

Materials	Paper, pen
Learning Outcome	List and explain personal eating habits.

Description

Explain to the child that reflecting on their eating habits may help them be aware of what they need as they learn, grow, and play. Ask the child to think about the following:

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

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

Happy Habits	Hopeful Habits

In the first column, the child writes the eating habits that they currently engage in that they are happy or proud of themselves about, while in the second column they write the eating habits that they would be interested or would like to try. Support the child in using the how, what, when, where, and why concepts to list the eating habits. After they have completed the table, discuss their answers. Encourage the child to choose one item from the *Hopeful Habits* column and try it!

If the child is interested in making their Hopeful Habit a regular eating habit, remind them that 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?*