

QUALITY FOOD TIME IN QUARANTINE



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



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.

1



Make healthy snacking attractive

Simple strategies such as cutting fruit and vegetables in funny shapes can influence your child's food choices.

2



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.

3



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.

4



Learn about your food

There are several online tools to help you to teach your children about nutrition in a fun way!

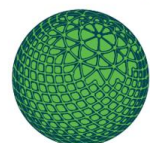
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