

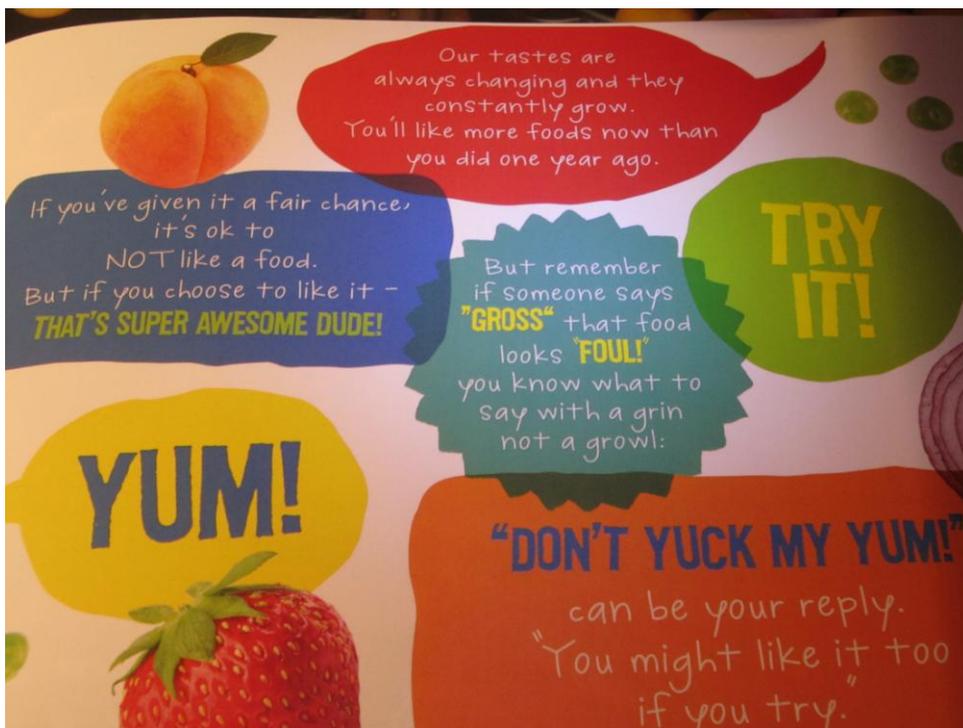
Introducing New Foods

Iowa Department of Education
Bureau of Nutrition and Health Services

Role Model



Have a Routine





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.

Involve Children in Food Preparation



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

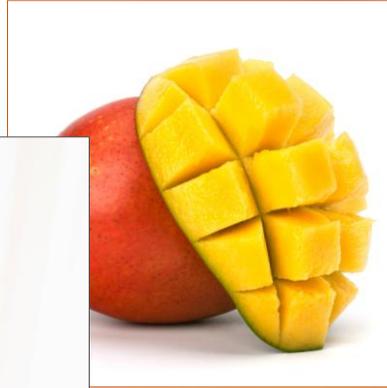
What does
it sound like

What does
it taste like

Don't Reward or Bribe



Be Patient with New Foods



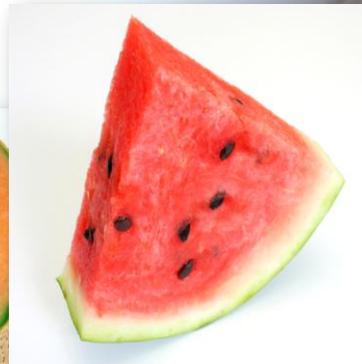
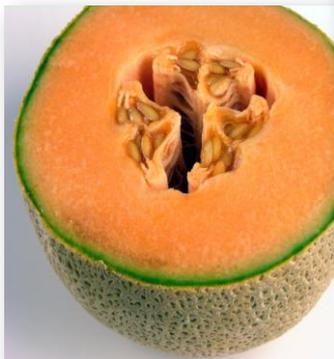
Make it Fun

Give the
Food Another
Name



*Bumpy
grapes*

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: 😊 😐 😞



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 like "picky" eaters. It can take offering preschoolers a food several times before they will try it.¹ This is normal. Do not label your preschooler as a "picky eater."¹ Here are some tips to get preschoolers interested in trying new foods.

Tips:

- **In the kitchen:** Children involved in preparing foods may be more willing to try (and like!) them.¹ Keep a small stool or chair handy so that you can teach preschoolers to:
 - Wash produce
 - Stir foods
 - Arrange fresh fruit and veggie platters
- **At the table:** Relax!
 - Do not force preschoolers to eat!¹
 - Offer new foods first, when preschoolers are hungry²
 - Encourage preschoolers to serve themselves¹
 - Keep conversations positive¹
 - Eat together!¹
- **At the grocery store:** Have fun!
 - Ask your preschooler to pick out a few fruits and vegetables to try like peaches, cantaloupe, kiwi, or sweet potatoes
 - While you are at the store, ask the produce manager to tell you about the produce that is in season
- **Outdoors:** Children love to grow their own food—whether it is in a garden or in a pot. Help preschoolers:
 - Plant vegetables
 - Pick vegetables
 - Wash vegetables
 - Put vegetables on the table



Serve it Up Special

Most children do not eat enough of the five food groups: grains, fruits, vegetables, protein, and dairy.¹ Use these tips to help "picky eater" preschoolers enjoy trying new foods, in a creative way!

- **In a dish:** Add vegetables to your favorite foods.
 - Make a veggie pizza
 - Add veggies to pastas, soups, tacos, sandwiches, and more!
- **In a beverage:** Smoothies are a fun way to get nutrients from the dairy and fruit groups.
 - Blend frozen fruit, 100% juice and low fat or fat free yogurt
 - Experiment with different fruit and yogurt flavors
- **In a topper:** Preschoolers love to serve themselves. Encourage preschoolers to:
 - Top off cereal or oatmeal with strawberries, blueberries or bananas

"Nibbles for Health" parent newsletter, #14

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 smart 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.
- **Have your child choose a new food as you shop.** Trying new foods is more fun for kids when they pick them.
- **Do a taste test.** Talk about a new food. Have your child describe the color, shape, feel, smell, sound, and taste—and not whether your child likes or dislikes it. No "yucks!"
- **Go for at least "one bite."** But stay away from forcing your child to taste. Keep food trying positive.
- **Try new foods, too.** Encourage your whole family to try new foods! Kids copy what they see and hear. Keep quiet if you do not like the food.
- **Prepare new foods in different ways.** Many kids prefer to pick up raw vegetables with fingers. That may seem better than the same new vegetable that is cooked.
- **Try and try again.** Some kids need to try a new food many times before they like it. It is normal for kids to be cautious at first.
- **Relax.** Your child does not need to like every food. Everyone (you, too) has different food favorites.



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

Share Stories

