

## Eating Vegetables



For many parents, getting their kids to eat their greens is a constant battle. It often seems that whatever vegetables are served up to young children, they are refused with a vengeance. This can lead to young ones adopting poor diets. A new study from the University of Leeds in the U.K. suggests parents can train their children to like vegetables. The study showed that children under the age of two can get to like vegetables they initially rejected if they are offered them five to ten times. Researchers said even the fussiest of eaters will succumb to repeated exposure to vegetables. This is good news for parents worried about their children's dietary intake and levels of nutrition.

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

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