

# MindBite

## JUNIOR Pyramid

It is a worrying fact that on a daily basis only 17% of children consume the recommended intake of vegetables, which implies long-term bad eating habits.

(Pechmann i sur., 2020.)

Did you know that eating habits acquired in childhood remain present in adulthood?

(Steptoe i sur., 1995.)

It is known that if food is described to children as **healthy**, they consume less of that food than if nothing is said.

(Maimaran i Fishbach, 2014.)

Emphasizing the benefits of taste such as **tasty, yummy, delicious**, or even not mentioning the benefits at all is a superior method for achieving goals in terms of encouraging consumption and creating a positive experience.

(Maimaran i Fishbach, 2014.)

The age group that coincides with the beginning of formal schooling is crucial for learning about food.

(Cashdan, 1994.)



In children aged 6 to 9 years, the development of cognitive abilities is highlighted, attitudes are adaptable, eating habits are not rooted and food preferences are still being formed.

(DeJesus i sur., 2020.)

### HEALTHY HABITS FOR HEALTHY GROWING UP

### LEARN TO GUIDE CHILDREN TOWARDS HEALTHIER FOOD CHOICES!

For more information and other posters, visit [www.mindbite.coach](http://www.mindbite.coach)

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