

# Children's Eating Behavior and Factors for Healthy Eating Habits

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## About the Study

Eating behaviour is a wide word that includes dietary preferences and motivations, feeding behaviours, dieting and eating-related issues such as obesity, eating disorders and feeding disorders. Mealtimes can become stressful or confrontational when children refuse healthful items like fruits or vegetables and children may deny both the nutrition they need and good, responsive connections with caregivers. Caregivers who are inexperienced or anxious, as well as those who have poor eating habits themselves, may require the most assistance in encouraging their children to engage in appropriate, nutritious mealtime behavior. Relevant factors involved in the development of some children's food preferences and eating behaviors have been investigated to bring attention to the issue and provide pediatricians with practical strategies for preventing childhood obesity by studying the history of eating behavior and controlling children's nutrition. To find and evaluate relevant studies, researchers combed through electronic databases. The family system that surrounds a child's domestic life will play a significant part in creating and supporting behaviors that will last a lifetime.

Early exposure to various tastes and flavours plays a role in promoting good eating habits later in life. Parents should model healthy eating habits for their children by exposing them to a variety of foods. They should be targeted for prevention programs that consider socioeconomic factors as well as education. During their earliest years of life, children learn what to eat, when to eat it, and how much to consume through direct food experiences and observation of others' eating practices. Given the increased prevalence of overweight and obesity in all age groups in North America, including very young children, a better understanding of the factors that influence eating behaviors during childhood is critical for improving dietary patterns and health outcomes in this age group. We'll look at some of the behavioral factors that influence the development of food acceptance, such as meal selection and preferences, as well as food intake regulation in young children.

Some of the factors that help in enhancing the eating behavior of children are as follows

### Creating a conducive environment for eating

Family meals are held at home (or in an "eating environment"). This eating environment might influence your children's eating habits positively or negatively.

### Maintain consistent meal and snack timings

Having a consistent meal and snack times throughout the day establishes a healthy habit. Your children may not be hungry when it's time for a scheduled meal or snack if they eat whenever they want. They may also eat excessively during the day.

### Prepare healthy meals at home

Make healthy food purchases while you go shopping. Your children will become accustomed to the foods in your refrigerator, freezer, cupboards, and pantry.

### Make nutritious foods your default option

Every day, eat vegetables, fruit, whole-grain goods, low-fat dairy products, lean meats, legumes, eggs, and fish from Canada's Food Guide's four Food Groups.

### Being a positive role model is important

By being a good role model, parents can positively impact their children's eating habits.

A child's current and future health, as well as their growth and learning, are all dependent on proper nutrition. The advantages of forming good eating and lifestyle patterns from a young age can have a significant influence on people's nutrition and health throughout their adult lives, as well as increase individual and national productivity. Nutrition education is an important component of a comprehensive approach for enhancing food security and avoiding all types of malnutrition.

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