

# Daily Dining Dilemmas



TIPS FOR MINDFUL EATING IN THE MIDST  
OF TODAY'S CHAOS

## Family Meal Time

- Family meals help children develop a diverse vocabulary!
- The preparation for, eating of, and clearing up after a meal all shape family routines and traditions – and every family's routines are unique.
- Children tend to model their parents' attitudes about food, and the family is the primary place children learn their eating habits and food choices.
- Distracted eating, like watching television during a meal, can undo the positive effects of eating as a family.

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