

How can I motivate my child to eat healthier?

Probably you have experienced this as well: Your children refuse vegetables and melt for candy. Maybe you wish that your children would have healthier diets. Sometimes it can be really difficult to motivate children for healthy nutrition and sometimes the best arguments have no effect. What now? How can you stop your child from eating sweets and convince them to eat healthily? This article provides tips and tricks that will make eating healthy fun for your children.

This article takes a closer look at the following tips:

1. Establishing a self-service shop
2. Explaining the importance of eating
3. Promoting culinary diversity by trying
4. Allowing exceptions
5. Involving children in the cooking and shopping process

Establishing a self-service shop

Even if there are various theories in nutritional science that investigate vitamin, fat, sugar, energy content and digestibility, every mom and dad knows: a healthy diet means fewer sweets and more fruits and vegetables. If you google “food pyramid,” the search results usually show an image in which the base of the pyramid is liquids such as water. If you go further up the pyramid, you will find fruits and vegetables, grains, dairy products, meat and fish, sugar and finally fats. Basically, the pyramid shows that it is very important to drink enough liquids. Setting up a drinking station in the form of a water dispenser or a large pot containing boiled water or lukewarm tea is a great opportunity for your children to have a drink on a regular basis. It also helps them to become more independent. Same goes for the food. In the growth phase, it is important that children eat food regularly, as their energy storage is not as well developed as in adults. You can also put small pieces of fruit in bowls so that your children can reach them when needed. So that apple pieces do not oxidize so quickly, you can rub them with a little lemon.

Explaining the importance of food

Explain to your children why certain foods are good for them. This will help them understand what it triggers in their body and what benefit they get from it. For example, you can say, “You want to be a firefighter one day, right? Firefighters need to be strong and have large muscles so they can carry water to put out fires. There is a lot of protein in this bean that can help you become a great strong firefighter.” Certainly, this argumentation requires some sensitivity and knowledge of your children's motivations and food preferences. Even for you learning about the effects of food in the body, can be a great opportunity.

Promoting culinary diversity by trying

Even if your children grimace at fruit and vegetables and would like to eat french fries all day, nothing is lost. To develop their sense of taste and discover new foods, encourage your children to keep trying the food, that is on the table. Maybe it even tastes good? Or how does this vegetable taste when you combine it with another or with some cream cheese? Eventually the deal could be: If something doesn't taste good, it doesn't have to be finished. Patience with children and continuous experimentation is the key to success. Nutritionist Arianne Botta says that it is more probable to like food in adulthood, if you tried it around 16 times as a child. Many parents give up too soon or expect immediate effects. Recurring tasting exercises the taste!

Allowing exceptions

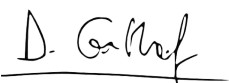
Celebrating vegetables and fruits is great, but when it becomes a compulsion, it's no longer fun either. Therefore, it can make sense to allow exceptions from time to time. For some families, this can be a special event where all family members come together. Examples of this are a walk followed by a German Schnitzel meal or a film and pizza Sunday, to which all family members can look forward to.

Including children in the cooking and shopping process

The next time you go shopping, you can tell your kids that you'll have a lot more fun if they come with you. Your children will probably consent then. Certainly, the weekly market is a lot of fun for children to go grocery shopping. There they can see many products in their natural, untreated and unpackaged form. In addition, many sellers offer children to taste their products. If you want to motivate your children to eat different fruits and vegetables, it might make sense not to go to the butcher and the baker first. While shopping, children discover new shapes and colors and can relate to a product if they have the opportunity to choose it themselves. Later while cooking, your children are perhaps most curious about the vegetables that they selected and prepared themselves.

I hope these tips and tricks have given you the motivation to try new things and to inspire your children about healthy eating. I'm always interested in what works best and I would be very happy to receive feedback via email or my Facebook page.

Enjoy your healthy meal and see you next time,



David Gathof.