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Family Meals & Nutrition



Cooking/Preparing

Cleaning

Eating

Benefits

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| Modeling Behaviors | **Health & Nutrition** | **Social Skills** |
| * Manners
* Values & Attitudes
* Good Nutrition Practices
* Structure
* Routines
 | * Lower BMI
* Lower risk for obesity
* Increased consumption of healthy foods (fruits and vegetables)
* Healthy Development
 | * Family Time/

Communication* Discussion of nutrition-related topics
* Better relationships outside the family
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\*\*Attached is a Family Meal Planner so the children can help choose different meals.