

Dear Parents,

Many eating habits are formed during early childhood. Help your child grow healthy and strong and prevent obesity. Encourage healthy eating and physical activity every day.

Page 2 - Eating a variety of healthy foods provides vitamins, minerals, and energy. Offer a variety of nutritious foods. Encourage your child to taste new foods. Model healthy eating with the foods you eat, too!

Page 3 - Different tastes. Encourage children to taste foods, but do not force them to eat it. A child may taste a food 20 times prepared in different ways before he or she decides he likes it. Many young children do not like pepper or other strong spices. Encourage children to taste their food, and then add pepper or spices if they choose to.

Page 4 - Different temperatures. Try preparing foods in different ways. Your child may prefer hot mashed potatoes or cold potato salad. Cooked apples and fresh apple slices both taste great. Hot soups will warm them in winter, while cold sandwiches are fun on a picnic.

Page 5 - Different textures. Dairy products may be liquid (milk) or solid (cheese.) Fresh or whole fruits are more nutritious than fruit juices. Vegetables may be more appealing if they are gently cooked and still crisp.

Page 6 - Different shapes. Bread products include square bread and circular tortillas. Pasta comes in shapes like bowties, long spaghetti, and curly noodles. Fruits and vegetables may be round or long, and skinny or fat. Use a knife or cookie cutter to cut foods into fun shapes that are easy to eat.

Page 7 - Different colors. Encourage children to try foods that are different colors and contain different nutrients. Dark green veggies have vitamins A and calcium. Orange and yellow fruits and veggies have potassium, Vitamin A, and vitamin C too. White foods such as potatoes and pasta provide energy as well as vitamins.

Teach your child to recognize hunger; then eat when hungry, and stop when full! For more information on nutrition for children and adults, check out www.ChooseMyPlate.gov.

Healthy Childcare Consultants, Inc.

www.childhealthonline.org Copyright 2008, 2013



Healthy Eating



Part of the *HIP on Health* series
Written by Charlotte Hendricks
Illustrated by Nic Frising
www.childhealthonline.org

