



Smart Eating Makes The Grade!

"Raising Healthy Eaters of All Ages"

Mealtime Modeling

Children learn meal time behaviour from their parents. Age plays a role in kids' food habits.

- Toddlers are learning about food. Be patient, kids may need to be exposed to a new food 15 times before they try it.
- School age children want to make their own choices, but still need structure. Provide healthy options at regular times. Let children choose how much and what foods to eat, that have been offered.
- Teens are busy, but try to make family meals a priority. Teens that eat with their family will eat healthier when they leave home.
- All children need regular meals and snacks that meet all 4 food groups.



Did you know?

Kids that eat in front of TV choose more high fat foods and less fruits and vegetables.

Teens that eat together with their parents do better in school.

Mealtime conversations with preschoolers improve their language skills.



Breakfast Bites

Start the day off right. Give your children the fuel they need to stay alert and energized in class.

Try a fruit smoothie. In a blender mix equal parts fresh or frozen fruit and dairy product (yogurt or milk).

Add some whole wheat toast on the side, to get 3 food groups!



Healthy Bodies Healthy Minds

Physical fitness improves learning, grades, test scores, memory, focus, attention span, health and self-esteem. Children aged 5-11 and youth aged 12-17 should get at least 60 minutes of medium- to high-intensity physical activity every day. But more is even better!

- Take the dog for a walk
- Go ice skating with family or friends
- Learn how to curl
- Join a bowling team



What's in Your Lunch?

Make healthy choices easy for children packing their own lunch.

- Have bowl of fruit on the kitchen counter.
- Stock the fridge with cut up raw veggies, yogurt, and cheese.
- Place whole grain crackers and breads within reach. Make healthy “grab and go” snacks ahead. (see recipe below)



Bunny Munchies

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|---------------------------|---------------------------------|
| ½ cup honey | ¼ teaspoon salt |
| ½ cup butter | ½ teaspoon cinnamon |
| 2 eggs | ½ cup quick cooking rolled oats |
| 1 teaspoon vanilla | 1 cup shredded carrots |
| 1 ¼ cup whole wheat flour | ½ cup raisin |
| 2 teaspoon baking powder | |

1. In a large bowl beat butter and honey. Add eggs, vanilla and beat again.
2. In a smaller bowl, mix flour, cinnamon, salt, oats and baking powder. Stir dry ingredients into egg mixture.
3. Add shredded carrots, raisins and stir into dough.
4. Drop tablespoons full of cookie dough onto oiled cookie sheet. Bake in a 375°F oven for 10-12 min until they begin to brown. Makes 24-26 cookies.

For more nutrition topics, go to the news and events section of www.rha-central.mb.ca.
Regional Nutrition Services Team

