

Press Release,

## **Vegetables? No, thanks!**

How can one get a child to eat vegetables?

**They basically have just advantages. They contain plenty of vitamins, mineral salts and fibre. They are healthy and non-fattening. However, according to the research results obtained by experts from Uniwersytet Medyczny of Białystok (Medical University of Białystok) almost 40 percent of children eat too few of them. Their diet is based mainly on meat, snacks rich in calories as well as huge amounts of sweets. Their parents seek help with their friends, dieticians or in the Internet. How can youngsters' eating habits be changed?**

*My child doesn't want to eat vegetables at all, nothing else but meat. As for fruit, it's a little better...I'm worried that he doesn't get enough vitamins..., my 4-year-old daughter doesn't like vegetables. I tried mixing them, hiding in the food...alas, I achieved nothing...* There are plenty of such entries on internet forums, just as there are many fussy kids. Dieticians and doctors keep reminding us that children need to consume 5 servings of vegetables, fruit or juice daily to develop properly. This dose provides an optimal amount of vitamins and minerals needed for the body. Still, vegetable consumption among children constitutes a major problem. All that begging, convincing, numerous attempts do not bring any good results. Then, how to encourage a child to eat vegetables?

### **A few simple tricks**

An American professor Brian Wansink in his book *Mindless Eating: Why We Eat More Than We Think* comes up with the advice to serve children vegetables as colourful as possible. Children are observers; therefore, serving snacks in an attractive way we get a greater chance to succeed. He suggests further that we should stimulate children's imagination and describe them a given food in terms of taste, for example "corn - it is soft and sweet, you'll surely like it". Another highly recommended method is creative vegetable labelling. Its effectiveness has been confirmed by experiments carried out by Wansink in a school canteen. It turned out that when peas had been named – *power peas*, kids were willing to get them twice as many. **Boris Karapetyan**, from [KROSAGRO](http://KROSAGRO) adds that it is also important that the meal is composed of two types of vegetables. – *Thanks to this a child is not forced but rather has a feeling of making his/her independent choices* – he adds.

### **Most frequent mistakes made by adults**

Your kid turns away his/her head seeing vegetables? He/She does not want to eat? Rebels? Have patience. One cannot get discouraged by the first failures. The research results show that most parents give up after



a couple of refusals. Wrong. We should try even dozens of times - steadily and consistently. It is no use, however, introducing new tastes in a hurry or when a child is in a bad mood. Then our chances to succeed are zero. What is more, Swiss scientists point out to the atmosphere at the dining table. They highlight that there should be no screaming, penalties or a sense of compulsion. A frequent mistake is to put pressure on a child saying something like: *when you eat this you'll get a new toy*. Not only does it hinder any positive results but it may also trigger a defensive response. And instead of a healthy food lover, we'll raise a rebellious picker.

### **Vegetable "don't bite"**

If your kid is still sceptical towards eating vegetables, an alternative may be self-contained vegetable growing in the garden or on the plot. Let's get the child involved in the process of vegetable cultivation, let's show him/her how it works and no doubt he/she will be willing to try vegetables he has grown himself/herself. *It's true that this is a time-consuming method, and the results can be observed only after a couple of months but it gives kids completely new impressions and experiences. Children are explorers, they're curious of the world so they engage in such ideas without hesitation, they scrutinize everything and are even more willing to help. An additional advantage of this solution is the assurance that instead of mass and artificially cultured vegetables, we provide our kids with healthy food* – explains **Boris Karapetyan**, from [KROSAGRO](#).

Vegetables are a real vitamin bomb so in spite of many failed attempts, it's not worth sacrificing them. Finally, two quite obvious but important tips: first of all, it must be remembered that not every vegetable must be tasty; and what is even more important - let's set a good example. If we want our children to eat healthily we must reach for vegetables, fruit and juice ourselves.

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#### **Further information:**

[KROSAGRO](#) are high quality foil tunnels and greenhouses used for maximizing the growing period for a variety of plants, fruit and vegetables. The offer of the company includes a wide range of ready products for individual growers as well as retail producers and warehouses. [KROSAGRO](#) products are made out of highest quality materials, steel tubes and profiles produced by the company Stal Impex Sp. z o.o.

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