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# How to encourage kids to eat a healthy diet

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Parents know that getting their kids to eat healthy is a challenge. While providing adequate nutrition is every parents' goal, kids are inclined to eat junk food. Nutritionist Dr Kriti Israni shares some tips:



**Kids do what parents do:** One of the simplest ways to encourage kids is to mimic healthy behaviour. Kids love to eat what their parents eat. If the meal preparation is healthy, sooner or later, kids tend to eat the same meals.

**Let them explore:** As we introduce solids to kids as old as six months, it is a good idea to leave them with raw fruits and vegetables and let them explore these foods. It will develop their interests.

**Involve them:** By getting your kids involved in making a healthy meal, it will create a positive connection in your child's mind.

**Talk about healthy eating habits:** Try to bring up conversations on healthy eating habits, how to prepare meals and its benefits. These talks will have to be as per the child's age. Other techniques are to encourage healthy eating using games, singing and storytelling.

**Creativity and presentation:** When it is appealing to your sight, you are encouraged to try it. Same goes for children. Enhance your presentation skills by using colours, shapes, simple creative plate displays or personalised messages to encourage your children to eat more healthy foods.