

RDCRS Summer Health and Nutrition 1

Family Health and Wellness

Physical and mental health have been big topics in the last year with good reason. The events of the last year have highlighted their importance and the need to foster both, particularly in times of stress and adversity. While some people experience adversity more than others, no one is immune to it. Social support, healthy coping skills/habits, and relationships can help to buffer the effects of adverse experiences. We hope the parenting tips and resources included provide you and your families with a few extra tools to strengthen your health and well-being this summer.

<https://www.albertafamilywellness.org/what-we-know/the-brain-story>

Growth Mindset

Our abilities, our futures and our potential are greatly influenced by our own [self-talk](#) and beliefs. The reality is we all have the potential to learn new skills and improve our performance. This takes practice. It takes risking the flops. Watching the Junior Baking Show, I am struck with the thought that while these kids have impressive skills, they aren't cooking geniuses. They are children who have had opportunity and time to hone their skills. It's never too late, and it's never too early to explore the world of food: eating, baking, cooking, or barbecuing!



"I used to always say, "I CAN'T cook steak." So I never ate it. Swiss chard is a great source of iron after all. But a few weeks ago I called up a friend and asked, "Walk me through how to cook a good steak." It turned out really decent. You see, I just DIDN'T KNOW HOW. So let's swap our words. Let's ask for help. Let's learn. I just didn't know how YET."



Meal Plans & Recipes

Looking for weekly meal plans complete with grocery lists and prep ahead tips? Check out Epicurious' FULL YEAR "[What to Cook for Dinner this Week](#)" meal plans for simple, nutritious recipes for any home cook!

If you like flexible meal plans, check out "[Cooking Through](#)," 30 very flexible dinner recipes with loads of ideas to mix it up with ingredients you have at home.

Topics explored in this addition:

- Packing Lunches & Cookery Skills by Age
- Fibre & Digestion
- Seasonal Foods
- Stress & the Gut
- Tips for Picky Eaters
- Increasing Your Children's Nutrition Know-How
- Fluid Intake
- Healthy Bowel Habits
- Fostering Healthy Relationships with Food

Red Deer Catholic School Division is committed to a comprehensive school health approach that promotes health, well-being, and the ability to learn by supporting healthy eating and physical activity. Students and staff who are supported in a healthy environment are better able to achieve the goals of education.

Research supports the connection between the quality of student learning and student health. Nutrition plays a significant role in growth, development, readiness to learn, academic achievement and disease resistance.









This resource has been prepared by our Family School Enhancement Counsellors.
[@familiesofrdcrs](#) [#familiesofrdcrs](#)

Packing on Nutrition

School-age children are quite capable of packing a lunch with supervision and assistance. This [graphic](#) provides children with a visual guideline for packing a balanced lunch. Customize and create your own guide with your child's nutritious lunchtime favourites.

Lunch Packing Guide

 1 Drink → Water Bottle	 1 DAIRY → cheese → yogurt → milk (in a thermos)
 2 VEGETABLE → carrots → cucumber → celery → salad → peas → broccoli → peppers → tomatoes	 2 FRUIT → apple → blueberries → orange → strawberries → banana → raspberries → pear → dried fruit
 1 SNACK (Peanut Free.) → crackers → granola bar → muffin → banana → popcorn → bread → pretzels →	 1 MAIN → wrap → quesadilla → leftovers → pepperoni → pita & dip → hard boiled → sandwich → egg



Nutritious Snacks for Kids

It's summer, so the fun snack we're highlighting is **smoothie popsicles!** *Ingredients are whatever you put into your regular smoothie such as spinach, fruit, protein powder, yogurt, etc. Pop your smoothie mix in a mould or plastic cup and freeze for 6 hours!*

For more nutrition snack ideas see www.eatingwell.com.

Looking for summer meal ideas? Get your kids in the kitchen and check out these recipes!

Cooks of All Ages: How Kids Can Help in the Kitchen Cooking provides opportunity to practice life skills, strengthen your family connections and create positive food relationships. Are you wondering how to get your kids involved in cooking, and what activities are reasonably safe for their age? Check out this guide to [cooking skills by age](#).

