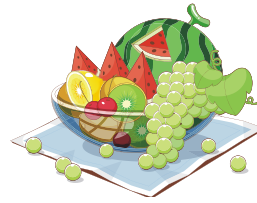


## Eating New and Healthy Foods

### Trying new and healthy foods will help your child to:

- Decide what he likes and what he doesn't like
- Develop healthy eating habits
- Help him stay at a healthy weight



### Ideas to try with your child:

- Play "Tasting the Rainbow:" While shopping, buy fruits and vegetables that are a variety of colors like cucumbers, strawberries, and bananas. Have a taste test and vote for your favorite!
- Ask your child to help while you're cooking. Your child can wash vegetables, peel bananas, or mash softened potatoes with a masher.
- Have a "new foods" night: try a new fruit or vegetable once a week that the family has not tried yet. Try star fruit, kiwis, asparagus, melons, or mushrooms. You can find fun and easy recipe ideas for these new foods online.

### If your child is struggling:

- For picky eaters, introduce foods many times. Don't give up, and keep trying.
- Point out fruits and vegetables at the grocery store. Talk about how they are good for our bodies, and help us to grow big and strong.
- In the kitchen together, talk about the foods you are making and why.

### Going further:

- Let your child pick the fruit and vegetable that will be served with one of your daily meals. Always give 2-3 options to choose from: "Should we have apples, bananas, or watermelon with dinner?"
- When baking, let your child add pre-measured ingredients into the bowl and mix with a spoon or fork.
- Books to check out from the library:  
Eating the Alphabet by Lois Ehlert; I Will Never Not Ever Eat a Tomato by Lauren Childs; and Tops and Bottoms by Janet Stevens.

The WA State Department of Early Learning and the Richland School District believes that parents, families, and caregivers are young children's best teachers. This resource guide, part of *Strong Foundations for School: Resource Guides for Parents of Young Children*, highlights a key developmental skill for **children Ages 3-4 years** that parents can help improve at home.



Adapted from *WA State Early Learning and Development Guidelines, 2012*: "Try different healthy foods from a variety of cultures." *Growing Up Healthy, Ages-3-4 years*, pg. 61