



## SHOULD CHILDREN EAT MICROGREENS?

To ensure they eat a balanced diet, I add microgreens to my children's lunch boxes every day. Now, they love microgreens.

In recent years, microgreens have become one of the popular topics of discussion. As a parent or guardian, you might wonder if microgreens are edible and healthy for your kid.

**The answer is yes, microgreens are suitable for your children, and [you can even make it fun](#).**

**You can feed your children raw, cooked, or stir-fried microgreens.**

**You can use them as toppings for pizza or blend them for a smoothie.**

**Microgreens contain a vibrant burst of vitamins and antioxidants. These antioxidants contain nutrients that enrich your child's health and protect their cells against free radicals.**

**To improve the diet of your children, add a moderate quantity of microgreens to their meals.**

## The Secret to Getting Kids to Love Microgreens

My kids and my neighbor's kids attend the same school. My neighbor is skeptical about feeding her children microgreens because she thinks they won't like it.

Well, I will let you in on one of my secrets.

I make microgreens attractive to my children by using unorthodox methods.

Sometimes, I toss some into their sandwiches or egg omelet.

I also mix some fruits with the microgreens and make them smoothies.

By doing that, my children get nourishment, they eat their meals, and it becomes a win-win situation.



## How to Get Your Kids to Eat Microgreens for the First Time

Teaching your children how to eat microgreens for the first time can be easy or difficult.

The pleasant news is that you can make it a painless process by introducing the sweeter ones to them first.

Add microgreens to stir-fries, smoothies, and other foods.

If they are reluctant, you can give them treats as a reward for every microgreen meal they eat.

## Can Children Eat Raw Microgreens?

Yes, children can eat raw microgreens. They are safe.

They are also rich in vitamins and provide nutrients for their healthy development.

However, it is advisable to feed them microgreens that you grow in the soil medium instead of those you grow hydroponically.

This is because when you grow microgreens in a soilless medium, it can cause poor ventilation and inadequate exposure to direct sunlight.

As a result, the microgreens can harbor fungi and bacteria that can harm your children if they eat them raw.

Do not eat [microgreen roots](#) as they might be unhealthy.

If you grow your microgreens at home, ensure to keep the environment clean and damp-free. This will prevent the growth of bacteria and fungi. When harvesting, nip the microgreens a few centimeters from the root.

Apart from giving your children raw microgreens, you can use them to make salads, drinks, juices, pizza toppings, plate garnishes, soups, desserts, and sandwiches.

In case your children don't enjoy eating some microgreens raw (e.g., broccoli), you can blend it and add to soup or smoothies.

Cooking microgreens is another alternative way of ensuring the food safety of your children.

However, some people don't enjoy cooking microgreens because it depletes the quality of the healthy nutrients and vitamins they carry.

## How Much is Too Much for Your Child

As a parent, you might want to know what is too little and too much microgreens for your child.

The [daily requirement of vegetables](#) in your children's diet should be about 10-15%.

This implies that a negligible quantity of microgreens is enough per meal.

You can add a slight amount to their pizza or dessert.

Avoid feeding them more than a couple tablespoons each serving, or 1/2 cup of microgreens daily. As with other vegetables, more than that could cause an [upset stomach or diarrhea](#).

## The Best Microgreens for Your Child

There is no definition for the best microgreens for children.

It all depends on your children's palate and taste preferences.

Microgreens have distinct flavors ranging from spicy, nutty, mild, sweet to bitter.

Some children will most likely prefer sweeter microgreens like peas, basil, and sunflower.

You can add them to their daily meals as deserts or pizza toppings. Ensure your children are [not allergic](#) to the microgreens you feed them.

However, I will give you a list of some common microgreens that your children will enjoy eating.

