For this age group, it is important to keep in mind that parents have a big influence on meal patterns and food preferences.

Often times, this age group uses food choices as a way to establish their independence.

This age group generally feels increasingly able and willing to make decisions regarding their well being including the choice of food, activity, clothes, and friends.

Counseling techniques that generally work well with this age group are play and role playing.

For this age group, try not to overwhelm them with facts and explanations. Instead encourage discussing using drawings, pictures and food models to help them understand basic concepts.

When working with this age group, understand their need to mature and include them in goal setting and allow them to verbalize their opinions and feelings.