QUALITY FOOD TIME IN QUARANTINE

Edulia's tips to make healthy eating easier during quarantine.

1. **Eat fruits and vegetables to contribute to a healthy and balanced diet**
   It can be difficult to keep up a healthy and balanced diet in these times, but you have a lot done if you focus on fruit and vegetables. When it is not possible to frequently go to the supermarket, long-lasting fruits and vegetables are a good ally.

2. **Make healthy snacking attractive**
   Simple strategies such as cutting fruit and vegetables in funny shapes can influence your child's food choices.

3. **Cook and eat together**
   Cooking activities will sharpen your child's fine-motor skills and senses. Children will build a better knowledge of ingredients, which encourages them to try new foods. Frequent family meals may improve the general well-being of your children as well as their linguistic and academic performance.

4. **Play with your food - for young and old**
   Children who play and interact with their food not only learn more about what’s on their plate, but it also encourages them to taste different foods.

5. **Learn about your food**
   There are several online tools to help you to teach your children about nutrition in a fun way!

Visit [https://edulia.eu/](https://edulia.eu/) for more information.