

Eating Well with Children

Adults and children have different jobs when it comes to eating.

Adults choose what foods to offer, when to offer them and where they will be eaten

How to do an adult's job well:

- Sit down as a family for meals and snacks. Put away cell phones and turn off computers and TV's.
- Prepare food for the family. Children learn to eat healthy and from what the family eats -- eventually -- when the rest of the family also eats these foods.
- Do not bribe or force children to eat. If they are not hungry, it is okay if they choose not to eat.
- Close the kitchen after meals and snacks and only water between meals and snacks.



Children choose how much food if any they will eat.

How to do a child's job well:

- Children decide whether or not they eat based on if they are hungry or not.
- Children eat the amount their bodies need to grow healthy and strong.
- As children grow older and are provided with structure, guidance and skills, they will start to choose more from the foods offered.