

By: Ashley Hynes

Family Meals & Nutrition



Cooking/Preparing

Cleaning

Eating

Benefits

|  |  |  |
| --- | --- | --- |
|  |  |  |
| 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 |

\*\*Attached is a Family Meal Planner so the children can help choose different meals.