

# 5 Keys to Raising a Healthy, Happy Eater

## Division of Responsibility

### Parent Decides:

### Child Decides:

1

#### What to offer

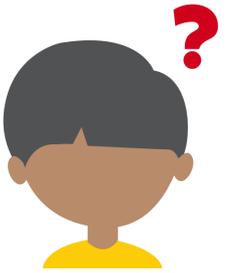
- Choose healthy foods and drinks to serve
- Offer the same foods to everyone at meals
- Offer vegetables and fruits on the plate



4

#### Whether to eat

- Child can choose to eat or not eat while at the table
- Child can choose from the foods the adult offers on the plate



2

#### When to offer

- Have meals at the same time daily
- Have planned, healthy snacks between meals



5

#### How much to eat

- If the child wants more, it's okay to serve more
- Do not force the child to eat



3

#### Where to offer

- At home
- At the table
- Turn off TV, tablets, and other screens



**Choose two behaviors to practice at home!**

- Serve meals with at least one vegetable and/or fruit to the whole family
- Serve the child the same food at meals as the rest of the family
- Serve planned meals and snacks about the same time each day

- Let the child eat as much or as little as he/she wants at meals and snacks
- Turn off TV and other screens at meals



Santa Clara County  
**PUBLIC HEALTH**