



*Healthful Ideas for Parents of Preschoolers (2-5 years old)*

## New Foods

### ***Is your preschooler hesitant to try new foods?***

It may take offering a new food “**many**” times before your child will eat it.



- Do not force or bribe your child to eat.
- Children are more likely to try new foods they help to prepare. Teach them simple tasks like mixing, stirring, or measuring foods.
- Start with offering your child a small taste of the new food.
- Be a good role model by eating the same food you are serving your child.
- Offer only one new food at a time. Make sure there is something else your child likes to eat on their plate.
- Some children do not like their food mixed together like in casseroles. Offer the food separately on the plate like a piece of chicken, peas and mashed potatoes.



### **Wild Things**

1 plain rice cake

2 tablespoons prepared vanilla pudding

Assorted fresh or canned fruit: peaches, apples, strawberries, grapes, bananas, pineapple etc.



1. On a cutting board, cut fruit into small shapes that are safe for a young child to eat.
2. Using a knife spread the pudding mixture over the rice cake.
3. Use the cut up fruit to create a face. Store leftovers in refrigerator.