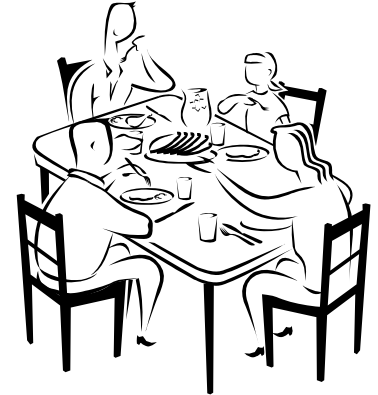




Healthful Ideas for Parents of Preschoolers (2-5 years old)

Family Mealtime

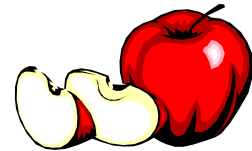
Family meals help your preschooler focus on eating.



- ♥ Eating together as a family gives you a chance to model good behaviors for your children.
- ♥ Start family mealtimes while your children are young so it becomes a family tradition.
- ♥ Try to have family meals most days of the week.
- ♥ During family meals turn off the television and cell phones.
- ♥ Mealtime talk should be fun. Ask your child questions like:



- ☺ What made you feel really happy today?
- ☺ What did you have to eat at lunch today?
- ☺ What's your favorite veggie (or fruit)? Why?
- ☺ Tell me one thing you learned today.
- ☺ What made you laugh today?



- ♥ Have your child help you get ready for mealtime. Depending on their age your child may be able to:

- | | |
|------------------------|-----------------------------------|
| 1. Help set the table | 4. Handout napkins and silverware |
| 2. Pour milk or water | 5. Clear the table |
| 3. Put down place mats | 6. Wipe the table |

Fruit Dip

1 cup lowfat vanilla yogurt 2 Tablespoons frozen juice concentrate

1. Mix all ingredients together until well-blended.
2. Chill and serve with fruit chunks.