

How I Encouraged My Kids To Make Healthy Food Choices

5 MIN • YOUTUBE • [HTTPS://WWW.YOUTUBE.COM/WATCH?V=UEYIEB3TVHA](https://www.youtube.com/watch?v=UEYIEB3TVHA)

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SUMMARY

The discussion focuses on the importance of cooking at home, using quality ingredients, and passing down culinary traditions to children. The speaker emphasizes the value of understanding food preparation and making wise dietary choices while acknowledging that it's okay to enjoy takeout occasionally.

- *Cooking at home allows for better control over ingredients and flavors.*
- *It's acceptable to order takeout when cooking doesn't meet expectations.*
- *Teaching children about quality ingredients helps them make healthier choices.*
- *Encouraging kids to participate in cooking fosters a connection to food traditions.*
- *Sharing family recipes can strengthen bonds and cultural heritage.*
- *Emphasizing the importance of enjoying food while maintaining a balance between homemade and store-bought options.*

[Music]

that is one second is eat it no why restrict it right and the third is that me try and make it at home because they also know the effort and the freshness and the flavors that cook with it right safe of course we make the pizzas of course we make the mainstream soup of course we make lebanese food but they know the process they know the ingredients and of course there are some things and i must say i'm a good cook

but some things i just don't get right right like asian food uh yeah yeah the the typical chinese food right now if you don't feel like um it's chinese right please we it's a rule like okay manche can you please don't make chinese let's just order it because right there so i would yeah and it's okay right it's okay to say that that your pizza is never going to be a domino's pizza or anybody anyone else right but you can order in dominoes

once in three months and have pizza twice made at home right in the in the in between when they feel like eating a pizza also i feel another thing which has really really helped me guys is um explaining your children quality ingredients right um if you want to eat a chocolate basic chocolate cow but eat good quality chocolate know the source of your chocolate right like my kids love eighty percent dark chocolate uh seventy percent dark

chocolate you know there will be some chocolates where they just say hey you know yeah this is not my type to scrim i think it's very important to reach that that level of evolution in your food habits because then you will make wiser choices

that it was my because i know my kids love so much of what my mother makes um and that's why i actually started uh started that series on our youtube channel and um i would also say encourage your children to make it like you know besan ke ladoo uh some simple

thing my daughter when japs

which is very so i think i think all these are such

life lessons that we learn through food senator i think you will be a parent at least 50 of what your parents were so if you have traditionally grown up eating a lot of indian or joby region food right then chances are you will pass that on back to your to your child as well [Music] you