

Educator's Guide

Nutrition Tips for Parents

Review each topic.

- ✿ **Assess behavior:** Modeling healthy choices for children teaches them healthy eating from their parents. Talk about daily choices for eating and physical activity. Meet clients where they are as a starting point to making small changes.
- ✿ **Healthy habits:** Explain the importance of choosing nutrient-rich foods and meeting recommended servings from all food groups. Explore fun ways to incorporate physical activity throughout the day.
- ✿ **Five food groups:** Discuss building meals and snacks using the five food groups. Explain why balance and variety are important for healthy eating.
- ✿ **Family meals:** Share ways to make quick and healthy meals. Discuss barriers and explore solutions.
- ✿ **Breakfast benefits:** Explain the importance of eating breakfast. Share examples of healthy breakfasts.
- ✿ **Healthier snack choices:** Share snack ideas and tips. Troubleshoot barriers to healthy snacking. Set goals for healthy snack choices.

Review the resources on HealthyEating.org/SchoolHealth.

In addition to the booklet the Web page contains:

- ✿ PowerPoint Presentations
- ✿ Free Downloadable Tip Sheets
- ✿ Free Interactive Tools
- ✿ Recipes and Meal Ideas

Follow-up with goals.

Children need their parents to guide them in making food choices. Use the discussion points in the booklet to foster skill building in food and physical activity decisions. Reinforce the importance of family meals and healthy eating patterns for optimal health, growth and development. Discuss small changes that will make healthy eating easier.

For more information on Dairy Council of California programs,
call 877.324.7901 or visit HealthyEating.org.

