

Materials	Paper, pen
Learning Outcome	Describe and evaluate personal eating habits.

## Description

Explain to the child that healthy eating is not just about what they eat – it is also about being aware of their eating habits. Ask the child to think about the following:

- How they eat – alone, with friends, quickly, while distracted, etc.
- What they eat – fruits and vegetables, protein foods, highly processed foods, etc.
- When they eat – specific meal times, whenever they feel like it, etc.
- Where they eat – at the table, in front of the TV, etc.
- Why they eat – bored, hungry, sad, etc.

Invite the youth to create a two-column table on a piece of paper similar to the chart below.

Healthy Habits	Hmmm... Habits

In the first column, the child writes their healthy eating habits, while in the second column they write their eating habits they can improve. Support the child in using the how, what, when, where, and why concepts to list their eating habits. After they have completed the table, discuss their answers. Encourage the child to choose one item from the *Hmmm Habits* column and set a goal to change the habit to a healthy habit.

Remind the child that a habit cannot be changed quickly and that they should set a realistic and measurable goal to work towards changing the habit.

## Healthy Eating Competencies



### THINK

Develop cognitive skills and strategies that facilitate knowledge about healthy foods, food habits, food preparation, and food safety.



### FEEL

Develop affective skills and strategies that facilitate healthy food relationships with themselves, with others, and with their environment.



### ACT

Practice behaviour skills and strategies that facilitate healthy eating, food habits, food preparation, and food safety.



## Reflection Questions

Reflection is important to support learning for healthy eating. Consider asking the child the reflection questions below and discuss the answers together.

- *How can family members support you with your eating habits?*
- *Do your eating habits change at different times of the year? How?*