

**CHILDREN ARE
GREAT IMITATORS
SO GIVE THEM
SOMETHING
GREAT TO IMITATE**

Demonstrate Healthy Eating

Enjoy foods from all the food groups every day. Pick up some veggies or fruit for a snack. Watching you munch on some raw carrots, may inspire them to try some themselves.



Talk to kids on how choosing healthy food can help their body. Foods like vegetables, fruits, nuts, and whole grains fill our bodies with fuel that allows us to run, think and play at our maximum ability. Other foods like candy, cookies, and cake don't offer the same fueling power.

Be a Healthy Role Model

Go food shopping together:

As you go around the store, talk to them about where vegetables, fruits, grains, dairy and protein foods come from. Let's kids make some choices.



Cook together:

Let kid pick out fruits and veggies at the store, or add ingredients, scrub veggies, or stir food when cooking.



Have a family style meal

Cook one healthy meal that the whole family eats.



Eat together as a family

Eat the way you want your child to eat—limit junk foods, try new foods together



Avoid using food as a reward or punishment

Undermines the healthy eating habits. May set the stage for emotional eating.