<b>Microgreen</b>	Nutritional Content
<b>Radish</b>	<p>It has a spicy flavor, and unless your children don't like spicy foods, radish is an excellent microgreen to feed them.</p> <p>If your children eat spicy foods very well, you have nothing to worry about. They will love radish microgreens.</p> <p>But if you notice that the spiciness is a bit too much for them to handle, you can switch to other microgreens that have a milder taste and suit their taste buds better.</p> <p>Radish microgreens are an excellent source of many vitamins. These include vitamins A, B, C, E, and K. Also, they contain fiber and roughage that aid the smooth running of the digestive tract.</p>
<b>Broccoli</b>	<p>This microgreen contains a burst of vitamins and nutrients.</p> <p>It is a vital addition to any of your child's meals.</p> <p>Even though some children don't enjoy eating broccoli, it is, without a doubt, one of the best microgreens you can feed them.</p> <p>It is rich in sulfur and good for the immune system. As a parent, you can make broccoli more attractive by blending it with other fruits and making juice for your children. You can also add it to soup whole or chopped.</p>
<b>Peas</b>	<p>Peas have a mild taste, and these microgreens will add a touch of crispiness to your children's meal.</p> <p>They are a fantastic addition to sandwiches, soups, stir-fries, and pizza toppings.</p> <p>They contain many vitamins and nutrients beneficial to the health of your children.</p> <p>Peas are rich in fiber and proteins.</p>
<b>Wheatgrass</b>	<p>This is another excellent microgreen you can add to the diet of your children.</p> <p>Its flavor can overwhelm, but you can mask its taste by blending it with other fruits and microgreens to make smoothies for your children.</p> <p>It strengthens the immune system with abundant amounts of vitamins and nutrients.</p> <p>It contains antioxidants and improves blood flow.</p>

## Health Benefits of Microgreens

Adding some microgreens to your child's diet has many health benefits. Add them to their lunch pack or serving it as a desert. Different microgreens have different health benefits, and I will share some of them with you.

<b>Microgreen</b>	Nutritional Content
<b>Arugula</b>	<p>It is a microgreen that contains minerals like calcium and potassium, which can keep your children's bones strong and healthy.</p> <p>The high levels of antioxidants in arugula reduces inflammation and stomach acidity.</p>
<b><u>Broccoli</u></b>	<p>It contains many minerals (potassium, calcium, and zinc amongst others) and vitamins.</p> <p>These minerals improve bone development and regulate hormones.</p> <p>Adding small portions of broccoli to the diet of your children will give them strong bones.</p>
<b>Kale</b>	<p>It contains antioxidants that help the body eliminate free radicals, i.e., unstable waste molecules.</p> <p>The build-up of these free radicals is toxic to the body system as it can lead to cellular damage.</p> <p>To increase their metabolic rate, add vegetables such as kale rich in antioxidant contents to your child's diet.</p> <p>Doing this will help eliminate the toxic waste in their body.</p>
<b>Lettuce</b>	<p>This microgreen contains nine times more minerals than mature lettuce.</p> <p>It is rich in nutrients and vitamins.</p> <p>It contains antioxidants that reduce inflammation.</p>
<b><u>Red cabbage</u></b>	<p>This microgreen contains 40 times more vitamin E than its mature counterpart.</p> <p>Vitamin E is an antioxidant that helps regulate the cellular activities of the body.</p>

<b>Microgreen</b>	Nutritional Content
	<p>Red cabbage also contains Vitamin C, which is essential for the repair and growth of tissues.</p> <p>Your children will have immune-boosting and proper brain functioning when you add this microgreen to their diet.</p>
<b>Sunflower</b>	<p>Sunflower microgreens have a sweet, nutty flavor that your children will love.</p> <p>They are rich in nutrients and vitamins (A, B, C, D, and E). Sunflower is low in calories, and it is excellent for maintaining a healthy weight for your children.</p> <p>Sunflower microgreens are excellent protein sources, which helps repair body tissues.</p>

## Mighty Microgreens

Microgreens are a healthy addition to your children's diet, and it is essential to enhance their meals with these vegetables.

There is no such excuse that your children don't like them.

Even with their various eating habits, you can ensure your children have a healthy dose of microgreens in their diet.

Microgreens are healthy and safe to add to your children's menu.

Add some microgreens to their sandwiches or toss a few into stir-fries.

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I've learned a lot about microgreens, how good they are for you, and what you can do with them. Check out my guide, "[The Beginner's Nutritional Guide to Incredible Microgreens](#)."

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I'm the co-founder of JPureFarms, a startup. I live in Atlanta, Georgia, and enjoy urban farming, growing and writing about microgreens and their incredible health potential. I love my greens!