



Be a good role model by being active and eating healthy food.



The University of Georgia

Being Healthy Role Models



Learning For

The University of Georgia

Contact your local office at

Being a grandparent is one of life's special gifts. Eating healthy food and staying active are two ways to be sure that you will

Turn The Page For 12 tips on Being A Healthy Role Model!!!



12 Ways To Be A Healthy Role Model!!



“Allow grandchildren to help plan meals so everyone can enjoy the same food at the same time.”

1. **Practice what you preach.** Show your grandchildren that you eat healthy food and are active every day.
2. **Try new foods.**
 - Take turns describing the tastes, textures, and aromas of new foods.
 - Serve new food with old favorites.
 - Never lecture or force kids to eat.
3. **Make no special orders at meals.** Plan meals with your grandchildren to avoid making different meals for you and them.
4. **Allow your grandchildren to choose.** Offer reasonable, healthy choices at meals and snacks.
5. **Share at meals.**
 - Make sharing time happy, fun, and stress-free.
 - Turn off the television.
 - Take phone calls later.
6. **Shop with your grandkids.**
 - Teach about the nutrition of different foods.
 - Allow each child to choose a healthy food at the store to prepare for a snack or meal.
7. **Be creative in the kitchen.**
 - Create a healthy trail mix.
 - Make funny faces with food.
 - Cut foods into fun shapes using cookie cutters.



12 Ways To Be A Healthy Role Model!!

8. **Make food fun.** Name a recipe after the child who prepares it - like "Susie's Scrumptious Salad."

9. **Limit screen time.**

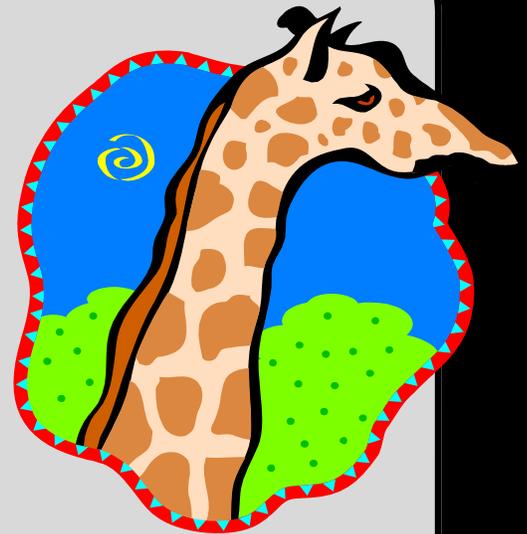
- Limit TV and computer time to 2 hours a day or less.
- Exercise during commercials.
- Compete to see who can do the most push-ups, sit-ups, or jumping jacks.

10. **Be an active family.**

- Visit the zoo or local park.
- Go for a swim or bike ride.
- Create an obstacle course at home.

11. **Never offer sweets as rewards.** Use encouraging words, hugs, and small rewards such as stickers to make a child feel special.

12. **Don't offer sweets to children who do not eat their meals.** Sweets have empty calories and very little nutrition.



Publication # FDNS-E-89-108 Tiera Smith and Connie Crawley, MS, RD, LD
Reviewed 2013

The University of Georgia and Ft. Valley State University, the U.S. Department of Agriculture and counties of the state cooperating. Cooperative Extension, the University of Georgia Colleges of Agricultural and Environmental Sciences and Family and Consumer Sciences, offers educational programs, assistance and materials to all people without regard to race, color, national origin, age, gender or disability.

**An Equal Opportunity Employer/Affirmative Action Organization
Committed to a Diverse Work Force**



Fruit Salad



Ingredients

- **1/3 cup of orange juice**
- **1/3 cup Reduced Sugar Sweet Orange Marmalade or Reduced Sugar Apricot Preserves**
- **1 cup watermelon or cantaloupe balls, or both**
- **1/2 cup seedless green grapes**
- **1 kiwi, peeled and sliced**
- **1 seedless orange, peeled and sliced into sections**
- **1 1/2 cups of mixed berries (strawberries, red raspberries, blue berries, and black berries)**

Directions:

1. To make a dressing for the fruit, combine the orange juice with Apricot Preserves or Orange Marmalade.
2. Place fresh fruit into a pretty bowl. Mix fruit with dressing.

6 servings

Calories: 81 Carbohydrate: 20 grams Fat: less than 1 gram

Sodium: 1 milligram Fiber: 2 grams