

## Teach Your Children Well

Parents and care givers supply the three W's of children's meals and snacks: What, When and Where.

Here are some ideas to make sure your young child eats well and develops a positive relationship with food that will last a lifetime:

- Children learn from role models. Eat together as a family and set a good example yourself by eating a variety of healthful foods.
- Respect your child's food preferences. Give kids the freedom to choose and reject foods. Everyone has different tastes, including small children.
- Avoid treating any foods as forbidden. That may cause your child to want to eat them even more.
- Get your child involved in making the meal. Even young kids can help make salads or shake seasoning on vegetables. Children may be more excited to try something new if they helped prepare it.

You can do much to ensure your child learns the importance of good nutrition from an early age.