

Teach These Children

Fivefold enrichment



Meal Prep

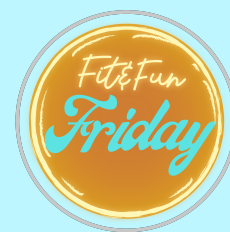
The food we take in dictates the overall health of our body and mind. When children are picky eaters, it can be all too easy to cave to chicken nuggets and hot dogs because they seem like easy wins. There is a better way.

Activity

Children need to be active participants in learning and that includes making healthy meal choices and learning to like new foods. This requires action and intention on the part of the parent. While it may not be convenient to take your little one to the grocery store, it is important for them to see and feel a variety of foods. Talk about the way they grow and what they are good for. Did you know that foods help the part of the body that they most resemble? It's true! Cauliflower improves brain health! Involve children at the grocery store by allowing them to make choices. When it's time to cook, involve them. Peeling carrots, potatoes, and hand-over-hand cutting is a great way to improve fine motor skills. Talk about your seasonings when you cook, let them try them out and add them into the pan while you're cooking. Engagement is key helping develop an interest in anything and food is really no different. If your child saw the way McDonalds food is made they probably wouldn't eat it. The opposite is true when children see how food is grown, harvested and prepared. It may take some time at first, but your child will grow to make better meal choices when they are invested.

TIPS

It may take up to 10 tries before a child "likes" a new food. Let them know that!
Let them keep trying and be okay if they don't like it... yet ;)



Child's belief about self...

I am capable

Family supports development of...

Habits

Focus area:

GOAL

Help your child develop an understanding of health and nutrition by actively engaging them in meal prep.

2

Level