



In everyday family life, there is not always time for a full and home-made meal. Sometimes it just has to be quick. Simple tricks can enhance dishes in an instant.



## Meals cleverly jazzed up

Add colourful vegetables like fresh bell pepper strips or mushrooms to fast food such as pizzas. Crisp lettuce leaves, fruity tomato or cucumber slices and maybe a slice of cheese are delicious additions to hamburgers.

Whether home cooked or not: Add an extra serving of vegetables to your child's favourite dishes. For example, add puréed carrots to your favourite pasta sauce or finely shredded courgette to lasagne. Add a tablespoon of grated hard cheese for an extra portion of milk.



## The EU School Programme – in Baden-Württemberg

Colourful fruits, vegetables and fresh milk taste really delicious and make kids fit for daycare and school. As part of a balanced diet, they contribute to healthy development.

With the EU School Programme, children in daycare centres and primary schools regularly receive an additional portion of vegetables & fruit and/or unsweetened milk (products) from a regional supplier. Because they are offered regularly, the children acquire a taste for these foods and learn to integrate them into their daily eating routine. At the same time, the pedagogical support aims to help the children learn more about the origin and variety of food as well as about enjoyable eating and to strengthen important everyday skills while making their own food. The State Initiative on Conscious Child Nutrition (BeKi) supports daycare centres and schools by guiding them pedagogically through the EU School Programme.

The majority of the costs for the products and their delivery is covered by the European Union. Institutional bodies, local businesses, suppliers or associations finance the amount not covered by EU funding as sponsors.

For more information on the EU School Programme in Baden-Württemberg, go to [www.schulprogramm-mlrbw.de](http://www.schulprogramm-mlrbw.de)



Information and offers of the State Initiative on Conscious Child Nutrition (BeKi) and on the pedagogical support of the EU School Programme can be found at [www.landeszentrum-bw.de](http://www.landeszentrum-bw.de)



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Press office  
Kernerplatz 10, 70182 Stuttgart,  
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# Tasty & fit, we're part of it!

## For more vegetables, fruit and milk in everyday life



Baden-Württemberg

MINISTERIUM FÜR ERNÄHRUNG, LÄNDLICHEN RAUM  
UND VERBRAUCHERSCHUTZ



Dear parents,

A balanced, varied and enjoyable meal contributes significantly to the healthy development of your child now and in the future. With the EU School Programme, your child will regularly receive an additional portion of vegetables & fruit or milk & dairy products at daycare or school. The European Union and the state of Baden-Württemberg want to use the programme to support your child in developing good eating habits.

As parents, you have a huge influence over your child's eating behaviour. With this brochure we want to give you suggestions for an enjoyable and balanced everyday eating routine in your family.

We hope you have fun implementing it at home.

Peter Hauk Mdl  
Minister for Food, Rural Areas and  
Consumer Protection Baden-Württemberg (MLR)

## Vegetables, fruit, milk and dairy products - how much your child needs

5 a day: this formula makes it child's play to remember. Three children's hands full of vegetables and two handfuls of fruit a day provide your child with valuable ingredients and bring colour and varied taste to the plate. For milk and dairy products, the rule of thumb is one portion three times a day.

In daily life, regular meals at fixed times help people to eat the recommended portions. The colourful variety of vegetables, fruit and milk can then be easily incorporated. Regular meals also help to keep your child fit, balanced and alert throughout the day. How you can spread out the recommended quantities:

### **BREAKFAST**

Muesli with fresh fruit and milk, a cheese sandwich with cucumber slices or delicious vegetable sticks with cottage cheese.

### **MORNING AND AFTERNOON SNACK**

Crunchy radishes, delicious mini tomatoes and tasty cheese cubes in the snack box, a fruity milkshake or a colourful fruit salad in the afternoon.

### **LUNCH AND DINNER**

A colourful salad mix, firm cooked vegetables as a side dish or a fruit yoghurt for dessert.



## How to turn children into vegetable, fruit and milk fans

Getting children excited about a healthy lifestyle is not always easy in everyday family life. As parents, keep providing stimulus and find an individual path for you and your child.

### **BE A ROLE MODEL AND ENJOY**

Children follow the example set by their parents, even when it comes to eating. Therefore, you should also enjoy vegetables etc. yourself.

### **CELEBRATE EATING**

Create a relaxed and positive table atmosphere. Motivate your child to try and stay patient. Meals together should above all be fun.

### **JOINING IN ENCOURAGES INTEREST**

Involve your child in planning family meals from an early age. For example, let your child choose fruits and dairy products at the supermarket or weekly market and prepare them together. Doing it themselves inspires children, promotes their self-confidence and awakens their interest in food.



### **GO ON A JOURNEY OF DISCOVERY**

Visit a meadow orchard or a farm with your child and experience first-hand where our food comes from. Growing vegetables together on your own balcony or windowsill can also be exciting.

### **KEEP OFFERING AND OFFER VARIETY**

Taste development takes time. A child has to try something eight to ten times before it tastes good. Therefore, offer food again and again without pressure. Also try different ways of preparing them, such as grated, cut into sticks or boiled carrots.

### **BITE-SIZE FOODS**

Chopped fruit or crunchy vegetable sticks with yoghurt or quark dip are ideal snacks. Colourful finger food appeals to children and they are happy to help themselves - especially if they are allowed to help with the chopping.

### **FOOD HAS TO LOOK APPEALING**

Cream cheese sandwiches with fun vegetable faces and colourful fruit skewers - this is how you can get your child excited about fruit and dairy products at home. A relaxed dining atmosphere at a beautifully set table also contributes to this.