



## Learn How to Craft Balanced Meals for Your Kids

Crafting perfectly balanced meals for your children can be fun and rewarding. Mix fun, flavour, and nutrition to please even the pickiest eaters.



Balanced meals are key to your child's growth and development. Start by introducing a variety of foods to keep them excited about eating.

### SECTION 1

## Canada's Food Guide

Combine fruits, veggies, grains, and proteins for exciting, nutritious meals. For example, put together a balanced breakfast with whole-grain toast, peanut butter, sliced fruit, and a glass of milk.



A well-balanced meal includes items from all food groups. Experiment with different combinations to keep meals interesting and nutritious.

Visual Guide



### SECTION 2

## Picky Eaters

Get your kids involved in the kitchen, making them more likely to eat their creations. Persistence in offering new foods can turn yucks into yums!



Involvement in meal prep increases a child's interest in food. Encourage them to touch, smell, and taste new ingredients.

### SECTION 3

## Healthy Eating Environment

Share meals without screens to improve eating habits. Involve kids in growing veggies or shopping for groceries to connect them with their food.



Creating a positive mealtime atmosphere encourages better eating habits. Make it a family event to bond and enjoy nutritious meals together.