



Healthy Choices Count!

APRIL

TRYING NEW FOODS AND FOREIGN FLAVORS

#HealthyChoicesCount



Healthiest State
INITIATIVE

STATE OF IOWA DEPARTMENT OF
Health AND Human
SERVICES

FIND MORE 5-2-1-0 RESOURCES:
www.iowaHealthiestState.com/5210



DID YOU KNOW?

Children exposed to diverse cultures and foreign languages at a young age are more likely to be open minded and receptive to languages and cultures other than their parents?



STRATEGY 8:

Partner with and educate families in adopting and maintaining a lifestyle that supports healthy eating and active living

- Does your program send 5-2-1-0 Healthy Choices Count! resources home to families?
- Does your program display information on healthy eating and physical activity?

TEACH KIDS TO LOVE INTERNATIONAL FOOD

Want to mix up the weeknight dinner rotation but worried your kids won't like what you make? Try these tips to introduce your family to new flavors!



Discover Culture Through Food - Teach Nutrition

Culturally Diverse Resource Center - Administration for Community Living

How to Teach Your Kids to Love International Food - The Gingered Whisk

EDUCATE KIDS ABOUT NEW CULTURES THROUGH FOOD

Cultural Education Toolkits - Oregon State University

Exploring the Flavors of Your Community - Kids Gardening

Building an Adventurous Palate - Go Be Kids