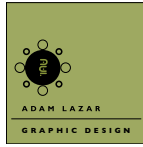


Picky Eaters



MOSAIC THERAPY
Building healthy families

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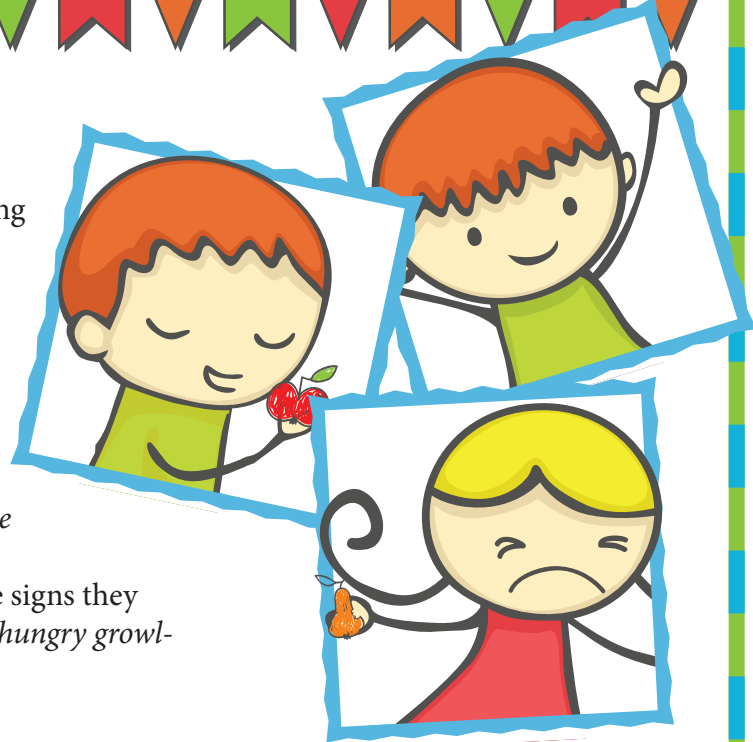


Healthy Habits

Eating a variety of whole foods, such as fresh fruits and vegetables, teaches kids about nutrition and healthy eating habits that will help them for life.

Tips For Healthy Family Eating

- 1) Lead by example: buy and eat foods that are natural and minimally processed.
- 2) Include your kids in shopping and cooking.
- 3) Do not use food as a reward. For example, avoid saying: "If you eat your dinner, then you can have desert."
- 4) Use positive language to teach your child to recognize signs they are full. For example, "Is your stomach still making its hungry growling noise?" or "Has your tummy had enough?"
- 5) Play with your food! Try the technique below.



Supplies

3 vegetables, fruits, or crackers

3 dips

camera

How To Make It

1. Choose 3 vegetables, fruits or crackers.
2. Choose 3 dips, such as cream cheese, hummus, salsa, honey, yogurt or peanut butter.
3. Have your child taste each dip while you "document" the results by taking a picture.
4. Show your child the pictures of them trying new foods and ask them to vote on which combo was the best. If you have more than one child, they can each vote for their favorite.

Remember: it doesn't matter if the food is store bought or home made, the idea is to help your child experiment with different textures and foods in a fun way.

