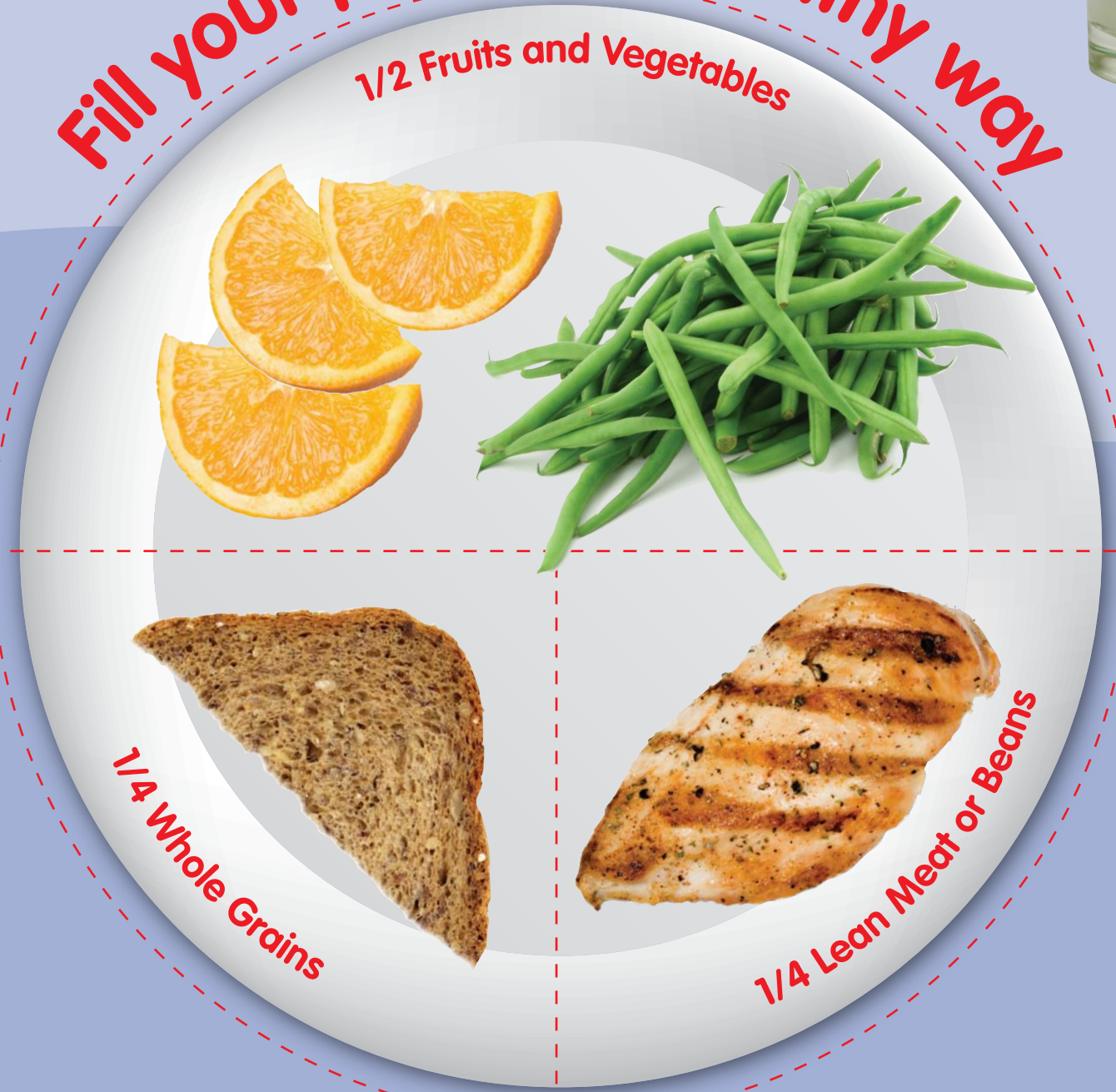




HEALTHY FAMILY CHALLENGE



Fill your plate the healthy way



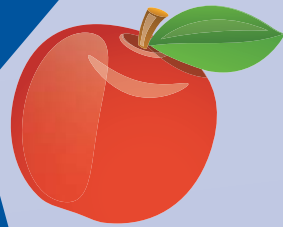
- "I Can Help!"**
- After dinner:
- Help clear the dishes.
 - Wash the table.
 - Put away leftovers.
 - Help wash, dry and put away dishes.
 - Thank the cook.

- "I Can Help!"**
- Before dinner:
- Clear off the table.
 - Wash the table.
 - Help set the table.
 - Wash your hands.
 - Turn off the TV.
 - Help with simple kitchen tasks.



1

Healthy Family



2

Ways Parents Can Be Good Role Models

1. Eat healthy meals together.
2. Try new foods with your child.



3

Creative Ideas

1. Let each child bring a favorite object to the dinner table. Ask why the object is important.
2. Dress up for dinner and talk about your costumes.
3. Use meal time to talk about upcoming family events or plan a family activity.



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Benefits of Family Meals

When families eat meals together, kids are:

1. More likely to eat fruits and vegetables.
2. More likely to try new foods.
3. Less likely to snack on unhealthy foods.
4. More likely to talk about the day's events at school.



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Mealtime Rules

1. Eat at the table.
2. Turn off the TV.
3. Keep conversations pleasant.
4. Allow children to serve themselves.
5. Offer healthy food choices from all the food groups.



6

New Ways to Add Vegetables

1. Add green beans to your favorite soup.
2. Layer zucchini slices and chopped spinach into lasagna.
3. Stir broccoli into macaroni and cheese.
4. Shred carrots or zucchini into muffins, casseroles and meatloaf.
5. Add chopped onions and eggplant to pasta sauce.
6. Make a veggie pizza with bell pepper, mushrooms, artichokes or fresh basil.



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Ways Children Can Help Fix a Meal

1. Find different ingredients.
2. Pour milk, stir soup and tear salad.
3. Measure dry ingredients.
4. Wash vegetables and fruits.
5. Peel bananas and onions.
6. Juice oranges, lemons and limes.
7. Put away leftovers.



8

Conversation Starters

Show your interest in what your child is doing and thinking.

1. I noticed you were playing with ...
2. I wonder what would happen if ...
3. What were you thinking when you did ...?
4. Tell me more about that.
5. What do you notice about...?
6. How did you know ...?
7. What gave you the idea to ...?
8. Will you tell me how you figured that out?

