

# Teach These Children

## Fivefold enrichment



### Compromise or Convenience

Most of need to have at least some packaged snacks on hand. We all know it's easier but when little ones automatically go the the cabinet instead of the fridge, it's time to examine what kind of habits they are developing. Summer is a great time to reinforce the importance of ditching the packaged and processed for fresh, whole foods, when possible. Markets and farms are full of fresh vegetables this time of year and the summer sun makes juicy fruits even more appetizing. Capitalize on this!

#### Activity

Rather than looking at the package as convenience, think about it as a compromise. Explain that fresh food is a luxury which can be enjoyed at home because of the convenience of the fridge, and that at times, it's necessary to compromise by taking a packaged snack. Using these words you communicate value. Practice using these words. Show your child all the additives needed to preserve packaged food. Have them read the label and ask if they can identify everything listed. Ask if they can imagine how it's made. A trip to the farm is a great summer activity. Picking fruit is a great hands on learning experience to reinforce this concept that works well for all ages and is especially helpful with those who regularly run to the cabinet.

#### TIPS

If your child isn't moved by the discussion, try an "if / then" statement as a deterrent. E.g., If you read all the ingredients aloud, then you can have the bar. You might get an eye roll but your watering seeds and growth will come!



#### Child's belief about self...

I am capable

#### Family supports development of...

Habits

#### Focus area: Nutrition

#### GOAL

Identify the difference between processed and whole foods to help your child learn the value of healthier choices.

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Level