

Health Hints

Make Family Meals a Priority



Aim to eat as a family at least once a day. Family meals provide parents the opportunity to role model healthy eating and to “check in” with kids in a busy day.

- Respect your child’s appetite. Children are born with the ability to know when they are hungry and when they are full.
- It is the parent’s responsibility to offer a variety of healthy foods. Let children decide what and how much they eat.
- Don’t pressure picky eaters to try new foods. Make meal times a pleasant experience.
- Share stories and laugh a lot.

Nutrition Questions?

Dietitian Services at HealthLink BC: Dial 811 <http://www.healthlinkbc.ca/dietitian/>

Canada Food Guide: <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>



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