

Educator's Guide

Making Meals Matter: Tips to feed ages 2 to 5

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.
- ✿ **Division of responsibility:** Explain parent and children roles during meals and snacks. Discuss the importance of family meals, balance and variety when choosing what to serve.
- ✿ **Healthy habits:** Explain the importance of serving nutrient-rich foods so children can make healthy choices. Review recommended servings from all food groups. Discuss ideas to improve choices.
- ✿ **Tips and FAQs:** Review age-specific tips for feeding children. Discuss answers to common questions from parents.
- ✿ **Physical activity:** Discuss physical activity guidelines and benefits. Explore fun ways to incorporate physical activity throughout the day.
- ✿ **Healthier choices:** Share snack ideas and meal tips that include all food groups. Set goals for healthy eating and physical activity.

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.

Reinforce that even busy parents can raise healthy eaters and teach their children to make healthy 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.

