



## Make a Bunny Face!

It's springtime and a great opportunity to enjoy the fresh flavors of the season! Sometimes it can be challenging for kids to try new foods. Here is a fun way to introduce a new fruit that some kids may have not tried before – kiwi!

### Bunny Face

- ½ of a whole wheat English muffin
- 1 tablespoon low-fat strawberry cream cheese
- ½ of a kiwi, washed and cut in half
- 2 small blueberries, washed
- 1 strawberry, washed and cut in the shape of a triangle.
- 6 pretzel sticks

1. Wash hands with soap and water.
2. Spread cream cheese on English muffin.
3. Have your child decorate with blueberries for the eyes, strawberry for the nose, pretzel sticks for the whiskers and kiwi slices for the ears.

*Makes one serving containing 137 calories, 3 g fat, 23 g carbohydrate, 2.5 g fiber and 215 mg sodium.*



### Help Them Try New Foods

Many young children are hesitant to try new foods. It is completely normal for young kids to reject foods they have never tasted before. Here are some tips:

- New foods may take time. Kids don't always take to new foods right away. It may take up to a dozen tries for a child to accept a new food.
- Small portions, big benefits. Let your kids try small portions of new foods that you enjoy. Give them a small taste at first and be patient with them. Be a good role model by trying new foods yourself.
- Offer only one new food at a time. Serve something that you know your child likes along with the new food. Offering too many new foods all at once could be overwhelming.
- Offer new foods first, at the beginning of a meal, when your child is the most hungry.

Source: USDA's ChooseMyPlate website: <http://www.choosemyplate.gov>

Questions?? - Contact author Cami Wells, MS, RD at [cwells2@unl.edu](mailto:cwells2@unl.edu). For more information check out the Food Fun for Young Children website at <https://food.unl.edu/food-fun-young-children>.