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/

Healthy Recipes | Sesame Street
bit.ly/3LYPtRj

Healthy Shopping List | Sesame Street
bit.ly/3KZp1Wv

Nutrition Quiz | Arthur
pbskids.org/arthur/health/nutrition/quiz.html