

HOW TO MAKE FOOD FUN FOR KIDS!



MAKE IT COLOURFUL

Add a variety of different colours & textures to the meal by including a range of fruits and vegetables



PLAY WITH SHAPES

Use cookie cutters to create different shapes and patterns



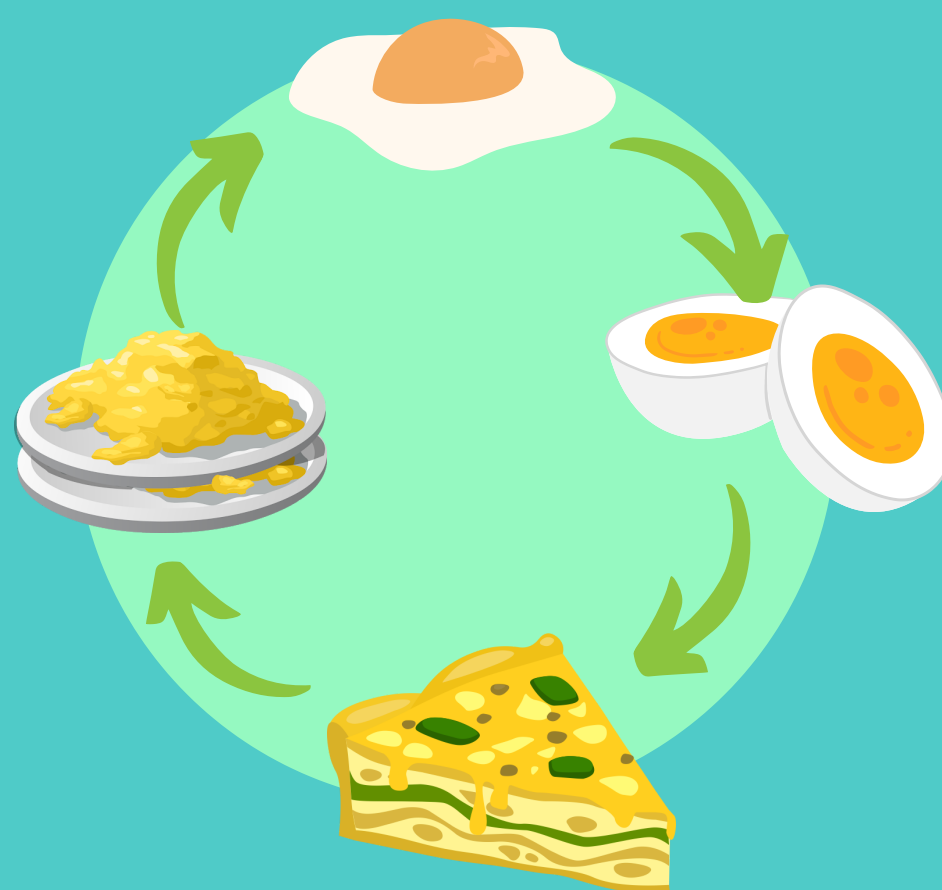
MYSTERY MEALS

Introduce new foods in a fun and exciting way such as Mystery Monday's.