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pasta Night	Taco Night	One Pot	Chili Time	Finger Food	BBQ & Salads	Roast Veg
→ Beetroot pasta → Sweet Potato Mac & Cheese → Cacio e Pepe Pasta → Peanut Rice Noodles → One Pot Beef Stroganoff → Pesto Pasta	→ Bean Burritos → Sheet Pan Fajitas → Chicken Quesadillas → Black Bean Tacos → Pulled Pork Nachos → Taco Soup → Fish Tacos → Taco Pouch	Save on dishes with these lazy one-pot dinners . → Chicken and Zucchini → Lamb and Cabbage Bowl → Beef & Broccoli More Easy One-Dish Dinners	→ Pantry Chili → White bean chilli → Lentil sloppy joes → Chili Mac → African Stew → Bean & veggie Chilli → Turkey and Butternut Squash Chili → Cornbread	→ Cornmeal Chicken Fingers → Naan Pizza → Salad Rolls → Zucchini Curly Fries → Popcorn Cauliflower → Hoisin Turkey and Lettuce Wraps	Serve BBQ burgers, steaks, & wings with a great side! → Lentil & BBQ Corn Salad → Coleslaw → Potato salad → Pasta salad → Tabbouleh Check out these 63 summer salad recipes.	Oven roasted vegetables are a great side to Sunday dinner. → Roasted Beets → Roasted Root Veggies → Maple Dijon Roasted Carrots → Sheet Pan Veggies



Taco Tip: Try corn tortillas (soft or hard shell) to switch it up and for a gluten free option.

Easy Bean Burritos

Ingredients

- 1 cup cooked rice
- ½ a red onion
- 1 bell peppers
- 1 can baked beans (or your favourite kind)
- taco seasoning *or cumin and chili powder*
- 4 large tortillas
- Cilantro (fresh or dried)
- Grated or chunked cheese
- True Lime or lime juice.
- Frozen corn (optional)
- Avocado or smashed peas (optional)

Directions:

- Prepare rice as per directions
- Slice red onion and peppers and saute in a frying pan with a little oil. When soft, dump a can of beans in (and frozen corn). Add taco seasoning and heat until nice and warm..
- Heat tortillas alternating sides in an empty frying pan until warm, *this makes them easier to fold and less likely to rip.*
- Spoon rice and bean mixtures into tortillas and top with cheese, cilantro and lime.

Or try this recipe <https://www.thespruceeats.com/vegetarian-bean-and-rice-burrito-recipe-3378550>

Stress and the Gut

Our guts have their own nervous system which constantly interacts with our brain and responds to the same stress hormones and neurotransmitters that our brains do, directly affecting our physical and emotional health and well-being. Our gut microbiome actually produces hormones our bodies need to help us sleep and feel relaxed. The gut-brain connection is bidirectional, meaning that anxiety, uncertainty, and stress can also alter this gut bacteria which can in turn affect our mood and well-being. Our stress response itself can speed up or slow down digestion.

"This year in one of our groups, we were talking about physical experiences of grief and loss and one child said, "It makes you poop." and another, "It makes you feel like puking." Everyone in the group laughed and groaned, then I explained that it's true, we do feel stress in our guts and it does disrupt our digestive system."

So what can we do about it? Help your child recognize when belly aches, indigestion and constipation are linked to stressful times. We can't get rid of all stress and some stress is good, so help them to learn [stress-management strategies](#) and practice [mindfulness](#). Support your child's healthy gut bacteria by limiting [sugar](#) and including probiotic foods in their diet.



Cornmeal is a good source of magnesium, selenium, and thiamin. **Magnesium** helps with energy creation, muscle movement, nervous system regulation, brain function and mood!



Cornmeal Muffins

Try this recipe, it's great with chili! <https://www.crunchycreamysweet.com/perfect-cornbread-muffins-recipe/>



Tip: When introducing new foods consider pairing down spice and flavour to start, then bumping it up as your child becomes more familiar with the flavours. Start mild.



Thai Spice Red Lentils

Cook lentils until tender in water (or broth), coconut milk and seasoning.

- 1 cup uncooked Red Lentils, *following package cooking directions* (or canned)
- 1 pkg coconut milk powder, 4 Tbsp bulk coconut milk powder or 1 can coconut milk (*if using canned coconut milk, adjust amount of water/broth when cooking the lentils*)
- 1 tbsp Thai seasoning (bulkbarn), or to taste

Cook for 10 mins then try adding carrots, cauliflower, sweet potato, zucchini, spinach or any of your favourite vegetables and cook for another 10-15mins.

