

Feeding Frenzy BINGO

Eating at the table.	Talking at the table.	Being a role model for healthy eating.	Serving the dinner.
Using food as a bribe for being good.	Having standards of behavior at mealtime.	Making family mealtimes pleasant.	Having regular times for meals and snacks.
Deciding whether to eat.	Serving food in a form the child can handle.	Serving vegetables the child may not like.	Keeping the TV off during meals.
Making meals.	Choosing and buying the food.	Giving the child more food if he or she is hungry.	Deciding how much to eat.

