



**POWER**  
*TO*  
*THE* **KIDS**

# Changes you are noticing

- (No quick results, planting seeds for a lifetime)
- Anxiety
- Body image
- Technology
- Behaviour
- Movement / exercise



Seriously?

You thought  
you had to  
be perfect?

Oh mom,  
you're too funny.

# How long can we last without

- Oxygen : 3 mins
- Water : 3 days
- Food : 3 weeks

# What GPs are noticing over time

- Most of our adult medical conditions treated eg
  - Heart disease / strokes
  - Cancers
  - Diabetes
  - Lung disease
  - Mental health conditions
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- Have a significant LIFESTYLE contribution
  - the choices and actions of the individual are affecting their health negatively.

# Effects are compounded over time.

- Food is the most significant compounding health behaviour. We eat every day, what we eat will alter our health in 10, 50 years time.
- What humans eat, how we prepare food and the culture of what food means to us has changed profoundly over the last few hundred years.
- Food habits start young and are profoundly influenced by family of origin's **relationship** with food.

# However no battleground needed

- All kids go through “fussy times”
- rule of thumb can live on fish fingers only 3 months
- ie not worth making eating a sense of frustration and power play within a family
- Eating should be enjoyable and fun
- “how about trying some mushrooms again, you know your taste buds change over time”





# Preparing food is a time of connection

- Challenges include what to eat, and more importantly how to make food an important part of our daily routine that nurtures us to lead our best, most healthy lives.
- The food industry has a very different goal which is to make as much money as possible.
- Rebecca May, dietician from Eluceo is going to help us with both of these parts, the culture and attitude part and what to eat.

# Nicola's what to eat hack

- Try to eat food that looks as close to the way nature made it. Eg less processed the better, home made is better if that is possible.

Eat lots of different coloured vegetables every day.

High sugar foods are all sometimes foods for special occasions.