

# Helping Children Try New Foods

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

- New foods may take time. Children do not always take to new foods right away. It may take up to a dozen tries for a child to accept new foods.
- Small portions, big benefits. Let children try small portions of new foods that you enjoy. Give them a small taste first and be patient with them. Be a good role model by trying new foods yourself.
- Try 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 food first, at the beginning of a meal, when your child is hungry.

## Make Food Fun!

Help your child develop healthy eating habits by getting him or her involved and making food fun! Get creative in the kitchen. Here are ideas:

- Cut food into fun and easy shapes with cookie cutters.
- Encourage your child to invent and help prepare new snacks.
- Make it mini! Bite-sized foods like sandwich sliders and anything made in mini-muffin tins are exciting.

For more information check out *Food Fun for Young Children* Newsletter at: <http://go.unl.edu/food-fun>

**Source:** *Toddlers, MyPlate:*

<https://www.myplate.gov/life-stages/toddlers>



## 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, a strawberry for the nose, pretzel sticks for the whiskers and kiwi slices for the ears. Makes one serving: 160 calories, 3.5g fat, 30g carbohydrate, 2g fiber and 240mg sodium.