

Encouraging New Foods



Children can be reluctant to try new foods and need encouragement. It is important to expose children to a variety of food types and textures to broaden their preferences.



- ✓ Serve a small amount.
- ✓ Serve new foods alongside a familiar food they like eating.
- ✓ Include different coloured foods, interesting shapes and textures.
- ✓ Offer a small range of healthy foods in the middle of the table and let children choose what they would like to try.



Don't give up!
You may need to offer a new food up to **15** times for children to accept it!



Let children explore new foods by looking, smelling, touching and licking.



Discuss the colour, shape, flavour and texture.



Involve children in choosing new foods when shopping.



Artwork: 'The Heart of a Child'
Worimi Artist Lara Went

