You Trust Social Media Reviews?
I'm a huge fan of consumer reviews. I use AirBnB.com to find

MORE ON LIFE GOES STRONG

STYLE



ARTICLE

Right-On Red Lipstick

PLAY



VIDEO

The Basics to the Golf Swing

STYLE



PHOTO GALLERY

10 Fabulous Older Moms

PLAY



VIDEO

How to Gear Up for Golf

PLAY



VIDEO

Golf Skills 101 -- How to Get Out of a B

PLAY



VIDEO

Get in the Game! Beach Volleyball for Be

MORE ON LIFE GOES STRONG

LIFE | HEALTH | FAMILY | TECH | STYLE | HOME | WORK | PLAY

MARIJUANA USA Where Cannabis Meets Capitalism
PREMIERES WEDNESDAY 9:00 PM ET/PT

HEALTH GOES STRONG

■ The Menopause Dilemma

STYLE GOES STRONG

■ Colin Firth Is King

TECH GOES STRONG

■ Tech Rumor Watch: New iPad before

- Acupuncture: How it Relieves Pain
- Do You Feel Sad as the Days Get Shorter?
- Is This Chemical Making You Sick?
- How Much Vitamin D Do You Need?
- Colon Cancer: At-Home Test Could Save Your Life
- Why Breast Cancer Survivors Might Need MRIs

- Pixie Haircuts for Older Women
- Jennifer Grey - Dirty Dancing at 50
- Top 10 Style Tips for a More Enjoyable Holiday Season
- No More Playing the Age Card
- How to Put More 'You' Into Your Look
- 6 Signs It's Time to Shave Your Head

- Christmas, and a Sony iPhone Competitor?
- Charlie's Picks: Top 5 Tech Stories of the Week
- Tumblr: Blogging Without the Complications
- Hands On: Never Lose Your Cellphone Again with Zomm
- Federal Trade Commission Wants 'Do Not Track' List for Web
- Eating Crow: Why I Re-Installed My Land Line
- Comcast, Netflix, Net Neutrality, and You

Exchange

- 17 Organizing Tips for My Organizing Challenge
- Regifting for a Good Cause
- Will Your Next Car Be a Plug In?
- Find Zen in The Container Store & Take the Organizing Challenge
- Top 10 Best Buys for December
- Let Go of the Leftovers

WORK GOES STRONG

- Is Working for a Startup Right for You?
- Pranking the Boss: Never a Good Idea
- The Deflating Act of Resume Inflation
- They Call Me The Reader
- Retail Stocks for your Stocking?
- You Know You're Old-School When You Remember...
- Multi-Tasking Chaos Leaves Me on Hold

PLAY GOES STRONG

- Rock Climbing? Yes, You Can!
- Take to the Water in a Kayak
- Grammys Nominate an Actual Artist for Best New Artist
- "Finishing the Hat": Steven Sondheim's Life in Song
- Giving Good
- Are Books Becoming Obsolete? The Age of the eReader Approaches!
- Sarah Palin's New Book: Ya Think She's Read It?

© NBC Universal Inc. All rights reserved.

[About Life Goes Strong](#) | [Terms of Service](#) | [Privacy Policy](#) | [Contributors](#) | [Contact Us](#) | [Contest Rules](#)

[Life Goes Strong](#) | [Life Goes Strong](#) | [Health Goes Strong](#) | [Family Goes Strong](#) | [Tech Goes Strong](#) | [Style Goes Strong](#) | [Home Goes Strong](#) | [Work Goes Strong](#) | [Play Goes Strong](#)