

# Encouraging a Positive Food Environment

## Get your child involved!

- Make meal times a family occasion by getting your child involved in preparing and cooking their meals.
- Why not try asking your child to wash the fruit and vegetables, set the table or make drinks for the family.
- Getting your child involved can promote positive relationships with food and a better understanding of what's going in to their meals



## Model positive behaviours!

- If you eat a variety of foods your children are more likely to follow as they model your behaviour
- For example if your child sees you enjoying fruit and vegetables they are more likely to want to try them too
- Good eating begins at home set positive examples



## Get Creative!

- Present foods in creative ways to make meals more appealing to your child.
- You could cut their sandwiches into fun shapes with a knife or biscuit cutter
- Why not try shaping their meals like their favourite animal or character
- Fruit kebabs can also be a fun activity to get your child involved with!



## Learn through games!

- Use games and activities to learn about food
- One example may be to get your child to draw their own place mat for the table with their favourite foods on
- Blindfolded food taste tests or mystery bags are also fun ways to introduce new flavours and textures

