

# Supporting fussy eaters for educators



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



**Prepare foods in various ways**, for example 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**.

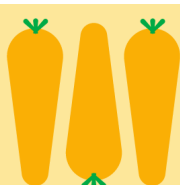


Promote **relaxed** and **enjoyable** mealtimes.

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



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



'The heart of a child'  
by Worimi Artist  
Lara Went

**Good for kids**  
Good for life

