

LEAPS

learning eating active play sleep

Mealtimes

Mealtimes with children provide the perfect opportunity for positive discussions around food and can help to develop healthy habits that last a lifetime.



When having discussions with children around food, always talk about what is important to the child at the current time – that way it is relevant to them. Keep it fun, informal and appropriate to the child's age. You don't have to be 100% accurate, as long as there is a loose connection and it is important to the child now – then it's a great way to promote healthy eating. For example:

When children are eating: bread, rice, cereal, pasta or noodles

You could talk about how these foods help to make them:

- Run fast
- Do puzzles
- Climb trees

When children are eating: fruit and vegetables

You could talk about how these foods help to make them:

- Grow long hair
- See in the dark
- Fight off nasty colds and the flu

When children are eating: meat, fish, poultry, eggs

You could talk about how these foods help to make them:

- Grow tall
- Jump high
- Have strong muscles

When children are eating: cheese, yoghurt, custard and milk

You could talk about how these foods help to make them have:

- Strong bones
- Strong white teeth
- A healthy tummy

For more information visit the Food Foundations website www.naql.org/category/food-foundations