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First Name: _____

Date: ____/____/2007

Handout 3

Parents should keep in mind that while they choose what foods their children should eat, and when and where they are eaten, the child should really be the one to decide whether or not to eat and how much. Parents may be tempted to pressure children to eat and make specific foods “off limits.” These practices are not recommended because they lead children to overeating, disliking certain foods, and increasing their interest in ‘forbidden’ food items.