



## Do Children Need to Eat their Greens?

### Do children need to eat their greens? Should we eat our greens?

Yes, we do and I'll let you know why. As you can see from our teeth and those of herbivores, we are designed for plant-based diets. The strongest animals are: elephants, rhinos, gorillas and hippos. What do they all have in common? They all eat their greens. Plenty of leafy green plants. They are strong and healthy. We need to follow suit.

Darker greens such as spinach, watercress and kale have more nutritional value. They can be lightly cooked, added to soups, smoothies and mixed into any cooked dishes or stir fried. Stir-fried broccoli in some olive oil, with a sprinkle of salt and pepper and sesame seeds is tasty and healthy. Three of these broccoli florets is one portion.

See how easy it is to get greens in your children's diet daily? They get the goodness out of the greens including the essential vitamins, minerals and fibre, which is good for gut health and keeps them healthy.

Get your children to help prep the food and **COOK WITH YOU** so they can name the foods too. Ensure children get all the colours of the rainbow in their meals throughout the day.

### Recipe:

#### Medley of greens

- Steam 3 different green veggies such as asparagus, small broccoli florets and green beans.
- Add a drizzle of olive oil or hemp oil and a pinch of natural salt and pepper. Or make a simple dressing with tahini (sesame seed paste), olive oil and lemon/lime juice and drizzle this over the green vegetables.

Children can eat this on the side with the main meal or as part of the main meal, providing them with 3 portions a day of vegetables!

