

## Healthy Eating

### Extend the Moment

- ❖ Include your child when making menus and buying groceries- talk about including healthy options.
- ❖ Use opportunities to have your child try new foods
- ❖ Talk about healthy substitutions for foods that may not be as healthy
- ❖ Encourage children to join in on the preparation of foods at mealtime.
- ❖ Model healthy eating as much as you can.
- ❖ Eating together as a family as often as you can will promote healthy eating.

### PBS Resources

Eating Well | Video | Sesame Street

[pbslearningmedia.org/resource/eating-well-activity-gallery/sesame-street-in-communities/](https://pbslearningmedia.org/resource/eating-well-activity-gallery/sesame-street-in-communities/)



Healthy Recipes | Sesame Street

[bit.ly/3LYPtRj](https://bit.ly/3LYPtRj)



Healthy Shopping List | Sesame Street

[bit.ly/3KZp1Wv](https://bit.ly/3KZp1Wv)



Nutrition Quiz | Arthur

[pbskids.org/arthur/health/nutrition/quiz.html](https://pbskids.org/arthur/health/nutrition/quiz.html)