- Serve with rice, quinoa or another whole grain
- Garnish with cilantro, basil and lime

Or try <https://sweetpeasandsaffron.com/thai-lentil-curry/>

Did you know? Canada is the world's leading producer and exporter of lentils. Saskatchewan produces 95% of Canada's lentils. Lentils are an excellent source of B vitamins, magnesium, potassium and zinc. They're also a great source of plant-based protein and fiber.

Fibre & Digestion

Soluble fibre dissolves in water and turns gelly. It can help with diarrhea by thickening your stools. Good sources include apples, carrots, chia, peas, beans, lentils, oranges, oatmeal, pears and potatoes.

Insoluble fibre doesn't dissolve. Rather it bulks up your stools and keeps them moving, helping with constipation. Good sources include corn and wheat bran, nuts, whole grains as well as most vegetables and fruits (and their skins/peels).

- Add granola, fibre cereal, chia, flax, dried fruit, or nuts on yogurt, applesauce, salads and casseroles.
- Choose whole grain breads, pasta and try quinoa, barley, bulgar and brown rice.
- Add beans, chickpeas and lentils to soups, casseroles, salads and sauces.

<https://www.aboutkidshealth.ca/Article?contentid=964&language=English>



Seasonal Foods

"One of my favourite things about the changing seasons is the opportunity to harvest and catch seasonal foods. Growing up we harvested mushrooms and net sucker fish in the spring, picked blueberries, mint and fished pickerel from the boat all summer, caught partridge, whitefish and canned the garden produce in the fall and ice fished for pickerel, pike and burbot in the winter.

While our cultures and our geographical locations determine our traditional foods, any opportunity to eat off the land strengthens our connection to the earth, our sense of place and our gratitude for it's provision. So plant a garden, visit [Red Deer's community orchards](#), [food forests](#) or a U-pick, take advantage of the July [FREE Family Fishing Weekends](#), celebrate the harvest, and gather traditional and wild foods."



Tip: Invite an adventurous friend over for dinner. Invite friends to bring different snacks.

<https://www.parents.com/recipes/nutrition/picky-eater-strategies/>

Tips for Picky Eaters

Introducing New Foods: Have patience with your child and new foods while encouraging exposure. A parent once shared this great tip with me:

"With every new (or familiar food), I tell my child they need to at least look at it, smell it, touch it, [kiss it] and lick it."

Serve small portions to avoid overwhelming your **picky eater** with new foods. Give **them** the opportunity to independently ask for more after they've eaten some.

Be up front about recipe ingredients. Model curiosity.

Take the power struggle out of meal times. Don't make a separate meal for your child, but do include **food choices** you know they enjoy with meals. Do switch out their favourites regularly to avoid rigidity, "You can have carrots again tomorrow. Today we're having peas."

Offer, offer, and offer again. It can take a number of exposures for a child to try new foods. Consider making a recipe more bland and spice is up as you go when it comes to curries, chilis, and new flavours. To build their tolerance, you can also slowly increase the amount of non-favourite foods in recipes (such as beans or peas).

"Parents control what food is available and when and where meals and snacks are eaten; kids determine how much they eat and whether to eat."

- Minimize distractions (toys, TV, ipad) and eat at the table.
- Stay at the table even if you don't eat, but limit meal time (example 20 mins).
- Don't keep "I'll only eat" foods at home, buy them as needed and offer them occasionally.

Use positive language: When your child declares they only want chicken nuggets (or whatever their favourite), respond with, "Chicken nuggets are yummy! Today we're having [soup]. We can get chicken nuggets another day."

Healthy Eating for Children

<https://myhealth.alberta.ca/health/pages/conditions.aspx?hwid=tn9188&lang=en-ca#tn9189>

Sweet Potato Mac & Cheese

Ingredients

- 1/2 bag frozen sweet potato (or 1 sweet potato)
- 2 cups pasta such as elbow or penne
- 4 tbsp butter
- 3 tables all purpose flour
- 2 cups milk (or 1 can evaporated)
- 1 tsp English mustard (1/2 tsp powdered)
- 1/2 tsp paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 1/2 cups cheddar/marble cheese grated
- *Option to add ham or bacon bits*

Top with grated cheese, bread crumbs and parsley, pop it in the oven at 400 F for 20 mins to crisp up or eat as is! Tasty with a side of green vegetables.

Find directions here www.epicurious.com/recipes/food/views/sweet-potato-macaroni-and-cheese



Tip: When you're cooking, have your child help identify how the ingredients in your recipes help their bodies grow and function.

