

# Take Time For Meals

## Tips for family meals.

### HERE ARE SOME TIPS FOR FAMILY MEALS:

- Be a positive role model by trying new foods together.
- Encourage children to try everything on their plate, not to clean their plate.
- Introduce new foods with the No Thank You Bite Technique. Ask children to take one bite of a new food. After tasting, let them choose whether they want to eat more.
- Turn off the TV during meal times. Try playing music for background noise.

### ENCOURAGE CHILDREN TO HELP IN THE KITCHEN. ALLOW THEM TO:

- Add, sprinkle or spread ingredients
- Peel eggs or fruit, such as bananas or oranges
- Rinse fruits and vegetables
- Tear lettuce for a salad
- Stir pancake batter



### Individual Pizza Rounds

- Preheat oven to 350°F.
- Spread pizza sauce on whole wheat flat bread or pita bread.
- Add shredded cheese.
- Top with diced vegetables and lean proteins (peppers, mushrooms, zucchini, ham, etc.)
- Sprinkle with oregano
- Place on baking sheet and bake for 10-15 minutes at 350°F, or until cheese is melted (times may vary).
- Slice pizza into triangles
- Serve with fruit and a glass of fat-free or low-fat milk.