



# Caregiver Activity



## Activity #3: What Foods and How Much to Feed Your Family

### Materials Needed:

Flipchart or board  
Marker or chalk  
Group Rules

### Introduction/Ice Breaker

Welcome everyone to the group. Explain the purpose of today's group meeting. Have everyone say their name and how many children they have and their ages. Also have them tell the group their children's favorite foods. Go over the group rules.

### Facilitated Discussion Questions

1. What foods do you think are healthy for your children?
2. Are there any foods that are unhealthy for children?
3. Should children ever be allowed to have unhealthy foods?
4. How can you make sure that children don't get too much unhealthy food?
5. How do you handle children who want unhealthy foods often?
6. How do you know how much food to serve to a child?
7. How do you know when to give your child more helpings of food?
8. How do you feel if your child doesn't eat all or some of his meal?
9. How do you feel if you have to throw away some food because your child didn't eat it?

