

# Healthy Eating For Children

## MADE EASY



Make mealtimes fun, and social, children should recognise that at mealtimes the family eats together. Children should be encouraged to try new foods and parents should act as role models for positive eating behaviours.

### Top Tips

- ✚ Show children a new food a few times before you encourage them to eat it, if they refuse don't force them, just try again later.
- ✚ Try to eat the same foods together as a family, children are more likely to eat foods that are eaten by everyone else. This works particularly well with other children so get chatting to other mum's and pack similar healthy lunches and invite children's friends round to try healthy dinners.
- ✚ Encourage the children to help to prepare food, children are more likely to eat foods that they have helped to make.
- ✚ If your child has a problem eating one specific food try to hide them by mixing them into soups, mash potato or yoghurt.

### Hiding Hints

- ✚ Add finely chopped vegetables to pasta, stews and curries and use meal names such as rainbow pasta or Mum's colourful curry. This makes children feel like they are eating in a special treat type way, and children can help come up with the names of foods they have helped cook.
  - ✚ Pack vegetable into children's traditional favourites such as pizzas.
- ✚ Offer small portions of a variety of vegetables children like having a choice of different flavours and textures on their plates.
- ✚ Try to puree different fruits together you can use this mixture for a sweet spread on bread/ toast, in yoghurt or in rice pudding.
- ✚ Allow children to experiment with foods how about chopping cucumber into stars for a salad or as a dessert buying cocktail sticks and different fruits and a yoghurt pot for dipping, this healthy fondue will feed the family.