Increasing Your Children's Nutrition Know-How

We know that children's growth and development requires a nutritious diet from all the food groups: proteins, carbohydrates, healthy fats, fruits and veggies as well as dairy and [dairy alternatives](#). But how do you explain all the science into kid-friendly language? [Food is fuel for our bodies](#). Here are a few more suggestions:

- Dairy and soy products help your bones grow.
- Pasta, rice and other carbs give you energy to run faster.
- Protein helps your muscles grow.
- Vitamins and minerals (from our colourful fruits and veggies) help us to stay healthy.
- Healthy fats like nuts help our brains grow and function.
- Water and fiber help food move through our intestines and help us poop.

Knowing how foods nourish our bodies will help your child understand nutritious food choices.



"These rolls are lovely - the eggs glue themselves to the wrap so that they are easy as pie to roll, making them delicious and portable."

Tortilla Eggs Rolls

Ingredients

- 6 small tortilla wraps
- oil, for frying
- Sliced black olives from a can
- Fresh or tinned sliced mushrooms
- Chopped Ham, bacon bits (optional)
- Cheese (optional)

Mix together:

- 6 medium eggs
- 1 tbsp dried parsley
- 1 tsp garlic granules
- ½ tsp salt
- ½ tsp black pepper
- Sun dried tomatoes (optional)
- Dried chives (optional)

Method:

- Put a non-stick frying pan on the stove on medium heat, and drizzle in 2 tps of oil
- Pour 3 tbsps of the egg mixture into the pan - the eggs should sizzle, but if they don't turn the heat up a little. Scatter a few olive slices and mushrooms onto the wet egg mix.
- Quickly put the tortilla on top of the egg. Using the back of a slotted spatula, press the top of the tortilla to help distribute the egg under the wrap. Cook for no more than 30 seconds, then, as soon as the egg has glued itself to the tortilla, flip over and cook on the other side just to warm it through for another 30 seconds.
- Take the pan off the heat and put the tortilla/egg on a plate. Roll the whole thing when it is cool enough to touch. Do the same with the rest of the wraps until the egg is used up.
- Wrap in cling wrap or tinfoil for lunches.

Find full recipe here <https://thehappyfoodie.co.uk/recipes/nadiya-hussains-egg-rolls>



Packed with essential nutrients, **beetroots** are a great source of fiber, folate (vitamin B9), manganese, potassium, iron, and vitamin C.

Beetroot Pasta

Ingredients

- 2 cups of pasta
- ½ bunch fresh dill, finely chopped
can substitute with 2 Tbsp dried dill
- 1 tbsp lemon juice, out of a bottle
- ¾ cup Feta cheese (*or another favourite*) !

For the sauce (makes two batches, freezes well).

- 1 can of beets, drained
- ½ cup olive oil
- 1 tsp salt
- 4 garlic cloves, finely chopped,
can substitute 4 tsp chopped garlic or ½ tsp garlic powder
- 1 large red chili (with or without seeds), *can substitute with red pepper flakes to taste*

Method

- Cook the pasta as per packet instructions.
- Meanwhile make the sauce. Put the beetroot into a blender and add the olive oil, salt, garlic and chilli. Blend to a smooth paste.
- Crumble the feta cheese in a bowl with chopped dill, add lemon juice and mix.
- Once the pasta is cooked to your liking, drain and put back into the pan. Pour in all that beautiful beetroot sauce and mix through. Serve with a sprinkle of feta mix.

Find full recipe here <https://thehappyfoodie.co.uk/recipes/nadiya-hussains-blender-beetroot-pasta>

"All you need for this recipe is a blender, Smoothie maker or food processor - and the only cooking is for the pasta. This tastes delicious, but my goodness, the colour!"

Drinking enough Fluids

Drinking enough fluid is important for regular bowel movements.

Too little water and your child might become constipated.

Too much juice or pop and your child might experience diarrhea. When drinking juice, consider diluting it with water and/or making it a special-occasion beverage.

Too much milk (or milk alternatives) with or before meals can fill up their little bellies, leaving less room for actual food, and contributing to mealtime struggles.

Encouraging water intake:

- Drink water with meals
- Offer water in cups, water bottles and with straws at home. Send a water bottle to school.
- Offer with ice cubes: make cool ice cube shapes or try freezing berries in your ice cubes.
- Pack your water bottle for outings, this way you always have a drink on hand.
- Don't buy sugar-sweetened drinks. If you don't buy them, they can't drink them.

