

Helping Kids Learn to Like New Foods

Learning to like new foods is a big job for a child. There are many steps involved that are often not obvious to us as adults.

Just like riding a bike, learning to like new foods takes patience and practice.

Here are a few tips to make it easier for you and your child at mealtimes:



- Introduce new foods with foods they know and like.
- Offer the foods on the table and let them decide what they would like to try.
- Don't pressure children to eat more or less of any food on the table.
- Don't limit your meals to their favourite foods. Offer a variety of foods including new ones on a regular basis.
- Model healthy eating choices and behaviours. Over time they will learn to eat what and how you eat.
- Keep offering the food even if they have rejected it before. Learning new tastes and textures can take many tries.
- Let kids see, smell and touch new foods, even if they don't eat it at first.
- Get them involved in the preparation of food; that can be through gardening, hunting or gathering, grocery shopping, meal planning or cooking the food. This can help them learn about food and be more willing to try new foods.

Written by the Public Health Nutritionists of
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For more information contact your local
Public Health Dietitian

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