

# Take Time For Meals

## Tips for family meals.

### HERE ARE SOME TIPS FOR FAMILY MEALS:

- Be a positive role model by trying new foods together.
- Encourage children to try everything on their plate, not to clean their plate.
- Introduce new foods with the No Thank You Bite Technique. Ask children to take one bite of a new food. After tasting, let them choose whether they want to eat more.
- Turn off the TV during meal times. Try playing music for background noise.

### ENCOURAGE CHILDREN TO HELP IN THE KITCHEN. ALLOW THEM TO:

- Add, sprinkle or spread ingredients
- Peel eggs or fruit, such as bananas or oranges
- Rinse fruits and vegetables
- Tear lettuce for a salad
- Stir pancake batter



## INDIVIDUAL PIZZA ROUNDS

### INGREDIENTS:

- 1 Whole wheat flat bread or pita bread round
- ¼ cup spaghetti or pizza sauce
- ¼ cup low-fat mozzarella cheese, shredded
- ½ cup vegetables (Bell peppers, onions, mushrooms, zucchini, squash, tomatoes, etc...)
- 1-2 oz of lean meat (diced chicken or ham)
- Dried herbs (oregano or Italian seasoning)
- Olive oil (optional)

### DIRECTIONS:

- Brush on a little olive oil on the bread.
- Spread sauce on top of the bread.
- Sprinkle on the shredded cheese.
- Add diced vegetables and lean meats of your choice.
- Sprinkle dried herbs.
- Place on baking sheet, bake for 10-15 minutes at 350°, or until cheese is melted (times may vary).
- Slice pizza into triangles; add a side of fruit and a glass of 1% or skim milk.