



Healthy Hints for Parents - Part 4

Fussy Eaters can be Healthy Too!

To all School Health Coordinators & Parents

This is part 4 of a series of 10 articles on how to encourage your children to eat healthy compliments from Kidz Bodz. If you would like these emailed directly to you every Monday please call 1300 73 11 49 or send your request via the Kidz Bodz web site @ www.kidzbodz.com.au & don't forget to make your Kidz Bodz School visit booking - individual class or whole school bookings available

Eight out of 10 Australian parents are concerned about their children's eating habits. Whilst parents are aware of the need to feed their children healthy foods most parents worry their children are not getting enough food and when their children refuse the healthy offerings it can be very easy to give in & offer them the foods they will eat - often the not so healthy options.

Parents who worry about their children's eating habits may end up trying to force or cajole their children into eating their meals and if children resist mealtimes can become very stressful. Here are some ideas that may help.

Give your kids the control!

Try giving your children control in the kitchen and make healthy food selection a team effort. If your children feel they are involved in the food choices and preparation of their food they will often eat with enthusiasm.

- Pre prepare a list of healthy foods that you would like your family to eat on a daily basis. Make up your list from a wide variety of nutritious foods:

Include:

- ✓ a wide variety of vegetables and fruits
 - ✓ cereals, breads, rice, pasta and noodles - preferably wholegrain
 - ✓ lean meat, fish, poultry or alternatives
 - ✓ dairy foods including milks, yoghurts, cheeses or alternatives - reduced fat varieties should be chosen where possible
 - ✓ plenty of water
- Encourage each family member to place a coloured sticker next to the foods they like to eat.
 - Allow your children to prepare meals with you and you can check the list for the foods to include.

Challenge yourselves

- Every week each family member should add a new food to their list to try. Make it a fun challenge to include this food in the daily menu - remember that it takes about 8 to 10 times of trying a new food before a person will accept it. This is a great fun way of introducing and accepting the new foods into your family's diet.

Fussy Eating Facts:

- Australian research suggests that parents may need to offer an individual food up to 10 times before a child will choose to eat it. Around half of parents only persist two or three times before giving up on that particular food all together. So don't give up!
- Parents may be fussy eaters too. Research indicates that while 27% of toddlers are fussy eaters, 22% have parents who admit to being fussy eaters too. The power of parental role modelling is amazing. If you restrict yourself to certain foods your child will notice and copy your wariness.

"Kidz Bodz is a great program - it is making a real difference to how our students take responsibility for their own health". Jenny Mt Eliza Primary School

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