



Mealtime is Important!

Eating together as a family has many benefits. The food just seems to taste better, and it has even been shown that food is digested better when eaten in a relaxed and fun atmosphere.

Remember that kids learn by watching adults and older siblings. Set a good example by eating a variety of foods—including vegetables! Eating together also is a good chance to talk and to practice appropriate table manners.

This is also a good time for kids to help in the preparation of the family meal—either in selecting the fruit or vegetables for a salad, mixing up the main course or setting the table. Children of all ages are more likely to try foods they have helped prepare.

Make eating and family time the main focus—not TV watching. Children develop good eating habits when mealtimes and snacktimes are pleasant and positive.

For recipes: Contact your county extension office in Kansas or visit the website at www.kidsacookin.ksu.edu

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