

# Videos for Parents for Healthy Eating



Many kids have figured out that one of the best ways for them to learn about their world is by watching videos. Going to YouTube or other video channels can be incredibly informative if you want to learn about how to fix something in your house, get the most out of your new cell phone, or to learn about healthy eating habits. While there is a wealth of information available, there are also many videos that are not worth watching and may in fact be confusing to understanding how to form healthy eating habits. Check out the following list of the videos designed to help kids and adults learn more about healthy eating habits, updated regularly by our team at South County Child and Family Consultants.

[Picky Eaters and Healthy Eating](#) -How to encourage healthy eating with kids who are considered picky eaters. For parents.

[Healthy Eating Tips](#) -A quick video on healthy eating tips for that provides great insight on different alternatives and methods for foods. For parents.

[How to Encourage Healthy Eating](#) –Dr. Noel Chávez talks about the different ways to influence kids behavior and encourage healthy eating. For parents.

[Healthy Eating for Students](#) -A brief news segment on important parts of the relationship of food and successful students and how to choose healthy food options. For parents.

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