

**How can you
have more
family meals?**

Feeding Children

Lesson In a Box

Activity 3: Activity Sign

**¿Cómo
podemos
comer más en
familia?**

Feeding Children

Lesson In a Box

Activity 3: Activity Sign in Spanish



top 10 ways to grow happy kids

1. Let them decide how much to eat.
2. Present healthy foods as "treats."
3. Offer water instead of juice.
4. Include a fruit and/or vegetable at each meal.
5. Serve low-fat milk to children over two.
6. Use mealtime to strengthen family ties.
7. Lead by example – "walk the talk."
8. Create activities – for you and them – every day.
9. Provide attention instead of food or the bottle.
10. Encourage and praise their efforts.



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**GOOD FOOD *and*
A WHOLE LOT MORE!**



Activity 3

Barrier to Family Meals: Time

Clock [Image]. (n.d.). Retrieved December 20, 2009, from Google images,
http://www.fags.org/photodict/photofiles/list/409/2271alarm_clock.jpg

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Activity 3

Barrier to Family Meals: TV

TV [Image]. (n.d.). Retrieved December 20, 2009, from Google images,
http://www.fallingpixel.com/products/5879/mains/Retro_TV_01.jpg

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Activity 3

Barrier to Family Meals: Playing Video Games

Playing Video Games [Image]. (n.d.). Retrieved December 20, 2009, from Google images, <http://graphics8.nytimes.com/images/2008/03/23/nyregion/24videogames.cityroom.1.jpg>

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Activity 3

Barrier to Family Meals: Video Games

Video Game [Image]. (n.d.). Retrieved December 20, 2009, from Google images, <http://videogame-s.net/wp-content/uploads/2009/03/video-games-xbox-297x300.jpg>

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POSITIVE PHRASES

Activity 3

“Positive Phrases” Sign

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FRASES POSITIVAS

Activity 3

“Positive Phrases” Sign

Spanish

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