Family Nutrition Boosts

Time for Thriving
PART OF Health is One

One of the best ways to promote a well-rounded approach to nutrition is by involving all members of the family. Encouraging the involvement of children into this mindset from an early age makes it easier to have nutrition as an integral part of family life.

With younger children this can mean encouraging involvement in the process of planning, shopping and preparing. For older children you can build their autonomy by setting them challenges and building their responsibility.

Good nutritional messaging focuses on the impact on our body and mind and the importance of fuelling them correctly. By incorporating this into daily family life, you can ensure a healthy relationship with diet.

For Children

Ask everyone in the family to make a list of their favourite meals and snacks and look for matches/similarities.

Create a family meal plan - let everyone pick a day where they choose the meal.

For fussy eaters, introduce a trying plate to dinner time. This plate has one or two foods that can be tried along side their main food.

Encourage children to be involved in the food prep. You can let them mix, stir or even chop.

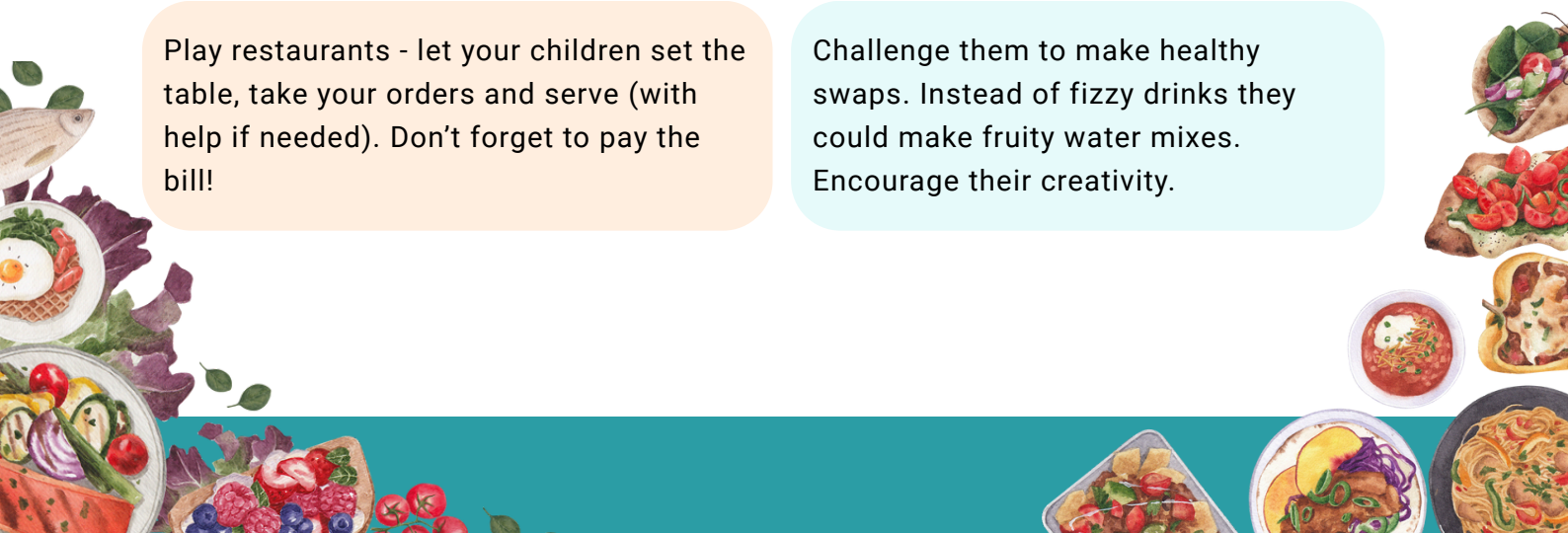
Play restaurants - let your children set the table, take your orders and serve (with help if needed). Don't forget to pay the bill!

For Teens

Ask everyone to pick a theme or cuisine then challenge your teen to find recipes online or in books to suit.

Depending on their skill level, find easy recipes that they can do with little or no assistance.

Give them the autonomy to plan meals for the week for the whole family.

Let your teen take control of the shopping. Give them a set budget and the shopping list- let them make choices in the supermarket.

Challenge them to make healthy swaps. Instead of fizzy drinks they could make fruity water mixes. Encourage their creativity.