

## ACTIVITY TIME!

To begin, you will just do two simple things. First, decide on one food item that you can safely say is unhealthy for your child. This does not refer to an entire food group, such as dairy, but rather to a single food item, such as soda, chocolate chip cookies, doughnuts, grilled cheese sandwiches, or pizza. Second, choose one food item that your child does not now eat which you will introduce, such as spinach, squash, or asparagus. Once you have decided, fill in Table 14.

One Food Item To Remove	One Food Item To Add

Table 14