

# Kid's Nutrition

## **Small meals are best.**

Growing bodies thrive on three small meals a day with healthy snacks in between.

## **Involvement=Interest.**

If children help in the preparation of a meal, they're more likely to be interested in eating it.

## **Don't bribe.**

Teach children to enjoy the benefits of good food rather than bribing them with the reward of an unhealthy treat.

## **Consistency**

Kids thrive on routine. Serve them meals they like, with some variation, a few times a week.

## **Lead by example.**

Always look like you are enjoying the meal don't make negative comments about food you dislike.

## **Drink less at dinner.**

Don't fill kids up on fluids- juice, milk or even water just before a meal.

## **Substitute**

For every food your child hates there will be a substitute within it's food group. Eg. If they won't eat meat, try fish or baked beans.

## **V is for Vegies!**

For vitamins and fibre, a child needs ½ cup of vegetables or salad every day.

The Australian Women's Weekly, 5<sup>th</sup> September 2006.