The amount of water kids need depends on their age, body size, health, and activity level, plus the weather (temperature and humidity levels).

As a general rule to get enough water, your child should drink at least 6 to 8 (eight-ounce) cups of water a day.

Eating juicy fruits and vegetables is another great way to increase fluid intake since they have a higher water content than other solid foods.



Toilet Tips Kids Want to Know: If your pee is very light yellow, you are well hydrated. When your pee is very dark yellow, it's probably time to drink up.



Peanut Dipping Sauce

Ingredients

- 1 cup peanut butter
- 3 Tbsp rice wine vinegar (or lemon/lime juice)
- 2 Tbsp soy sauce or tamari
- 2 Tbsp sesame oil
- 1 Tbsp honey (or maple syrup)

Preparation

- Blend all ingredients with $\frac{3}{4}$ cup warm water in a blender until smooth.

Sauce can be made 2 weeks ahead. Transfer to an airtight container and keep in the fridge.

This sauce pairs well with meat, veggies and salad.

Find full recipe here <https://www.epicurious.com/recipes/food/views/kid-friendly-peanut-sauce>



Tip: When introducing new foods, pair them with flavours your child already knows and loves. Cheese and peanut butter are two versatile options.



African Peanut Stew

Ingredients:

- 1 medium sweet onion
- 3 cloves garlic, minced (1 tbsp)
- 1 red bell pepper, diced
- 1 jalapeno, seeded and diced (optional)
- 1 medium sweet potato, peeled and chopped
- 1 can diced tomatoes, with their juices
- Salt and pepper to taste
- $\frac{1}{3}$ cup peanut butter (or peanut butter powder)
- 4 cups vegetable broth
- 1 $\frac{1}{2}$ tsp chili powder
- 2 tsp cumin (optional)
- $\frac{1}{2}$ tsp ground cinnamon (optional)
- $\frac{1}{8}$ tsp. ground cloves (optional)
- $\frac{1}{4}$ tsp cayenne pepper (optional)
- 2 tsp ground coriander (optional)
- 1 can chickpeas, drained and rinsed
- $\frac{1}{2}$ bag frozen kale, spinach or collard greens
- Fresh cilantro or parsley leaves, for serving
- Roasted peanuts, for serving

Preparation:

- Saute onion, garlic with 1 tsp olive oil (chicken pieces optional)
- Add all veggies and simmer 5 mins
- Blend broth, peanut butter and spices together and add to pot
- Simmer 10 to 20 minutes, or until sweet potato is fork-tender
- Stir in chickpeas, kale (or spinach)
- Season and finish with cilantro and roasted peanuts. Can serve with rice

Find full recipe here <https://www.cbc.ca/life/thegoods/oh-she-glows-soul-soothing-african-peanut-stew-1.5030770>



Highlight: Peanuts and tree nuts are excellent sources of good protein, fats, minerals and vitamins. Note that many store bought peanut butters contain added sugar and fats.

Peanut Rice Noodles

Cook to package directions

- ½ pkg flat rice noodles or rice vermicelli

In a large frying pan cook chicken then add veggies:

- 1 chicken breast sliced thin (optional)
- Red bell pepper sliced
- ½ pkg shredded carrot
- ½ cup frozen peas
- 2 eggs scrambled (optional)
- As an alternate protein try 1 can sate tuna

Once peas are warm add sauce ingredients:

- 2 tbsps water
- ½ tsp dried garlic flakes
- ¼ tsp ginger powder
- 2 tbsp brown sugar
- 2 tbsp soy sauce (or 4 to-go packets)
- 2 tbsp peanut butter (or peanut butter powder)
- 1 tbsp dried cilantro (or use fresh)
- 2 true lime packets or sprinkle to taste

Add cooked noodles to saucepan and combine with

- 2 tbsps coconut oil
- ¼ cup chopped roasted unsalted peanuts

Find full recipe here <https://www.cloudlineapparel.com/blogs/cloudline/backpacking-pad-thai-recipe>



Rainbow Veggie Salad Roll Bowl

In this recipe, rice Noodles cook up really quickly, all your veggies simply need a quick chop raw or steamed and it's all topped off with peanut sauce!

Find full recipe here <https://www.eatingwell.com/recipe/255570/rainbow-veggie-spring-roll-bowl/>



Gado Gado

For another peanut punch and a generous helping of veggies, try the Indonesian comfort salad Gado Gado. It's all about seasonal vegetables so be creative and choose some from your fridge, freezer or garden!

