

How to Help Your Children Create Healthy Habits

帮助您家孩子培养健康的饮食习惯



Children start developing habits at a very young age. Some fade with time, but others remain till adulthood and become hard to break. One of the most important tasks as a parent is to make sure your children grow up eating well. What your kids eat today will shape their health for years to come. If you want your children to have a healthy and happy future, you have to start teaching them good habits now.

Lead by Example

Children learn by imitating their parents. If you set a good example by making healthy choices during mealtime, it is more likely for them to mimic your food preferences and willingness to try new foods. You cannot binge eat in front of them and make poor choices, and still expect them to follow the rules. If you want your kids to make a change, you have to take the first step and be consistent.

Knowledge is Power

According to research, one in five children don't know where their food comes from. If kids don't know what they are eating, how can they make the right choice? Teach your children how real food is grown, harvested and prepared. Educate them about the differences between processed food and natural food. When they know what they are putting into their bodies and how it can harm or benefit them, they will understand the importance of making better food choices.

Make Food a Family Affair

We all know the importance to regularly sit down and have a nice family meal together. But why not get your children involved from step one? Plan the menu with them, take them to the farmer's market or grocery store, and allow them to help you in the kitchen. By giving them a hands-on experience, they will learn how to appreciate food better and acquire important life skills at the same time.

习惯一般在幼年时期就开始养成。有些习惯可能会随着时间消逝，但有些则会伴随一生。身为父母最重要的其中任务就是确保小孩的饮食均衡，能健康成长。小孩从小吃什么，就会塑造一个怎样的体魄。因此，要让小孩有个健康快乐的未来，就必须教导他们从小开始养成健康的饮食习惯。

父母应以身作则

小孩通常会模仿父母。若父母在用餐时树立健康饮食的榜样，那么小孩就会模仿父母对食物选择的偏好及勇于尝试新食物的态度。如果父母在小孩面前暴饮暴食或选择不健康食物，怎么能期望孩子养成良好的饮食原则呢？希望小孩拥有正确的饮食观，父母就必须先以身作则，并且要贯彻始终。

知识就是力量

一项研究显示，五个小孩当中就有一个完全不知道食物的来源。如果小孩连自己在吃什么都不知道，那他们还怎能对饮食作出正确的选择呢？父母应教导小孩食物种植、采摘和制备的过程。此外，必须教育他们如何分辨区别加工与天然食品。当他们对所吃下的食物有所认识，也对食物带给身体的影响有更深一层的了解后，他们就自然会懂得摄取健康食物的重要性了。

全家参与

我们都知道一家大小定时共同进餐是非常重要的。但何不尝也让孩子参与做饭的过程？与他们一起设计菜单，带他们到菜市场或杂货店走一趟，让他们在厨房当您的小帮手。只要让小孩亲身体验下厨的整个过程，他们就会更加珍惜食物，另外还能学到一些重要的生活技能。

Clean Out the Pantry

Leave unhealthy choices like potato chips, sodas, and other types of processed food at the grocery store. If you have junk food lying around openly (or hiding in a corner), it will send the wrong message to your children. Instead, stock up on a wide variety of healthy food at home including snacks like fruits, nuts, or yoghurt.

Tip: Use Alpha Juicer to create delicious, healthy snacks such as fresh juices, frozen fruit sorbets, or freeze fruit in yoghurt then puree to create a tasty dessert!

Stick to a Schedule

Keep a regular meal and snack time schedule. This will help discourage your kids from grazing throughout the day, or becoming too hungry in between meals. You don't want them to compensate by overeating later. Although it's important to stick to an eating schedule, do not pressure your child into eating if they are not hungry. Most children require three meals and one or two snacks per day.

Don't Force-Feed

To avoid food wastage, a lot of parents force their children to finish their food even though they are full. Force-feeding your kids will only make them develop unhealthy overeating habits in the future. Instead of loading up the plate with everything on the dinner table, start with smaller portions. Allow them to serve themselves when they are old enough, and only let them go back for seconds if they are still hungry.

Try, Try Again

Some children can be stubborn and very picky when it comes to food. Don't be discouraged if your child turns away something new for the first time. It takes time for them to get adjusted to new flavours, smells and textures. Introduce a new food multiple times if you have to, but switch up your recipe to make things interesting. This will allow your child to find out if they really dislike the food or if they are just being picky.

储存室大扫除

别买也别碰不健康的薯片、汽水和其他加工食品！不管“垃圾食物”是光明正大地被摆在家里或被藏在橱柜的角落里，这都会对孩子传达错误的饮食观。取代垃圾食物的健康零食选择可以很多，比如水果、坚果或酸乳酪等。

小贴士：用奥发绿汁机制备健康美味的小吃，如新鲜果汁、冷冻水果冰、酸乳酪冷冻水果泥！

定时进餐

定时进餐可防止小孩整天都在进食，或在两餐之间发生过于饥饿的状态。当然您也不希望小孩因为挨饿过后而暴饮暴食。虽然坚持遵守饮食时间表非常重要，但如果小孩完全没有饥饿感，就不要强迫他们进食。大多数的小孩一天内只需要进食三份正餐及一至两次的点心。

学会适可而止

许多父母常常为了不浪费食物，也不顾小孩已经吃饱而强迫他们必须吃完所有的食物。强迫小孩进食只会造成他们将来养成暴饮暴食的习惯。不要把所有桌上的食物都盛在孩子的盘子上，父母可先将食物做小份量分配。等到小孩长大些懂得判断后，才让他们自己拿取食物。守则就是要学会适可而止，只有吃不饱的时候才能再添加食物，不可浪费。

不要放弃

有些小孩在吃方面可以很固执，也很挑食。如果您的小孩抗拒第一次所接触的新食物，绝对不要轻易气馁！他们或许需要较长的时间来适应食物的新口味、气味和质感。要不断让孩子接触尝试，因为大多数孩子在接触新事物好几次后才会喜欢上它，所以不要放弃。另外也可以尝试不同的煮法，使食物看起来更有趣、更激发食欲。这可测试出小孩是否真的不喜欢那食物或只是抗拒新事物而已。

If you'd like to try healthy recipes at home, but not sure where to start, check out our **Food That Feeds** recipe book! It contains a variety of healthy and easy-to-make recipes that your whole family will enjoy!

如果您想在家尝试烹煮健康的食物，但不知从何开始下手，让《吃出健康》食谱书助您一臂之力！有许许多多健康易做的食谱供您参考，让您和您的家人都可开心享用健康爱心餐！

	IBO UNIT PRICE	UNIT BV/PV
SG	S\$15.00	11/9
WM	(1pc) RM39.40 (6pc) RM35.50	27/14
EM	(1pc) RM40.30 (6pc) RM36.30	27/14
HK	HKD89.90	62/12



	独立传销商单价	单位花红/ 单位分数
新加坡	S\$15.00	11/9
西马	(1本) RM39.40 (6本) RM35.50	27/14
东马	(1本) RM40.30 (6本) RM36.30	27/14
香港	HKD89.90	62/12