

We all know the importance of fruits and vegetables in the diet. They form an integral part of your child's diet, and are great as small snacks through the day.

Here are five reasons why your children should eat fruit and vegetables every day:

1. Fruits and vegetables have fewer calories compared to processed or fast foods.
2. There's a strong link between the quality of your child's diet and their performance at nursery.
3. Fruits and vegetables can boost your child's immune system.
4. Fruits and vegetables are rich in a wide variety of vitamins and minerals, such as vitamin C and folic acid.
5. Fruits and vegetables will give your child sustainable energy, without sugar highs associated with many processed snacks.



It's important to include a wide variety of fruit and vegetables and to include some in every meal. Serving them as snacks, as we talked about in this [article](#), is a great way to provide your child with sustainable energy and concentration during their time at nursery.

The key when feeding your children fruits and vegetables is to keep it interesting and tasty.

Fruits and vegetables can be served raw, baked, grated or diced. Here are some ideas to use:

- Sliced banana or strawberries in your porridge
- Add chopped fruit to yogurt
- Pack vegetable sticks into a snack bag for children to take to nursery
- Make fresh fruit and vegetable smoothies

Remember, always opt for fresh fruit over fruit juice. You'll get more fibre and less sugar!

Canned (low salt) and frozen fruit and vegetables are suitable alternatives. Just check there's not added sugar or salt.

Dried fruit, whilst high in vitamins, minerals and fibre, are very high in sugar, so probably best to avoid.

If you have any questions on what snacks to give your children at nursery, please don't hesitate to ask a member of our team.