

## FOSTER A CULTURE OF HEALTHY EATING WITHIN YOUR FAMILY

Make healthy eating a priority in your home by setting a positive example. To help your family foster healthy eating habits, we have included some suggestions for activities below.

- Be creative with your meals, and teach children that nutritious meals can be delicious and do not have to sacrifice flavors.
  - Take care of a garden together as a family. Incorporate gardening into meal preparation for children of all ages. For example, get your feet wet with a little garden in your backyard or an herb box in your kitchen window.
  - Encourage children to experiment with different meals by selecting an unfamiliar item from the store, giving it a taste, and then giving it a rating.
  - Encourage imaginative play by setting up a pretend café for the kids! Utilized a variety of printed fruits, vegetables, proteins, and dairy products to make a menu and plan their meals.
- Having meals together is a wonderful opportunity to talk and bond. During meal time,
- Get everyone to put their phones in a "parking spot" somewhere far from the table and turn off the TV.
  - Bring everyone's attention to the meals by having discussions on how different foods look, feel, and taste. This will make the dish more interesting to the kids.
  - Gather everyone around the table and ask them to describe their day. Asking someone how their day is going is one example.
  - Be patient when introducing new foods. It takes multiple exposures for children to develop a liking for different foods.

### 在家中培养健康饮食氛围

树立积极的榜样，让健康饮食成为家中的首要任务。为了帮助您的家人培养健康的饮食习惯，我们在下面提供了一些活动建议。

- 在膳食方面发挥创意，让孩子们知道营养的膳食也可以很美味，且无需牺牲风味。
- 全家人一起打理花园。将自家种植的食物融入各年龄段儿童的膳食中。如在后院开辟一个小花园，或在厨房的窗户上种植香草，都是不错的尝试。
- 鼓励孩子们尝试不同的食物，从商店挑选不熟悉的食物，品尝后给它打分。
- 为孩子们设立一个假想的餐厅，鼓励他们发挥想象力！利用各种打印好的水果、蔬菜、蛋白质和奶制品制作菜单，计划他们的膳食。

共进晚餐是交谈和增进感情的绝佳机会。用餐期间：

- 让大家把手机放在离餐桌较远的位置，并关掉电视。
- 通过讨论不同食物的外观、感觉和味道，将大家的注意力集中到饭菜上。这会让孩子对菜肴更感兴趣。
- 把家庭成员聚集在餐桌上，并让他们描述自己一天的生活，例如询问某人今天过得如何。
- 介绍新食物时要有耐心。孩子们需要多次接触才能对不同的食物产生兴趣。

References/参考资料:

1. U.S. Department of Agriculture. Help your family make healthy choices together. <https://www.myplate.gov/life-stages/families>. Accessed January 26, 2024.
2. California Department of Social Services. Find a recipe. <https://eatfresh.org/find-a-recipe/>. Accessed December 7, 2023.

# Eat Well, Stay Healthy! 吃得好，保持健康！

Vegetable Spotlight: Dragon's Tongue Bean  
蔬菜聚光灯: 龙舌豆



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This resource is supported by the National Institutes of Health, National Institutes of Minority Health and Health Disparities grants U54MD000538 and R01MD018204.





## SAUTÉED DRAGON'S TONGUE BEAN WITH GARLIC (Serves 4)

### 蒜蓉炒龙舌豆 (4 人份)

## INGREDIENTS

- 1 teaspoon Vegetable Oil
- 1 clove Garlic, chopped
- 8 ounces Dragon's tongue bean, chopped
- 1/2 cup Red Bell Pepper, chopped
- 1/2 cup Tomatoes, chopped
- 1/4 cup Celery, chopped
- 1/4 teaspoon Salt
- 1/8 teaspoon Cayenne Pepper

## 配料

- 1 茶匙植物油
- 1 瓣大蒜，切碎
- 8 盎司龙舌豆，切段
- 1/2 杯红甜椒，切块
- 1/2 杯西红柿，切块
- 1/4 杯芹菜，切末
- 1/4 茶匙盐
- 1/8 茶匙辣椒粉

## DIRECTIONS

1. Heat oil in a large skillet over low heat.
2. Sauté garlic in oil for 1 minute.
3. Add dragon's tongue bean and bell peppers; increase heat to medium and cook for about 7 minutes.
4. Stir in tomatoes, celery, and seasonings; cook for about 7 minutes more. Serve while hot.

## 步骤

1. 用小火加热大平底锅中的油。
2. 在油中翻炒大蒜 1 分钟。
3. 加入龙舌豆和红甜椒，转中火煮约 7 分钟。
4. 加入西红柿、芹菜和调味料，再煮约 7 分钟。趁热食用。



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