

Eat Healthy Be Active

Keeping Children
Healthy at Home
and School

www.eathealthybeactive.net

Use this activity to help
your child learn

FAMILY FUN

Food Finder

What You Need:

- Grocery store



What To Do:

- Next time you go to the grocery store, invite your child to come with you
- Explain that he or she will be the "Food Finder" at the store
- Allow your child to choose one new fruit or vegetable for the family to try at dinner
- Serve your child's choice at the next meal
- When your child chooses the new food, he or she is more likely to try it



EAT A VARIETY OF FOODS

Encourage your family to stay healthy by eating a variety of foods

A Variety of Foods for Picky Eaters

Many young children have strong preferences for some foods, and refuse to try others. There are many things you can do to encourage your child to eat a variety of foods.

Offer Choices

Allow your child to choose between two options. For example, ask, "Which would you like for dinner, spinach or broccoli?"

Provide One Meal for Everyone Make the same meal for the whole family instead of making a special meal for your child. This encourages your child to try eating what was prepared.

Involve Your Child in the Kitchen

When children help prepare a meal, they are more likely to want to taste it. Helping in the kitchen also builds math and science skills, confidence, and responsibility.

Be Patient

Some children need to experience a food many times before they are willing to eat it.

**United States Department of Agriculture. (2011). MyPlate: Picky Eating. Retrieved from <http://www.choosemyplate.gov/preschoolers/picky-eaters.html>*