

# USE CHALLENGES TO HELP YOUR CHILD

## BROADEN THEIR PALATE

Inspiring your child to eat a wider variety of foods can be a drag for both parents and kids. Instead of nagging, try this fun challenge. Have your child make a list of all of the foods they think they like and the ones they think they don't. Then challenge them to move one food each week to the like side of the page with the goal of making that side of the page as full as possible. Challenges like this give your child some control over the process and creates small wins for them when it comes to inspiring adventurous and open-minded eating.

Here are a few do's and don'ts to help your child succeed!



### TRY IT DIFFERENT WAYS

Don't get stuck on one way of preparing a food. For example, a zucchini muffin might be easier than zucchini noodles to start.



### MAKE IT FUN

Kid's respond much better when the activity is fun. The goal is to create wins when it comes to trying new foods and a positive mood will help. Make it fun for them by getting involved and pushing your own food boundaries too. Lots of high fives should be had when food changes sides.



### GIVE YOUR CHILD CONTROL

Let them pick new foods, cook, choose recipes and experiment with food. Kids will often make meal time a battle of control so give them as much as possible up front.



### DON'T GIVE UP

Learning to like a new flavour can take multiple exposures. Never give up on foods after a few tries.



### KIDS MENU

Kid's menus are intentionally bland and lacking in new flavours and textures. The adult menu will offer much more opportunity to experience something new. Complement your children on their grown up palates when they order off the adult menu.



### LABEL

Try to avoid calling your child a picky eater. Instead focus on the positive side of adding foods to their "like it" list.