

Healthy Eating Habits for Preschoolers

Name: _____

Tick each one as you try it

- ☐ **1** Eat at the same table, at the same time

- ☐ **2** Serve small, offer seconds

- ☐ **3** Separate your job from theirs

- ☐ **4** Offer it again, without comment

- ☐ **5** Pair new with known

- ☐ **6** Let them handle the food raw

- ☐ **7** Do not make a separate meal

- ☐ **8** Drop the pressure and the reward

- ☐ **9** Watch the drinks

- ☐ **10** Two planned snacks a day

- ☐ **11** Pair a protein with a carbohydrate

- ☐ **12** Let them build it
