



## Children learn to eat by watching you!

Children learn how and what to eat by watching you!

The eating habits you role model to them in the early years can form a pattern that lasts their lifetime.

Let them see you eating a variety of healthy foods.

Help them learn healthy habits now and for life:

- Eat together.
- Keep mealtimes pleasant and relaxed.
- Focus on the meal and each other.
- Turn off the TV and put aside toys, phones and electronics while eating.
- Eat meals and snacks at about the same time each day.
- Offer only water between meals and snacks.
- Enjoy many kinds of foods. Try new foods together.



***Children learn by watching you.  
Eat well and they will learn to eat well too!***