



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



Impacts of Food Rewards on Children's Health



1



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

2



Eat even without feeling hungry

3



Associate emotions with certain food items



Alternatives to Food Rewards

School



Set up guidelines



Invite children to be a helper



Invite children to lead activities

Parents



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!

