



Family Meals



My family is very busy. Why should we have family meals?

Family meals are an investment that pay off during your child's teenage years. Teenagers who were raised in families that had family meals were:

- Less likely to do drugs, smoke, drink, get depressed, develop eating disorders, and consider suicide
- More likely to do well in school, delay having sex, eat their vegetables, and have a good vocabulary

Family Meals



No Family Meals

Make family meals a special time: turn off the TV, don't answer your phone, leave every distraction behind. During this time, talk to your family, get to know each other, it will really pay off in the future.



When should I start family meals?

You should start as soon as your baby can sit down on a high chair and join in the fun. This usually is around 8-12 months of age.



Children imitate what they see their parents do. How can I set a good example?

1. Eat a healthy and balance diet
2. Exercise regularly
3. Keep fast food to a minimum
4. Play with your child and keep TV time to a minimum (children under the age of one should not watch television)



HOME ACTIVITY

Keep track of number of family meals your family has during a week. How many did you have? Do you think you could have had more? What do you think would help you increase the number?



HOME ACTIVITY

Go to the grocery store and find a new vegetable that your family has never had before. Introduce this new vegetable in your next family meal. If you eat it, your child will be more likely to eat it too. Talk about it: Did everyone like it? Does it have a fun shape? What color is the vegetable?