



Healthy Living Series – Don't Use Food as a Reward



Impacts of Food Rewards on Young Children's Health



1 Eat food items that are high in fat, salt or sugar



2 Eat even without feeling hungry



3 Associate food with certain emotions



Alternatives to Food Rewards

School

Parents



Set up guidelines



Invite children to be a helper



Invite children to lead activities



Enjoy activities with them



Give verbal encouragement

Let them to choose their favourite game or activities



Give little gifts



Give extra time for a break, a game or an activity



Don't use food as a reward!



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Don't Use Food as a Reward
(Video)



Don't Use Food as a Reward
(Infographic factsheet)



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Department of Health