

# EATING TOGETHER IS good for us!

Eat with whānau as often as possible, start with 3+ times a week

Research shows that children and teens are more likely to:

- Do well in school (attendance, vocabulary and literacy) through families talking, supporting and encouraging, and eating well
- Be emotionally content and have lower levels of stress
- Have positive peer relationships and healthier eating habits
- Refrain from smoking, drinking, and doing drugs
- Believe their parents are proud of them



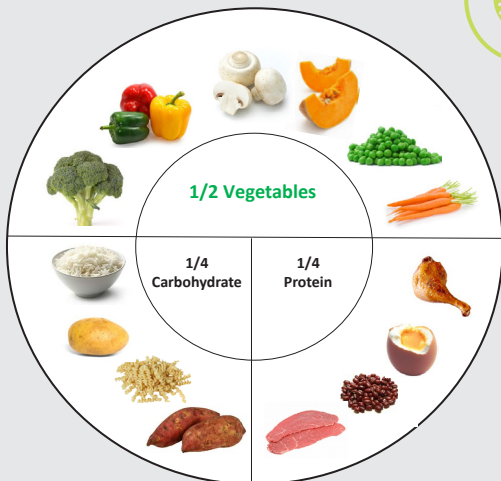
**WHEN DID YOU  
LAST SHARE  
KAI WITH THE  
WHĀNAU?**

Good food tastes even better  
with the ones we love.

all  
right?

Lead by example:  
Eat foods that you want them to eat

- Try new foods one bite at a time, not all in one meal
- If your child or teenager doesn't eat something, leave it and try it again another day— learning to accept new flavours is like learning to tie shoe laces, it can take several times
- Avoid emotional terms like "good or bad" to describe food, even when you don't like something
- Find out why the healthy plate is important and talk about it



It's never too early to  
get children into the kitchen

- Get them to help plan and prepare meals once a week

This can both encourage them to eat the foods they've helped to prepare and learn skills to be independent



For great recipes  
and videos see...

Myfamily.kiwi

facebook.com/Fuelled4life/videos

Make at least half the meal  
**Vegetables**

