Ask your child to show you the Body Quest vow card.
Take the vow with your child and talk about the benefits of a healthy diet.
Ask your child about vegetables he or she would like to try—and vegetables he or she would like to try again!
Ask your child to tell you about the four Body Quest battle groups—Fruits; Vegetables; Grains; and Meat, Beans, and Milk.
Talk with your child about creative ways to add fruits and vegetables to your meals and snacks.
LESSON 3 FAMILY DISCUSSION

This material was funded by the USDA's Supplemental Nutrition Assistance Program-SNAP. USDA is an equal opportunity provider and employer. www.LiveWellAlabama.com
The Alabama Cooperative Extension System (Alabama A&M and Auburn University) is an equal opportunity educator and employer. www.aces.edu
© 2019 by the Alabama Cooperative Extension System. All rights reserved.

LESSON 3 FAMILY DISCUSSION

This material was funded by the USDA's Supplemental Nutrition Assistance Program-SNAP. USDA is an equal opportunity provider and employer. www.LiveWellAlabama.com
The Alabama Cooperative Extension System (Alabama A&M and Auburn University) is an equal opportunity educator and employer. www.aces.edu
© 2019 by the Alabama Cooperative Extension System. All rights reserved.

LESSON 3 FAMILY DISCUSSION

This material was funded by the USDA's Supplemental Nutrition Assistance Program-SNAP. USDA is an equal opportunity provider and employer. www.LiveWellAlabama.com
The Alabama Cooperative Extension System (Alabama A&M and Auburn University) is an equal opportunity educator and employer. www.aces.edu
© 2019 by the Alabama Cooperative Extension System. All rights reserved.

LESSON 3 FAMILY DISCUSSION

This material was funded by the USDA's Supplemental Nutrition Assistance Program-SNAP. USDA is an equal opportunity provider and employer. www.LiveWellAlabama.com
The Alabama Cooperative Extension System (Alabama A&M and Auburn University) is an equal opportunity educator and employer. www.aces.edu
© 2019 by the Alabama Cooperative Extension System. All rights reserved.

LESSON 3 FAMILY DISCUSSION

This material was funded by the USDA's Supplemental Nutrition Assistance Program-SNAP. USDA is an equal opportunity provider and employer. www.LiveWellAlabama.com
The Alabama Cooperative Extension System (Alabama A&M and Auburn University) is an equal opportunity educator and employer. www.aces.edu
© 2019 by the Alabama Cooperative Extension System. All rights reserved.

LESSON 3 FAMILY DISCUSSION

This material was funded by the USDA's Supplemental Nutrition Assistance Program-SNAP. USDA is an equal opportunity provider and employer. www.LiveWellAlabama.com
The Alabama Cooperative Extension System (Alabama A&M and Auburn University) is an equal opportunity educator and employer. www.aces.edu
© 2019 by the Alabama Cooperative Extension System. All rights reserved.

LESSON 3 FAMILY DISCUSSION

This material was funded by the USDA's Supplemental Nutrition Assistance Program-SNAP. USDA is an equal opportunity provider and employer. www.LiveWellAlabama.com
The Alabama Cooperative Extension System (Alabama A&M and Auburn University) is an equal opportunity educator and employer. www.aces.edu
© 2019 by the Alabama Cooperative Extension System. All rights reserved.

LESSON 3 FAMILY DISCUSSION

This material was funded by the USDA's Supplemental Nutrition Assistance Program-SNAP. USDA is an equal opportunity provider and employer. www.LiveWellAlabama.com
The Alabama Cooperative Extension System (Alabama A&M and Auburn University) is an equal opportunity educator and employer. www.aces.edu
© 2019 by the Alabama Cooperative Extension System. All rights reserved.
Talk with your child about how to create healthy meals together that include a variety of foods.
Talk with your child about healthy snacks that are easy to prepare and include fruits and vegetables.
Ask your child to show you his or her Body Quest warrior drawing. Hang the drawing in the kitchen as a reminder about healthy food choices.