NURTURING YOUR CHILD'S PHYSICAL HEALTH:
EATING WELL

Feeding children is not always easy. Understanding the roles around feeding between parents and children can help make mealtimes less of a struggle. You can also help build your child's independence and ability to trust their bodies and their needs.

Roles in Feeding and Eating

Parents:

- Decide what and where to eat.
- Decide when to eat by setting a regular routine for meals and snacks.
- Make mealtimes pleasant.

Trust your child to:

- Decide whether to eat
- Decide how much to eat based on internal hunger and fullness cues

Did you know?
Your own relationship with food and body can affect how you feed your child. For information on building healthy body image in young children, check out: **embodybc.com**

Vancouver CoastalHealth

Aim to offer your child a variety of nourishing foods

Eat together and include traditional foods that bring your family joy and connection. Offering a variety of foods gives your child opportunities to learn to enjoy different foods. Our overall pattern of eating contributes to our health, and this can look different for everyone.

Have plenty of vegetables and fruits

Eat protein foods

Make water your drink of choice

Choose whole grain foods

Eating a variety of foods can help kids **sleep better**, **manage emotions** and **stress**, give them **energy**, and even **concentrate** better at school

For tips and resources to help you encourage positive relationships with food and healthy eating habits, visit **Canada's Food Guide**

Looking for ideas of food to pack for school? Check out Lunches to Go

Wraps, pita pockets, and sandwiches	Rice or noodles	Other Ideas	
Falafel with cucumber and tomatoes	Fried rice	Salmon, bannock and corn	**Did you know?** Smaller portions of these meals can be nutritious snacks
Burrito with salsa	Vegetable curry	Quinoa or barley salad	

For more quick and easy lunch and snack ideas, visit Lunches to Go:
https://vch.eduhealth.ca/en/permalink/phem1683