

Parent/Child Team

Approach to Healthy Eating

Healthy Eating Active Living



Parents Role

1. Buy nutrient dense food and limit buying “junk” food
“if you buy it, someone will eat it”
2. “Get Organized” plan all meals and snacks ahead of the time
3. Serve all meals and snacks at the table
4. Have regular meals without distractions
5. Children should not be forced to eat
6. Eat the way you want your child to eat- “you are the role model”

Child’s Role

1. Come and sit at the table
“it’s a family time”
2. Choose from the options the adult has offered on the table
3. 2nds are okay but wait for 20 minutes

