

# Have Fun with New Foods

Introducing your child to new foods can be tiresome and tricky. Sometimes you may feel like nothing is appealing to them. We understand and want to highlight some strategies that may help!

## Have fun with food and don't focus on eating or putting foods in the mouth.

It may seem like a messy activity, however exploring new foods through playfulness will allow your child to become familiar to the new foods appearance, texture, and smell, prior to them tasting it.

Children will be more likely to experiment and try a new food when they see you eat the food; and, when you interact and role play using the new food. Great playful activities include:

- Have your child make a face with the foods you have provided;
- Play eye spy;
- Use a fruit or vegetable as a microphone;
- Touching, kissing, smelling and licking helps move the food closer to eating.

Provide opportunities throughout the day to learn about new foods, not just at mealtime. According to age and ability these opportunities could include:

- playing with plastic foods;
- reading books about food and nutrition;
- sing songs that refer to foods and eating;
- participating in food preparation, and serving the food;
- setting the table.

It is important to remember not to force your child to eat. Allow your child to feed themselves, by hand or with the provided utensil.

*Keep it fun and help them to enjoy learning!*

