

## 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".

