

The simplest way

...to get kids in the kitchen.



Image: expophoto.com.au

Involving children in preparing meals is a great way to get them eating more fruit and veg. Kids are more likely to eat something they've helped create!

To inspire budding chefs, let your children help you shop for fruit and veg and then add the produce to meals. You can even plant some herbs or veg at home for go-to ingredients.

**For more information visit www.eatittobeatit.com.au
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The *Eat It To Beat It* program is supported by the Western Sydney Local Health District Live Life Well @ School Program.