

SIDE DISH

Tele-Tubby

Helping Your Family Eat Healthy

Obesity is on the rise in the United States and one of the reasons for this is television. We watch too much and do too little. And while we are inactive in front of the TV we are shown countless food commercials that prompt us to eat, usually empty-calorie food that we aren't even hungry for.

The solution—**Turn off the TV and move!** Take a **walk** with your family, **play catch** with your kids, put on some fast music and **dance together** and enjoy some low-calorie fun.

Mealtime Talk Starter

Talk Time

What are the benefits of eating a meal together? What has our family done in the past to make our meal-times together more pleasant? How many times a week should we try to eat a meal together as a family? How can we best create positive conversation during our family mealtimes?

A Make Mealtime Family Time

TIP

Pass the Fun

It could be prime rib or macaroni and cheese on your table; your kids probably won't remember what the food was, but they will remember the time you spent together around the table. So have fun! Create memories for your family filled with love and acceptance that they found at your mealtime together. Food, no matter how plain or fancy, tastes so much better when seasoned with love and good humor.

Warm Up Time

What is the most helpful mealtime strategy for creating a stronger, closer family?

- 1) Eating the meal together in front of the television.
- 2) Taking turns saying a prayer of thanks before the meal is eaten.
- 3) Preparing the meal together.
- 4) Creating positive conversation during each mealtime.
- 5) Eating together five times a week.
- 6) Remaining at the table until all family members are done eating.

Action Time

How can we create a family mealtime tradition that strengthens our family? What would that tradition look like? What does our family need to do to make this happen?