

Meals at Any Age

Toddlers can:

- Eat finger foods
- Tell you what they like
- Sit at the table in a booster seat
- Hold and drink from a cup

Pre-schoolers can:

- Serve themselves
- Tell you what they like
- Sit at the table in their own seat
- Eat with a fork and spoon



Make Meals Memorable

Take time to eat together and talk with your family.



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Childhood Obesity Prevention Project
Virginia Department of Health
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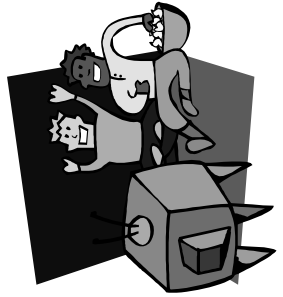
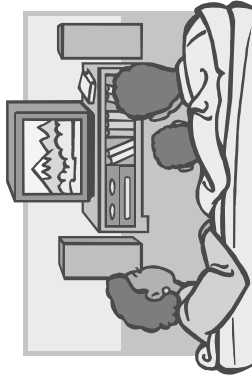
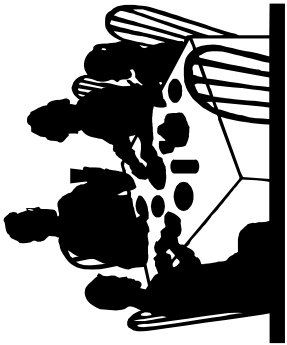
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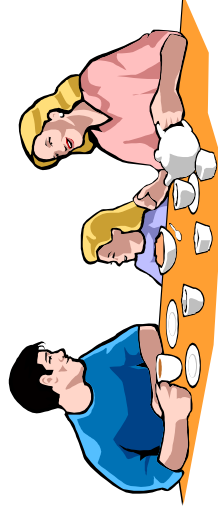


Which picture best shows how your child eats his/her meals?



Tips for Happy Meals

- Help your child calm down before eating. Coloring and reading are good activities before meals.
- Eat meals together with your child.
- Eat in a quiet place. Turn off the TV and videos.
- Eat at a table.
- Set a good example. Your child may try new foods if they see you eating them.
- Don't force your child to eat.
- Offer healthy foods like fruits, vegetables, low fat milk, lean meats and grains.



Benefits of Eating Together

- Creates happy memories
- Starts family traditions
- Creates a chance to talk with your child
- Teaches your child good table manners
- Gives time to enjoy being together
- Helps your child to enjoy new foods



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