

TOP TEN MYTHS OF MEALTIME IN AMERICA

10. Children don't need snacks
9. Mealtime should be a solemn occasion; No talking, no having fun
8. Minding your manners is more important than eating
7. Food is to be seen and not heard
6. It is not appropriate to touch or play with your food
5. The only place for food is in the interior of your mouth
4. Eating healthy foods is not enjoyable – only junk food is fun!
3. Children don't need to be taught to eat. It's supposed to be instinctual all their lives.
2. You **MUST** clean your plate! There are people starving around the world so you'd better eat up!
1. If you enjoy eating too much, you will get fat