



HELLO PARENTS,

A healthy and nutritious diet is one of the most important factors that support your child's growth and development. Healthy eating means eating a variety of foods from all three food groups: vegetables and fruits, whole grains, and proteins that nourish our bodies. The goal of raising a healthy eater is to help your child grow up with positive eating attitudes and behaviours. In this newsletter, we provide you with activities that will encourage your child to learn about food and build a foundation of healthy eating habits that will last a lifetime.

ACTIVITIES INFANTS (3 -18 MONTHS)

I PREFER...

MATERIALS:

- Three soft or cooked vegetables, cut into small pieces. For example: potato, carrot and avocado.
- Choose vegetables that have different appeal in colour or flavour.

DIRECTIONS:

- At mealtime, offer your child the three different vegetables, separating them from each other.
- Tell your child what these vegetables are and invite your child to try them.
- Encourage your child to feed themselves and observe which vegetables they prefer.
- Join your child at mealtimes and eat dishes with similar ingredients to show your infant that you both enjoy eating the same things.

[Click here](#) for more ideas.

TODDLERS (19 MONTHS – 2.5 YEARS)

MAKING A SMOOTHIE

MATERIALS:

- Fruits (apple, blueberries, banana etc.)
- Plain yogurt or milk
- Blender
- Cups

DIRECTIONS:

- Engage your child in washing the fruits.
- Talk with your child about the fruits you are washing, their colours, sizes, flavours, etc. Mention that they are healthy and provide our bodies with important vitamins.
- Ask your child to place all the fruits in the blender (make sure the blender is unplugged).
- Together, add milk or yogurt, plug in the blender and have your child press the blender "start" button.
- With your help, your child can pour the smoothie into cups.
- Enjoy the smoothie with your family!

[Click here](#) for more ideas.

PRESCHOOLERS (2.5 – 5 YEARS)

FRUIT TASTING GAME

MATERIALS:

- Five kinds of fruits
- Five small dishes
- Scarf

DIRECTIONS:

- Clean or peel five different fruits and cut them into serving-size pieces.
- Place each in a small dish and keep them out of view.
- Invite your child to play a fruit tasting game.
- Cover your child's eyes with the scarf.
- Pass the first dish to your child.
- Ask your child to smell the fruit first and then taste it. Ask them to guess what it is.
- Continue the game with all five fruits you have prepared.
- Engage your child in a conversation about the taste and texture of the fruits. Ask which ones they like the most and the least, and why.
- During this game, you can also introduce new fruits to your child.
- You can play this game with vegetables or other healthy food products.

[Click here](#) for more ideas.

JK/SK (4 – 6 YEARS)

PAPER PLATE MEAL

MATERIALS:

- Old magazines and grocery flyers
- Glue
- Paper plates
- Markers
- Scissors

DIRECTIONS:

- Prepare three paper plates and help your child write "breakfast", "lunch" and "dinner" on each plate.
- Have your child look through the magazines and flyers to find pictures of different kinds of foods.
- Ask your child to cut the pictures and then engage your child in a conversation about different food groups, what makes certain foods healthy or unhealthy, and how to make sure we eat a healthy, balanced diet every day.
- You can refer to Canada's Food Guide link above for more information.
- Help your child create nutritious plates for "breakfast", "lunch" and "dinner" and ask them to glue the pictures to the corresponding plates.

[Click here](#) to listen to "Oliver's Vegetables" by Vivian French.

[Click here](#) for more ideas for a healthy lifestyle.

SCHOOL-AGERS (6 – 12 YEARS)

WEEKEND MEAL PLAN

MATERIALS:

- Notebook
- Paper
- Pen

DIRECTIONS:

- In this activity, you will make a weekend meal plan for your family.
- Check the fridge and pantry and make a list of foods and produce that are available at home.
- Read [Canada's Food Guide](#) to learn about food groups and healthy meal preparation.
- In your notebook, write ideas for different meals for the weekend. Make sure to include foods from all food groups.
- Decide which meals you will be able to prepare yourself and which ones will require adult help.
- Talk to your parents about which of your suggestions they could help you make.
- On a sheet of paper, make a chart for Saturday and Sunday with sections for breakfast, lunch and dinner. You can also include snacks.
- Post the menu in a place where everyone can see it.
- Make sure to start preparing each meal early enough so that you can serve it to your family on time.
- Enjoy eating together with your family!

[Click here](#) to check your knowledge of healthy eating.



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A TIP FOR TODAY

- Expose your child to a variety of nutritious foods.
- Involve your child in planning and preparing meals.
- Limit fast food, highly processed food and beverages high in sugar.
- Make water your family's drink of choice.
- Try to eat meals together as a family as often as you can.
- Grow a vegetable garden with your child if you can.
- Have healthy snacks available and easily accessible at home.
- For more information on healthy eating, please check [Canada's Food Guide](#).