

# Conscious Eating Placemat

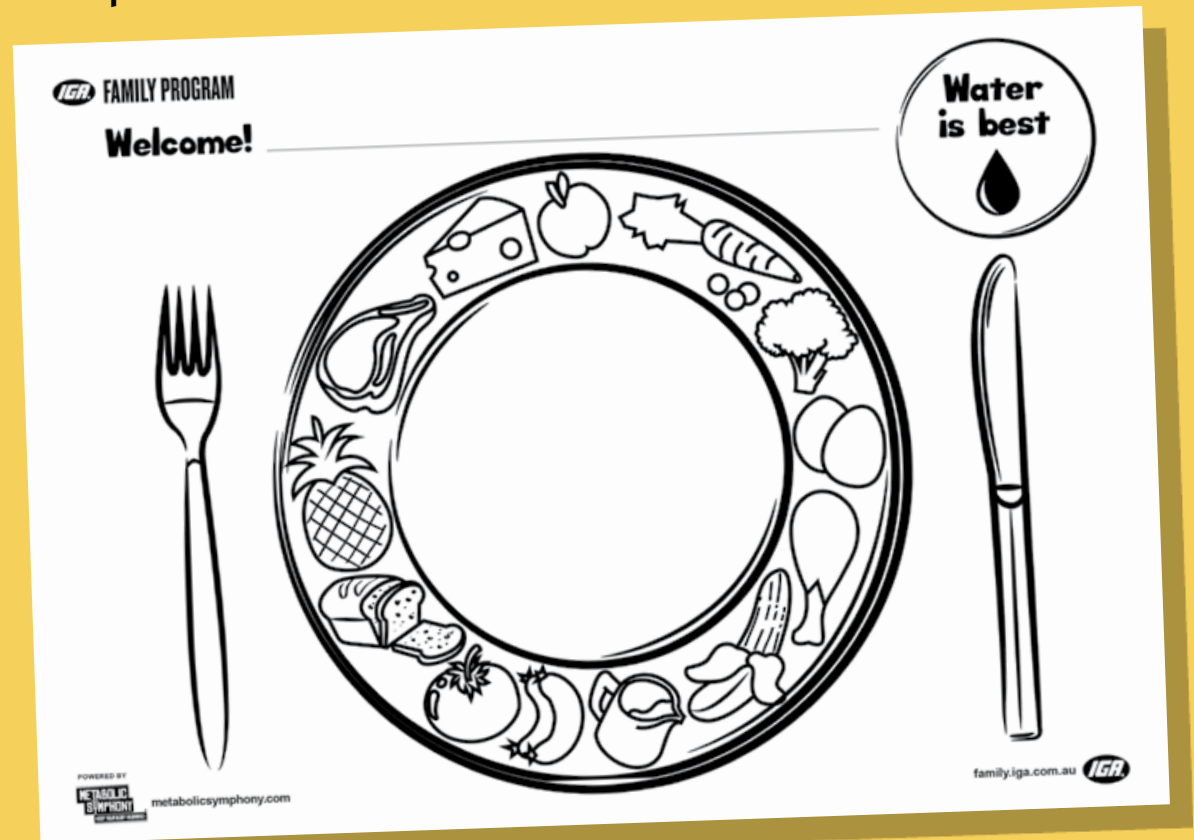
This activity is designed to encourage your child to eat at the table and become more engaged with their diet.

There are a number of ways you and your child can use the placemats:

- Download the placemat design and print (A3 or A4) enough for your family, and extras for family and friends who visit regularly.
- Invite your child to colour in and decorate the placemats as they wish e.g. drawings, doodles, stickers, glitter.
- The placemats can be designed for specific people with their name written on the sheet then laminated.

OR

- Your child can design a set of generic placemats with the name left blank to be written on after lamination with a non-permanent marker.



## Suggestion:

Ask your child to leave the middle of the plate blank on their own placemat. Laminate their artwork.

At mealtimes, have a chat about where the food comes from and how it is prepared or cooked.

Encourage your child to draw their meals on the placemat with a non-permanent marker.



**Welcome!**

**Water  
is best**

