

Today's date: _____



Lesson 6: Useful Tips for Planning Meals and Helping Children Eat Healthier

My goal is to plan meals and eat healthier. To create my personal plan for planning meals and eating healthier, I will circle the tips I want to try this week.

Tips for planning meals

- A. Look in the cabinet and refrigerator for food items I don't need to buy.
- B. Ask my children what fruits and vegetables they like to eat.
- C. Write down entire meals for a week, including fruits and vegetables.
- D. Make meal planning a priority by writing it on my to-do list and sticking to it.
- E. Look for healthy recipes.

Tips for increasing my children's fruit and vegetable intake

- A. Show enjoyment when I eat fruits and vegetables in front of my children and encourage them to eat with me.
- B. Ask my children what fruits and vegetables they like to eat.
- C. Prepare vegetables in different ways to see which ones my children like more.
- D. Start with a small amount of fruits or vegetables and keep offering them.
- E. Wash fruits and vegetables and have them ready so my children can grab and eat them at any time.
- F. Leave fruits and vegetables in the refrigerator at my children's eye level so they can see and grab them easily.
- G. Leave a bowl of fruit on the dinner table or counter.

Tips for preventing relapse

Ask myself two questions if I am tempted not to plan meals:

- a. What are the benefits of planning meals?
- b. What are the negative outcomes of not planning meals?