

Things to Try at Home

Observe:

I will observe my child at mealtimes to see how he or she uses his or her senses to explore and taste new foods.

Talk:

I will talk about exploring and tasting new foods with my child.

Try:

I will try serving a new food or try re-introducing a food with my child and family at mealtime or snack time.

I will _____ before the next session.





Learning SEEDS

- 1:** Children may need to taste a food from 8 to 12 times, or more, before they begin to accept it.
- 2:** Exploring new foods (smelling, picking up, licking, talking about) can be a way that children become familiar with these foods and can lead to liking them.
- 3:** Preparing new foods in different ways may encourage children to try them.