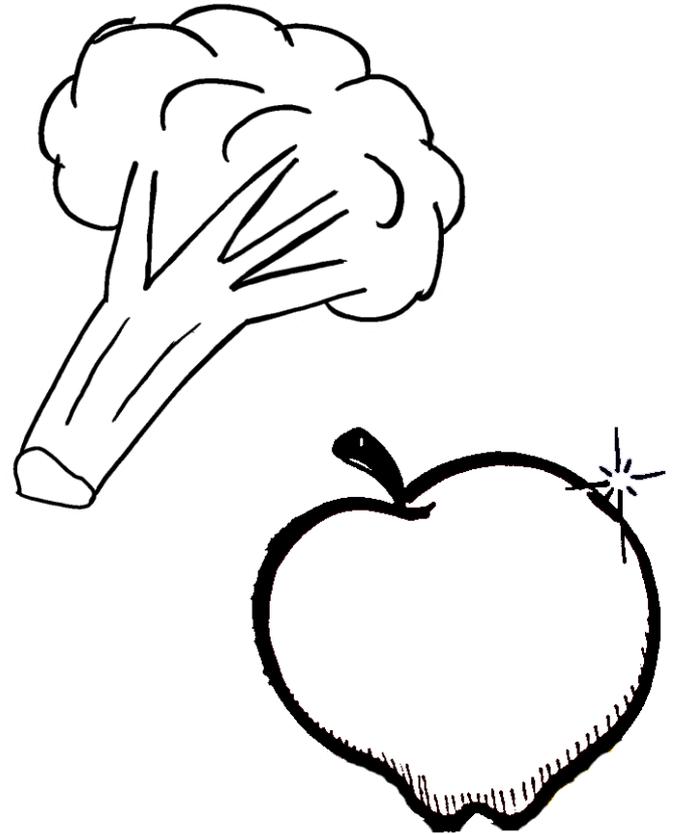


**Choose healthy foods
to grow up strong.**



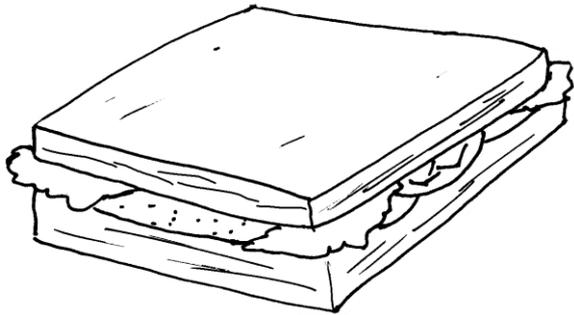
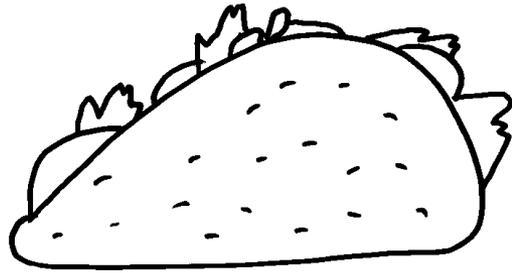
**Eat many different
foods.**

Different Colors



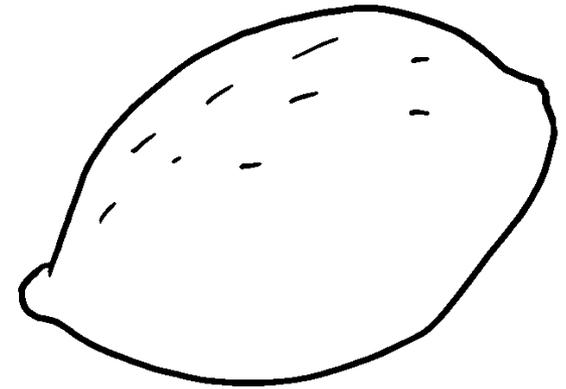
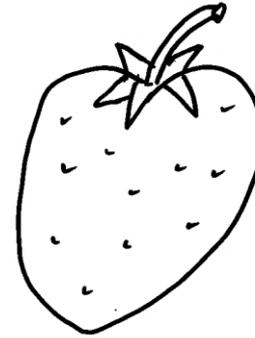
**Yellow, green, orange,
red, brown, and white.**

Different Shapes



Squares, circles,
triangles, and ovals.

Different Tastes



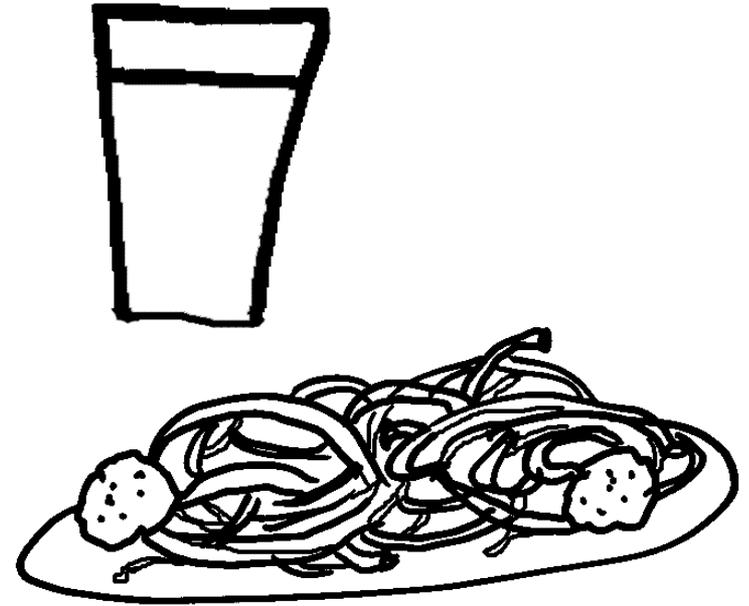
Sweet, sour, salty,
and spicy.

Different Temperatures



Hot, cold, warm,
and cool.

Different Textures



Solid, liquid, soft,
hard, crunchy,
chewy, and crispy.