Try this version! <https://minimalistbaker.com/quinoa-gado-gado-bowl-30-minutes/>



Beef & Broccoli with Lentils

Ingredients

- 1/2 lb beef, flank or other cut
- 1 Tbsp canola oil
- 1 lb broccoli florets
- 1/2 cup water
- 2 cups cooked green lentils
- 3 green onions, finely sliced

In a medium bowl, whisk together sauce

- 1/3 cup soy sauce
- 2 Tbsp cider or other vinegar
- 2 Tbsp honey
- 3 Tbsp cornstarch
- 1 Tbsp grated ginger
- 3 garlic cloves, chopped
- 1/4 tsp pepper

Directions

- Slice beef into thin strips against the grain. Toss into soy mixture to marinate for 5 minutes. Remove beef from marinade and add in pan in a single layer. Cook on both sides for 1-2 minutes. Remove beef from the pan onto a plate.
- Add marinate and water to pan and simmer 1-2 minutes
- Toss frozen broccoli and cooked lentils into the pan with the sauce and cook for another couple of minutes to heat the lentils through while stirring. And beef to bring it all together.
- Garnish with green onions.

Find full recipe here <https://www.lentils.org/recipe/stir-fry-beef-broccoli-with-lentils/>



Everybody poops, but did you know the quality of your poops can reflect your health habits? Eating choices, stress, and daily movement can all slow or speed up our digestive system. Along with water intake and diet, regular physical activity can help you stay regular.

Feeling irregular? To help poop better try

- Yoga, rolling on an exercise ball tummy down, or other stretching and relaxation classes that massage the digestive system (think twisting and moving your core) and help manage stress.
- Exercise like running, swimming, riding bikes, and jumping on the trampoline to help stimulate the muscles of your intestines and nudge them into action to move your stools along.
- It's naturally easier to poop in a squatting position than simply sitting on the toilet, so grab a stool, put your feet up and relax.



Take poop emojis and conversations to a whole new level with the [Poop Troop](#) along with the [Bristol Stool Scale](#) for more information on what healthy poops look like (shape, consistency, colour and frequency) and when you may need to add more water, fiber, or movement to your diet (or visit your pediatrician/doctor).

<https://www.healthline.com/health/digestive-health/types-of-poop#What-does-constipation-mean?>
<https://www.participation.com/en-ca/everything-better/poop-better>



S'more Creativity

It's important to help young people find creative outlets that are fun, teach them about themselves, and provide a way to relieve the stresses of everyday life. Cooking & baking provide just that! For s'more inspiration visit <https://www.visualistan.com/2016/09/sweet-sparks-16-creative-and-easy-smores-variations.html>.

S'More Family Connections

Here are just a [few ideas](#) to help your family grow closer:

- Eat at least one [family meal](#) together a day
- Talk about your values and priorities
- Give your children lots of support and approval
- Negotiate family rules and consequences
- Get your children's input when planning family vacations and activities
- Get to know your child's friends

For more information and more great ideas to build assets in your children visit [SPARC Red Deer's website](#).

What are the [40 Developmental Assets](#)? They are the everyday positive experiences, qualities, and supportive relationships that help young people grow up healthy, caring and responsible while laying a foundation for future success.



Tip: Instead of describing sugary foods as "bad" or "unhealthy" describe them as "occasional foods" to be enjoyed in smaller portions:

Fostering Healthy Relationships with Food

Positive eating behaviours start in childhood. A [positive relationship with food](#) and a balanced approach to eating set the stage for better health outcomes across the lifetime. Model and create healthy habits by:

- Enjoying all foods in moderation and avoiding binging on "occasional" foods
- Involve your kids in [shopping and cooking](#)
- Increasing your child's nutritional knowledge
- Ensure your child eats from all five food groups
- Encourage water as a beverage of choice
- Avoid negative language around less healthy foods like "bad" or "fattening." It's not the type of food that's bad, it's the amount and how often the food is eaten that can be problematic.
- Limit "occasional" foods that shouldn't be eaten daily while keeping nutritious snacks stocked up.
- Eat at the table and discourage mindless eating in front of TVs, computers and other screens.
- Promote a [positive](#) or [neutral](#) body image.

Read more at <https://healthy-kids.com.au/parents/developing-positive-eating-behaviours/>