

WATERMELON and WIGGLES



Dakota County Public Health Department • 651-554-6100

Picky Eaters

Key Takeaways:

- Children need to be exposed to new food 10-16 times before they may like it.
- Introduce only one or two new foods at a time to help children become more familiar with each one.
- Experimentation with the food is part of the process. Don't be afraid to let children smash it, smell it or just lick it the first couple of times they are exposed. Non meal times are great opportunities to give children time to learn about new foods so they are more willing to eat them when they are presented at meal times.
- Model, Model, Model! If kids see you trying these foods, chances are good they will want to try them as well.

Providers' Professional Development Video

- Explains "How to get a picky eater to try new foods."
- Provides several techniques for exposing and increasing the likelihood kids will try new foods.
- Watch the [VIDEO](#) here.

Creating repeated exposures during supportive learning times

- ✓ [Learning About Nutrition Through Activities \(LANA\)](#) provides tasting activities to help familiarize children to new fruits and vegetables. These activities can easily be embedded into lesson plans that increase children's knowledge and vocabulary about food
- ✓ [Exploring Food Together](#) provides lesson plans to help children gain knowledge about food identification, food purchasing, food origins, food preparation, and food culture. The more children know about food the more willing they are to try new foods. (Available in English and Spanish)



Your jobs with feeding are to...

- Choose and prepare the food.
- Provide regular meals and snacks.
- Make eating times pleasant.
- Step-by-step, show your child by example how to behave at family mealtime.
- Be considerate of your child's lack of food experience without catering to likes and dislikes.
- Not let your child have food or beverages (except for water) between meal and snack times.
- Let your child grow into the body that is right for them.

**Ellyn Satter, RD,
has created a Division
of Responsibility for helping
children learn to be healthy
eaters. It states:**



Part of the feeding job is to trust the child to...

- Eat the amount they need.
- Learn to eat the food you eat.
- Grow predictably in the way that is right for them.
- Learn to behave well at mealtime.

Download a [PDF of this information](#) for parents in either English or Spanish.