

# Simple Ways to Encourage Healthy Eating Habits

## Fun With Food

Help your child learn about healthy eating by playing these fun games with them. Use them while grocery shopping to keep your child occupied and make shopping more enjoyable for everyone.



### What Food Am I?

??? I am a root. I am long and cone shaped.

I am especially tasty when eaten raw. I am orange in colour.

??? I grow on a vine. I am red or green.

I am juicy and sweet. I change into raisins when I am dried in the sun.

??? I am yellow. I grow on trees in warm places. Be careful not to slip on my peel!

??? I am a seed. I come from tall, yellow flowers. I grow in the summer. My flower looks like the sun.

(Answers: carrot, grapes, banana, and sunflower seed)

## Grocery Store Scavenger Hunt

For younger kids, cut out pictures of four different foods from grocery flyers. For older kids, write them out their own shopping list. Give the pictures or list to your child before you go to the store. Have your child find their foods and add them to your cart.

### Fruity Yogurt Smoothies

Here's a healthy and easy breakfast to make and enjoy together.

#### Ingredients

- 1 cup milk 250 mL
- 3/4 cup vanilla yogourt 175mL
- 1 banana, peeled
- 1 cup fruit 250 mL  
(fresh, frozen or canned)

Try strawberries, mango or canned peaches.

#### Directions

1. Place all ingredients in a blender and blend until smooth.
2. Pour into glasses.
3. Serve with a slice of whole-wheat toast and enjoy a healthy breakfast.

Makes 4 servings



## Meals at a Glance – Breakfast

To get the day off to a healthy start, enjoy breakfast together. With a little planning and organization (for example, setting the table the night before), providing a healthy breakfast for your family can be simple. This week of breakfast menus is a sample of how easy it can be to offer your family a variety of breakfast choices.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Whole grain cereal with milk, banana	Rice congee with bok choy and chicken	Pita pizza with tomato sauce, green peppers, mushrooms and mozzarella cheese	Oatmeal with applesauce and cinnamon, chocolate milk	Multi-grain bagel with hummus, cucumber and tomato slices, fruit cup, water	Injera pancakes, pear, milk	Scrambled eggs with salsa, in a whole wheat tortilla, orange juice