



**HEALTHY EATING HABITS**

for the **Whole Family.**

A top-down view of two hands holding bowls of healthy food. The bowl on the left contains spaghetti with a red sauce, green vegetables, and a garnish of fresh greens. The bowl on the right contains a fried patty, green vegetables, and a white sauce. The background is a warm, orange-toned image of a person's hands holding the bowls.

## LESSON PLAN:

# Healthy Eating Habits for the Whole Family

## WELCOME TO THE LESSON: HEALTHY EATING HABITS FOR THE WHOLE FAMILY

You've completed the first step in our **Pick. Watch. Enhance.** model and selected the topic “**Healthy Eating Habits for the Whole Family.**” Great choice! In this lesson, you'll learn how to establish healthy eating habits that support your family's physical and mental well-being while balancing busy schedules and financial demands.

### This lesson focuses on:

- Understanding the basics of balanced nutrition and appropriate portion sizes.
- Planning and preparing healthy meals as a family.
- Encouraging healthy snacking habits and reducing sugary beverages

## PAUSE AND PREPARE.

Before moving on to **Step 2: Watch**, take a moment to reflect on these questions. Your answers will help you approach the lesson with focus and identify areas for improvement:

- How confident are you in planning healthy meals for your family? (1 = Not confident, 5 = Very confident)
- How often do you involve your children in grocery shopping or meal preparation? (1 = Never, 5 = Very frequently)
- What do you understand about balanced nutrition and portion sizes for your family? (1 = Very little understanding, 5 = Very clear understanding)
- How often do you offer your family healthy snacks (e.g., fruits, vegetables, nuts)? (1 = Never, 5 = Always)

- What are the main challenges you face in providing healthy meals and snacks for your family?

Take a moment to consider your answers. These reflections will help you focus on the areas where you'd like to grow.

## **STEP 2 - WATCH.**

This step includes three short videos that introduce key strategies for building healthy eating habits. Each video builds on the last, so make sure to watch them in the order listed below. Click on the video titles to begin:

### **1. Basics of Balanced Nutrition**

- Learn about the core components of a balanced diet, including appropriate portion sizes and essential food groups to keep your family healthy.

### **2. Meal Planning for the Family**

- Discover practical tips for planning a week's worth of healthy, budget-friendly meals while involving the whole family.

### **3. Healthy Snacking and Hydration**

- Explore ideas for nutritious snacks, reducing sugary beverages, and encouraging better hydration habits for everyone in the family.

As you watch, think about how these ideas can be applied to your family's current meal routines and where you can make small, meaningful changes.

## **STEP 3 – ENHANCE.**

Now that you've completed the videos, it's time to put your learning into action with practical tools. These resources are designed to help you plan healthy meals, involve your children in the process, and create healthier eating habits for your family.

Click on the titles below to download the resources. Each one is formatted so it can be easily saved to your computer OR printed for your convenience:

- **15 Practical Tips for Healthy Living on a Budget**

- Explore simple, cost-effective strategies to maintain a healthy diet without overspending. These practical tips make nutritious eating accessible for every family.

- **Don't Skip Another Meal Until You Read This**

- A helpful guide that explains the importance of regular, balanced meals and provides ideas for maintaining energy and focus throughout the day.

- **[Healthy Meal Tracker](#)**

- Use this tracker to plan your family's meals, monitor food choices, and ensure you're incorporating balanced nutrition throughout the week.

- **[Top 10 Tips for Breaking the Fast Food Habit](#)**

- Learn effective strategies for reducing reliance on fast food and making healthier, homemade meals a part of your routine.

These resources are designed to simplify healthy eating and empower you to make better food decisions while keeping your family engaged and excited about nutritious habits.

## **REFLECTION.**

Before wrapping up, take a moment to reflect on what you've learned and how you've applied it:

- How confident do you feel now in planning and preparing healthy meals for your family? (1 = Not confident, 5 = Very confident)
- How often do you now involve your children in grocery shopping or meal preparation? (1 = Never, 5 = Very frequently)
- What new understanding do you have about balanced nutrition and portion sizes for your family after watching the videos?
- How frequently do you now offer healthy snacks (e.g., fruits, vegetables, nuts) to your family? (1 = Never, 5 = Always)
- What strategies have you used to overcome challenges in providing healthy meals and snacks for your family?

Reflecting on these questions will help you recognize your progress and identify areas for continued growth.

## **WHAT'S NEXT?**

Congratulations on completing this lesson! By focusing on healthy eating habits, you're helping your family build the foundation for better physical and mental well-being. When you're ready to continue:

- Explore other lessons in the **[Health and Wellness Center](#)** to support your family's overall health.
- Revisit this lesson anytime to refresh your knowledge or try new meal ideas.

Keep up the great work! Each step you take toward healthier eating habits makes a big difference in your family's long-term wellness.

