Introducing New Foods

Iowa Department of Education
Bureau of Nutrition and Health Services

Role Model
Have a Routine

"Children will learn that saying negative things about food can affect the food choices and eating habits of others."

Amy Pleimling

Don’t Yuck My Yum

Our tastes are always changing and they constantly grow. You’ll like more foods now than you did one year ago.

If you’ve given it a fair chance, it’s ok to NOT like a food. But if you choose to like it - THAT’S SUPER AWESOME DUDE!

But remember if someone says "GROSS" that food looks "FOUL" you know what to say with a grin not a growl:

"DON’T YUCK MY YUM!" can be your reply. "You might like it too if you try."
Involve Children in Food Preparation

Polite Food Tasting—Be Kind

Children are more likely to try a taste of a new food if they don’t have to swallow something they dislike. When children taste foods they do not want to swallow:

- Teach them to remove the food politely from their mouth with a napkin;
- Show them how to discard the napkin quietly in a wastebasket.

Remind your child or children that it is important to be kind to other people when tasting food. Do not make faces and say unpleasant things about the food. Acting that way can hurt the feelings of the person who prepared the food or of someone else who likes the food.

Polite food tasters try new foods. Polite food tasters say, “Yes, thank you” or “No, thank you” when offered seconds. They are happy when other people enjoy the food. And they are willing to try the food again in the future. Sometimes a food that does not taste good today will taste good on another day.
Talk About the Food

Explore the New Food
Explore all Five Senses

What does it look like
What does it smell like
What does it feel like
What does it sound like
What does it taste like

Don’t Reward or Bribe

If you try this you will get
Be Patient with New Foods

Make it Fun
Give the Food Another Name

Serve Similar Foods Together
Present the Food in a New Way
Brussel Sprouts

Dragon Fruit
Dragon Fruit

Team Nutrition Popular Events Idea Book

Make Today a Try-Day!

It's fun to find new favorite foods!
Write the name of the food you tried and then circle the faces below to tell us how you feel about it.

The food I tried: ______________________

The food looked:

The food tasted:

The food smelled:

The food made me feel:
“Nibbles for Health” newsletter, #14

**Eat Right**
Food Nutrition and Health Tips from Kids Eat Right

**Feeding “Picky Eater” Preschoolers**
For Parents and Childcare Providers of “Picky Eater” Preschoolers

**Eliminate “Picky” Eaters!**
Preschool children can seem “picky” when it comes to eating. But don’t worry! There are ways to help your child enjoy new foods. Here are some tips: 

- Be positive: Picky eaters don’t always eat well. But they do try new foods. 
- Keep positive: Remember, your child is trying new foods. 
- Serve it up special: Make it fun! Serve it up in different ways. 
- Make it easy: Make it easy to eat. 
- Be patient: Be patient. Your child will eventually enjoy new foods.

**Serve It Up Special!**

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- Make it easy: Make it easy to eat. 
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**Together... Let's Try New Foods!**

Enjoy all kinds of foods! That is good advice for kids — and for you. Why? When kids learn to enjoy many foods, they have more choices for healthy eating throughout life. That is good because different foods promote growth and health in different ways.

Food variety makes eating more interesting and fun, too. Remember: seeing, trying, comparing, and talking about different foods is part of learning.

**Good feelings about trying new foods help lead to a lifetime of healthful eating. Try new fruits and vegetables as fun experiences with your child.**

- Offer a new food first, at the beginning of the meal. Kids usually are more willing to try new foods when they are hungry.
- Serve your child a new food in your home. Show your child how to eat it, how to cut it, and how to enjoy it.
- Do a taste test. Talk about a new food. Tell your child about its color, shape, taste, smell, and texture — and why your child likes or dislikes it. No “judgment.”
- Give your child a chance to try new foods. Keep food tasting positive.
- Try new foods, too. Encourage your child to try new foods! Keep your child what they see and hear. Keep quiet if you don’t like the food.
- Prepare new foods in different ways. Move from green to orange vegetables. That way, your child will see something different.
- Try and try again. Some kids need to try new foods many times before they like it. It is normal for kids to be cautious at first.
- Relax. Your child’s diet does not need to be perfect. Eat healthy foods, but enjoy them!
Summary

Commit to serving new foods on a regular basis

Make it a safe environment
• No pressure or bribery
• Small portions
• Okay to just smell

Only one new food at a time

Be a good role model

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