

AM I A GOOD ROLE MODEL?

A healthy role model acts as a guide for children and helps them to create their own lifelong healthy habits. Making healthy decisions about food and physical activity is something that children learn by watching their parents and family members. Ask yourself the 5 questions below and read the tips on the small steps that you can take to help you be a star role model for your child.

1. PREPARE HEALTHY MEALS



Do I prepare meals with at least 3 of the 5 food groups?
(Fruits, Vegetables, Grains, Protein, Dairy)

Circle: Yes No Sometimes

Serve healthy options at dinner time and offer choices. Ask your child “Which would you like for dinner: broccoli or cauliflower?” instead of “Do you want broccoli for dinner?” A nutritious meal has at least 3 of the 5 food groups.

2. GET KIDS INTO THE KITCHEN

Do I let my child help out with preparing meals?

Circle: Yes No Sometimes

Let your children help out with small tasks...

- Show and invite your child to rinse and scrub the veggies that will be served for dinner
- Have your child add or stir ingredients
- While you prepare dinner, your child can help set the table



3. MAKE MEALTIME A FAMILY TIME



Do I sit and talk with my children at mealtime?

Circle: Yes No Sometimes

Provide a good eating environment for your children by...

- Talking to them while eating, listening to what they have to say, telling them you love them, and thanking them for helping you
- Save TV and phone use for when the meal is over
- Have regular meal and snack times everyday

4. REWARD WITH ATTENTION, NOT FOOD

Do I use food as a reward or punishment?

Circle: Yes No Sometimes

Try not to offer sweets as rewards as it may lead to unhealthy eating habits. Instead, reward with attention. Show your love with hugs and kisses. Comfort with hugs and talks.



5. INVOLVE CHILDREN IN ACTIVE PLAYTIME



Do I encourage my child to be physically active daily?

Circle: Yes No Sometimes

Involve your child in physical activity by...

- Providing active toys like balls and jump ropes
- Going on walks, hikes, or bike rides together