

# Children Learn by Watching You



Children learn how and what to eat by watching you.

The eating habits you model to children in the early years can form a pattern that lasts a lifetime.

Let them see you eating and enjoying a variety of vegetables and fruits, whole grain foods, and protein foods.

## To help children learn to eat well:

- Sit together, eat together, and talk together
- Keep mealtimes pleasant and relaxed
- Turn off the TV and put aside toys, phones and electronics while eating
- Eat meals and snacks at about the same time each day
- Offer only water between meals and snacks
- Enjoy many kinds of foods
- Try new foods together

**Lead by example to help children learn to eat well**



For more information:

Visit [AHS.ca/HealthyEatingStartsHere](https://AHS.ca/HealthyEatingStartsHere)

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