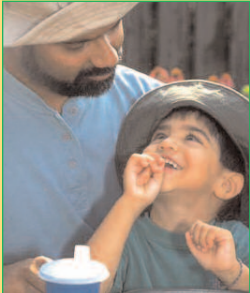


# Simple Ways to Encourage Healthy Eating Habits

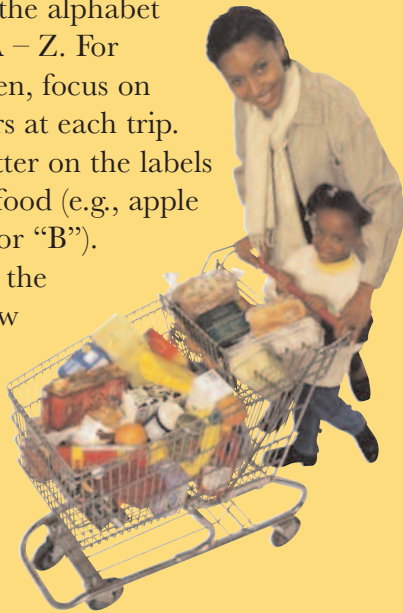


## Fun With Food

Learning about healthy eating can be fun. Play these games with your child as you shop, go for a walk or indoors as a rainy day activity.

## The Alphabet Game

On your shopping trip, your child tries to find foods in the grocery store for every letter of the alphabet starting from A – Z. For younger children, focus on just a few letters at each trip. Use the first letter on the labels or the type of food (e.g., apple for “A”, bagel for “B”). Choose one of the letters and allow your child to add that food to your cart.



## Yummy Kabobs

### Ingredients

- A variety of fruit (e.g., strawberries, bananas, peaches, melon balls)
- A variety of veggies (e.g., cherry tomatoes, cucumber slices, peppers)
- Cheese cubes



### Directions

1. Cut the foods into bite size pieces.
2. Help your child thread their favourites onto a kabob stick/ bamboo skewer or straw.
3. Serve with a fruit dip made with your favourite yogurt, and pita wedges.

## What Food Am I?

- ??? I am a green and round vegetable found in a pod.
- ??? I am a red fruit. Use me to make salsa, bruschetta and even ketchup.
- ??? I am crunchy and green. I am a vegetable shaped like a tree.
- ??? I am brown and fuzzy on the outside. On the inside I am green with little black seeds.



Ask your child to make up some food riddles for you to try to guess.

Answers: pea, tomato, broccoli and kiwi!

## Meals at a Glance – Lunch

Stuck on lunch ideas? We’re here to help. This week of lunch menus is a sample of how easy it can be to offer your family a variety of lunch choices. Some are convenient enough to put in your backpack as you head out to the park or for a picnic (just remember to add an ice pack to keep the food cold).

| Monday  | Tuesday   | Wednesday   | Thursday                        | Friday                                      | Saturday                             | Sunday  |
|---|---|---|---------------------------------|---|--------------------------------------|---|
| Vegetarian chili with whole wheat crackers and chocolate milk | Cottage cheese with Yummy Kabobs and whole wheat bread sticks | Tuna salad sandwich on whole wheat bun, cucumber slices and water | Bean or chicken roti and yogurt | Minestrone soup, whole wheat bagel and milk | Beef and broccoli stir-fry with rice | Egg sandwich on whole wheat English muffin with tomato slices and fruit salad |