



Tips for Healthy Eating

Touch, smell, taste, and guess while exploring healthy foods.

Helps Your Child Grow



Health, Safety, and Nutrition

Detective games, body stories, and playful food arrangements encourage your child to explore healthy foods they usually avoid.

Steps

- By age four, your child may have clear food preferences. These playful approaches can make trying varied nutritious foods feel more inviting.
- Make your child a food detective. With eyes closed, smell or touch a food and guess what it is; then taste a small piece and guess again.
- Explain benefits in simple, accurate language: “Carrots have nutrients that help our eyes,” or “Sugary foods can stick to teeth, so we brush them away.”
- Turn the plate into a picture - a crocodile made from cucumber slices with blueberry eyes, for example - to create a playful reason to look and taste.
- Invite your child to help with safe preparation tasks such as washing vegetables or breaking mushrooms into pieces. Handling the ingredients can build familiarity before eating.

Tips

- Your child does not have to accept a new food the first time. Offer it again after a few days and keep the experience low-pressure.
- Model enjoyment of a variety of nutritious foods: “Wow, this spinach tastes great. I feel stronger!” Your child learns from what they see you do.

Observations

- ☐ Tries a healthy new food during the food game or after your invitation
- ☐ Uses foods as parts of an animal, such as blueberries for its eyes