

family salad platter

Your child can learn to love salad!

Create a family salad platter.

Serve a salad platter as part of your family's meal. Use a large plate to set out groups of colorful vegetables. At mealtime, pass the platter around the table. Everyone can choose the foods for their own salad. Let your child serve veggies onto his or her plate.

Make vegetables safe and easy for your child to eat:

- Slice tomatoes into 2 or 4 small pieces.
- Microwave or steam raw vegetables like carrots and broccoli until slightly soft.
- Roast pea pods and broccoli.
- Shred raw vegetables like carrots.
- Cut vegetables into thin strips or tiny pieces that are easy to bite and chew.

family salad platter

Your child can learn to love salad!

Create a family salad platter.

Serve a salad platter as part of your family's meal. Use a large plate to set out groups of colorful vegetables. At mealtime, pass the platter around the table. Everyone can choose the foods for their own salad. Let your child serve veggies onto his or her plate.

Make vegetables safe and easy for your child to eat:

- Slice tomatoes into 2 or 4 small pieces.
- Microwave or steam raw vegetables like carrots and broccoli until slightly soft.
- Roast pea pods and broccoli.
- Shred raw vegetables like carrots.
- Cut vegetables into thin strips or tiny pieces that are easy to bite and chew.