

Helping Children Try New Foods

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Many young children are hesitant to try new foods. It is completely normal for children to reject foods they have never tasted before. Here are tips:

- New foods may take time. Children do not always take to new foods right away. It may take up to a dozen tries for a child to accept a new food.
- Small portions, big benefits. Let children try small portions of new foods that you enjoy. Give them a small taste at first and be patient with them. Be a good role model by trying new foods yourself.
- Try only one new food at a time. Serve something that you know your child likes along with the new food. Offering too many new foods all at once could be overwhelming.
- Offer new foods first, at the beginning of a meal, when your child is the hungriest.



Bunny Face

- ½ of a whole wheat English muffin
- 1 Tablespoon low-fat strawberry cream cheese
- ½ of a kiwi, washed and cut in half
- 2 small blueberries, washed
- 1 strawberry, washed and cut in the shape of a triangle.
- 6 pretzel sticks

1. Wash hands with soap and water.
2. Spread cream cheese on English muffin.
3. Have your child decorate with blueberries for the eyes, strawberry for the nose, pretzel sticks for the whiskers and kiwi slices for the ears.

Makes one serving: 137 calories, 3 g fat, 23 g carbohydrate, 2.5 g fiber and 215 mg sodium

Make Food Fun!

Help your child develop healthy eating habits by getting him or her involved and making food fun! Get creative in the kitchen. Here are ideas:

- Cut a food into fun and easy shapes with cookie cutters.
- Encourage your child to invent and help prepare new snacks.
- Make it mini! Bite-sized foods like sandwich sliders and anything made in mini-muffin tins are exciting.

Source: *Healthy Tips for Picky Eaters, MyPlate, United States Department of Agriculture:* <https://www.myplate.gov>

For more information check out Food Fun for Young Children Newsletter at: <http://go.unl.edu/chi>