

How to Make Children Eat Healthy Food



The number of obese children worldwide is expected to reach 250 million by 2030, and everyone _____ how difficult it can be to get kids to eat healthy food, especially if they _____ picky eaters.

1. Make healthier versions of things they already love.

Junk food can be tempting to eat on a regular basis. But the intake of unhealthy foods _____ connected with lower academic performance. You can adjust your _____ favourite not-so-healthy dishes by adding or changing certain ingredients.

2. Turn food into fun shapes and sizes.

Nothing makes kids _____ to eat than when their food comes in fun shapes. Animals, cartoons, numbers, letters, or even dinosaurs can the trick.



3. Get inspiration from their favourite TV shows and movie characters.

_____ parents worry about how TV, movies, and videogames can be unhealthy for _____ children. However, when children watch cartoons that promote healthy eating, they make _____ choices when it comes to food. So keep _____ eye on what your kids are watching on TV.

5. Make healthy snacks easily accessible.

A _____ times, when kids come home from school or sports practice, they are hungry and want _____ something. This can be a great opportunity to make them _____ a healthy snack, so have these choices nearby. It can be _____ simple as having fresh fruit or sliced-up carrots ready for them to eat.

6. Talk about healthy ingredients positively.

Kids pick up on a lot of cues from their parents, teachers, siblings, and even TV. You _____ use that to your advantage when it comes to food. Generally, they _____ acknowledge phrases like, "This is delicious," rather _____ "eat this because it's good for you".

