

HEALTHY HABITS

FOR FAMILIES



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Parent Tip Sheet #5

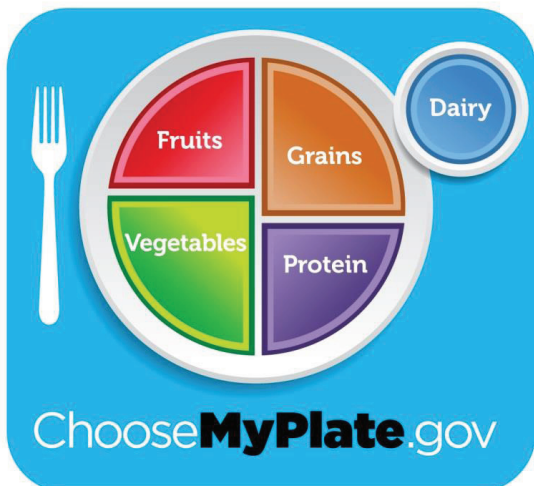
Family Style Dining & Young Children

Eating with your family can be a great way to promote healthy habits. Use the following tips to try family style dining in your homes and classrooms:

- ✓ Have children set the table before the meal and clean up after the meal is over.
- ✓ Adults should sit with the children as they are eating.
- ✓ Adults should allow children to pour and serve their own food. Young children can serve themselves, but be prepared for spills. Young children need to be able to make mistakes as they improve their skills. Help “hand-over-hand,” if necessary.
- ✓ In school, have enough food and serving bowls so that all tables can be served at once.



Try this! Incorporate MyPlate into your meal.



- ✓ Provide healthy options from each food group on the MyPlate graphic.
- ✓ Talk about each option and which food group it is a part of.
- ✓ Allow children to talk about their choices and serve themselves.

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