



# Wee Learn



## Wee Beginners (0-18 months): 8 Fun Ways To Teach Kids About Healthy Eating

Making children eat their peas doesn't exactly get them "jazzed about healthy eating", but there are plenty of fun ways to introduce them to the subject.

Good nutrition is all about maintaining simple habits. When it comes to kids, involving them in meal planning and preparation and introducing nutrition into everyday play can help set them up for success. Try these fun ideas and they'll learn to love a healthy lifestyle in no time.

### **Involve them in Menu Planning**

Children are more likely to look forward to eating healthy meals if they are included in the menu planning. Choose a day and time in the week where you can sit with your children to plan out breakfast, school lunches, family dinners, and even desserts. This is an opportunity to point out and discuss how healthy each meal you have planned together is.

### **Colourful Presentation**

Use colourful plates, utensils, and cups to add an extra "dash" of fun to a "well-balanced" meal. When foods are colourful and visually pleasing, children are more likely to try them. Make each meal colourful, ask your child to select foods by colour, i.e. yellow peppers, green apples, red fruits, white milk to create a well-balanced meal. It's a great way to teach children colours and nutrition!

### **Pretend Play**

Every child loves to pretend play, so why not turn meal prep into pretend play? Assign family members roles and pretend you are cooking and serving a meal at a restaurant. Children can help plan the menu, or be your 'sous' chef, or a server and then of course the 'customer' as they eat! It's a fun way to get them involved in the meal prep process for the family.

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