



Eating Makes The Grade

Raising Healthy Eaters

How to Raise a Healthy Eater

10 Tips

1. **Avoid power struggles**—Let them choose. Parents are responsible for providing healthy foods, regular meals and snacks. The child is responsible for deciding whether and how much to eat.
2. **Involve kids**— If they help to plan and prepare a meal, they are more likely to want to try it.
3. **Expose, expose, expose**— Children and adults may need to be exposed to a new food up to 10 -15 times before they will try it or accept it for the first time.
4. **Don't bribe!**— Avoid using sweets as a bribe to get kids to eat something else.
5. **Beware of over-snacking**— Sometimes kids don't eat supper because the child is already full from milk, juice and large after school snacks.
6. **Set sensible limits**— Treating junk food as forbidden food makes it more likely that kids will go overboard when they have free rein to do so. Buy cookies and other treats in limited quantities. When you allow these foods on occasion, kids won't feel deprived.
7. **Look at portions**— It's a common mistake to provide too much food for children. If a child asks for more food, give them more. Starting with less ensures the child will eat because they are hungry, not because it is on their plate.
8. **Make meal time stress free**— Don't discuss your child's eating habits at the table. Try to relax and enjoy each other's company
9. **Look at your own eating habits**— Don't ask your kids to "do as I say, not as I do".
10. **Give it time**— Most children become more open trying new foods as they grow older and their world of food expands.

Did you know???

- If you eat well, so will your children. Parents are important role models for healthy eating.
- Children who eat home prepared meals are more likely to include more milk products, fruits, vegetables and other fibre rich foods than children who eat out more often.



Budget Tips

Plan, Plan, Plan!

- Healthy eating begins with a plan before you shop.
- Make time and plan your meals for the week.
- Make your grocery list based on your menus.
- Plan for low- cost healthy snacks that are both nutritious and tasty!

Disclaimer: Some recipes or food suggestions may not be suitable for people with allergies. Please check with your local school to identify foods that are acceptable or unacceptable in the classroom.

The Bottom Line



- Know your role.
- Parents decide what foods to offer, when to offer meals and snacks, and where your child will eat.
- Children decide how much they will eat and whether or not they will eat it.

Activity Corner

- Go Skating
- Play Hockey
- Make Snow Angels
- Build a Fort or Igloo
- Make piles of snow and jump over them
- Go Skiing or Snowboarding



Lunch Box Corner

(Pack the night before with your child! For a healthy lunch, use realistic portions for your child and choose a variety of foods including all the 4 food groups).

- Baby carrots and red pepper strips
- Whole wheat pita with turkey, grated cheese and lettuce
- 2 tbsp raspberry vinaigrette dressing
- Vanilla yogurt with sliced peaches
- Water

Four Season Pizza

Preheat oven to 400° F (200° C)

Ingredients

- 1 pre-made, 12 inch (30 cm) whole-wheat pizza crust
- ½ cup (125ml) pizza sauce
(usually comes with the crust)
- 2 cups (200 g) shredded part skim mozzarella cheese



Optional seasonal toppings

Pineapple, Red and/or Green Pepper, Cherry Tomatoes, Mushrooms, Broccoli, Slice of Cheddar Cheese, Slice of Ham

1. Chop the vegetables into various shapes and sizes.
2. Spread the pizza sauce on the crust. Sprinkle with the cheese.
3. To make a four season pizza divide the pizza in four using the red pepper strips. Let the kids make a simple symbol of each season out of the chopped vegetables. For example; **Spring:** red pepper and cherry tomato flower with a green pepper stem. **Summer:** pineapple and ham sun, **Fall:** cheddar cheese leaf cut with a cookie cutter or a broccoli tree, **Winter:** mushroom snowman.
4. When your little or big artists are finished assembling the pizza, bake for 6 -10 minutes.
5. Broil on high for 3 minutes to brown the top.

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