



Supporting fussy eaters for educators



A **happy and relaxed mealtime** reduces stress levels and **helps children** to develop **good eating habits**.



Prepare foods in various ways e.g. cooked, raw and crunchy or grated.



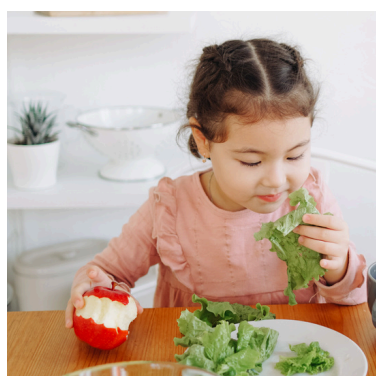
Be a **positive role model** by sharing meals and eating the same healthy food with the children.



Grow fruit and vegetables as a fun way for children to learn about food.



Support children to be involved in **food preparation**.



Encourage children to **explore foods** by **looking, smelling, touching and licking**.



Promote **relaxed and enjoyable** mealtimes.



Keep trying!!
You may need to offer a new food up to **15** times for children to accept it.

Encourage **discussion** about the colour, shape, flavour and texture of food.

