**Prepare healthy meals!**

**Think small:**

Children eat the small portions with a good appetite, and they tend to snack throughout the day, so substitute several **small bites** for a submarine.

**Consider what your child wants to eat:**

The best way to ensure that he will eat his lunch is to involve him in its development. Find out what his favorite snacks are or **give him a choice** of 2 or 3 items in the morning. Then, at the end of the day, ask him what he liked best about his lunch bag.

**Avoid snacks with heavily processed food products like cereal bars and chips.**

Of course, it is convenient to grab a package in the pantry, but these products usually contain a lot of sugar, salt, saturated fats, and their nutritional value is sometimes negligible.

**Give your child the opportunity to entertain themselves with appetizers.**

Give him the opportunity to experiment with various nutritious dips and toasts such as yogurt, salsa or humus for his vegetables and crackers. Prepare a boiled egg for her to shell at lunchtime.

**Serve them products with good natural nutritional value.**

Wholemeal breads and crackers, fresh fruits and vegetables, and cheeses are all ingredients of choice for a healthy lunch. You can even divide them ahead of time into smaller portions that will be easier to swallow when you leave in the morning.

**Leave out soft drinks and sugary juices.**

They promote cavities and they take up a lot of space in the stomach which is needed for healthier fluids like milk.