



Try New Foods as a Family

If your child refuses to eat certain foods or does not want to taste something new, they're not alone! Children don't always like new foods right away. They might need your help in learning to like new foods. Here's how!

- **Be a good role model.** Do you enjoy fruits and veggies or other healthy foods? Include them in your meals and show your children how much you like them. Talk about what you like -- the taste or the texture or even the color!
- **Be patient.** Remember that your child might need to try a new food up to 15 times before they like it and eat it every time you give it to them.
- **Try making the new food in different ways.** Make up a silly name for the new food or sing a little song about it; your child is more likely to be curious and try it!
- **Pair a new food with a favorite food.** Serve a new fruit or veggie as a snack when your child is hungry.
- **Give children small amounts to taste or play with at first.** This can be as small as a spoonful of peas or cooked carrots, a piece of an apple, or one section of an orange.

Children love to help in the kitchen, so include them when preparing a new food. Let them help get foods read to cook or eat like tearing up lettuce, scrubbing veggies before cooking, or mixing ingredients for a dish.

Take Action!

- Have our child choose a new food to try from the grocery store. Trying new foods is more fun for kids when they help pick them.
- Join the Two Bite Club. Encourage your child to try two bites of a new food. If they don't like it, it's okay! Try again another time.
- Mix it up! Serve a new recipe each month for the whole family. Find new recipes at: www.eatsmart.umd.edu



Recipe

Ants on a Log

Servings: 4

Ingredients:

4 (8-inch) celery stalks, washed
½ cup creamy peanut butter or sunflower butter
2 Tablespoons currants or raisins
2 Tablespoons apricot bits or 6 dried apricots sliced into "worm-like" pieces

Directions:

1. Sit the celery stalks down on a cutting board. Cut each celery stalk in half with a cutting knife to make eight (4-inch) pieces.
2. With a butter knife, spread the peanut butter from its measuring cup in each piece of celery. These are your "logs." On top of the peanut butter, sprinkle the currants ("baby ants") and apricots ("worms" or "larvae") straight from their measuring spoon.
3. Enjoy!

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