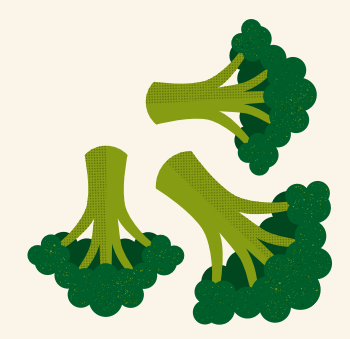
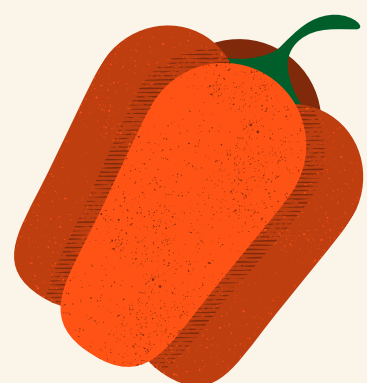




# 10 TIPS FOR RESPONSIBLE FOOD CONSUMPTION

Eat smart, respect the Earth, live longer





1

**Encourage a balanced diet:**

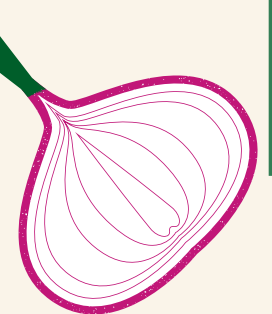
Teach children the importance of consuming a variety of foods from different food groups, including fruits, vegetables, whole grains, lean proteins, and dairy or dairy alternatives.



2

**Promote portion control:**

Teach children about appropriate portion sizes to help them understand how much they should be eating. Encourage them to listen to their bodies and eat until they feel comfortably satisfied, rather than overeating.



3

**Limit processed foods:**

Encourage children to choose whole, minimally processed foods over highly processed snacks and meals. Explain the importance of reading food labels and understanding ingredients.



4

**Drink plenty of water:**

Emphasize the importance of staying hydrated and encourage children to drink water throughout the day. Limit sugary beverages like soda and fruit juices.

6

**Involve children in meal planning and preparation:**

Engage children in grocery shopping, meal planning, and cooking. This helps them develop an appreciation for healthy foods and empowers them to make responsible choices.



5

**Practice mindful eating:**

Teach children to eat slowly, savor their food, and pay attention to their body's hunger and fullness cues. Discourage mindless snacking or eating while distracted by screens.



7

**Reduce food waste:**

Teach children about the environmental impact of food waste and encourage them to minimize it. Teach them how to store and repurpose leftovers and to only take what they can eat.



8

**Encourage family meals:**

Promote regular family meals as an opportunity to connect, share food, and model healthy eating behaviors. Eating together encourages mindful eating and fosters positive relationships with food.



9

**Teach the importance of breakfast:**

Emphasize the significance of a balanced breakfast to kickstart the day. Encourage children to choose whole grain cereals, fruits, yogurt, or eggs for a nutritious start.



10

**Lead by example:**

Children often mimic the behaviors they observe, so make sure to model responsible food consumption yourself. Be a positive role model by practicing healthy eating habits and demonstrating a balanced approach to food.



For the Etwinning project  
My International Supermarket  
Elementary school "Kosta Abrašević"  
Belgrade, Serbia