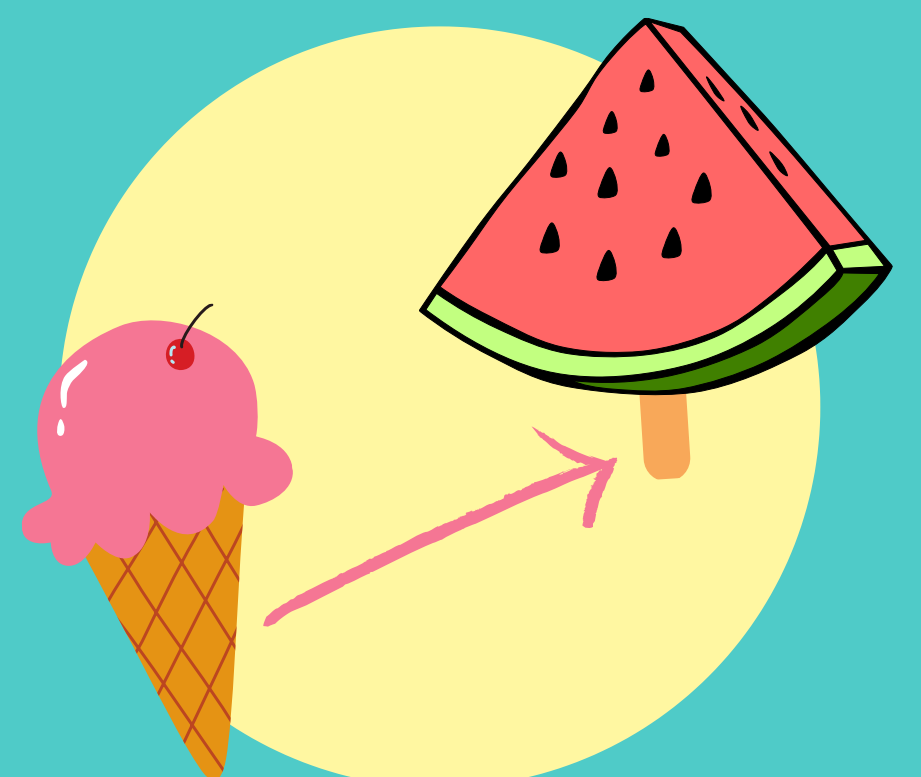
INVOLVE THEM

Involve kids in the entire cooking process from deciding on a recipe, to shopping for ingredients, to building the meal to eating it!



CHANGE IT UP

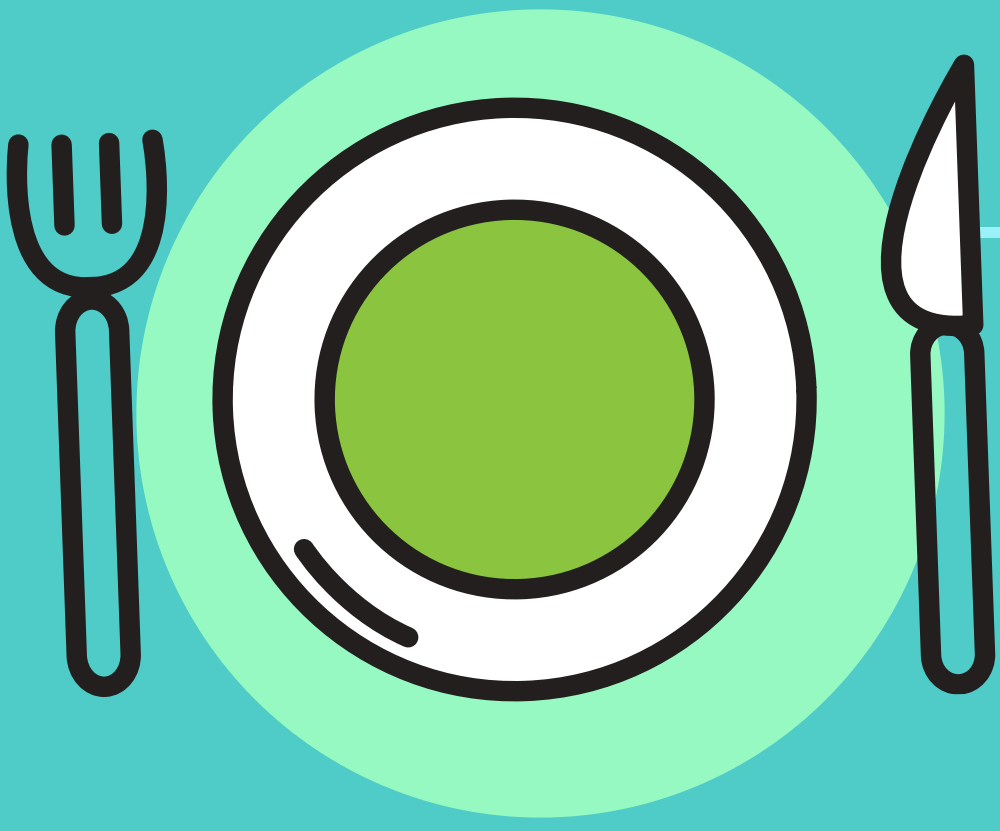
Change the way you use and prepare ingredients within a meal.



MAKE THE UNHEALTHY HEALTHY!

Opt for healthier alternatives or substitutions within meals such as sugar-free, baked or air-fried, reduced salt.

FUSSY EATERS



FACTS ABOUT FUSSY EATERS

- Fussy eating is part of children's development. It's a way of exploring their environment, asserting their independence and regulating their appetite.
- Children's appetites fluctuate depending on how much they're growing and how active they are.
- Most children go through a stage of fussy eating.
- Children may dislike the taste, shape, colour or texture of particular foods.
- Children can change their food likes and dislikes from day to day.
- As most children age, they become less fussy with their food.
- Children have different taste preference.

10 TIPS FOR FUSSY EATERS

1. Make mealtimes happy, regular and social occasions.
2. Don't force your child to try a food.
3. When trying foods, start with small amounts.
4. Praise and encourage good behaviour.
5. If your child is fussing about the food, do not give them attention.
6. Make healthy foods fun through different shapes, colours and textures.
7. Involve your children in preparing family meals & let them make choices within a range of healthy foods.
8. Keep offering new foods on different occasions. A child may turn down a food 15 - 20 times before accepting it.
9. When introducing unfamiliar foods, serve with familiar foods that your child likes.
10. Minimise distractions during meal time.

