

# Learn Together Approach

## Facilitated Group Discussion Plan

**Qualified Staff:** RD, RN, CPA, Nutrition Educator, and Nutrition Education Assistant.

**Topic:** Picky Eaters

**Module Code:** 426

**Target Group:** Caretakers and parents of young children.

**Objective for the session:** Session participants will be able to state 2 ways to help their children try new foods.

**Icebreaker:** Ask each participant to say their first name and share any problems they have in getting their kids to eat new foods, or one method that has worked for them in getting their kids to eat healthy foods.

**Discussion Questions (3):**

First, offer seaweed to parents as a snack (new food most have not tried). Encourage them to try a piece then ask:

- Why do you think you might not be willing to sample the seaweed?
- What would encourage you to try it?
- What ideas do you have for encouraging kids to try new foods? (Write ideas down on flipchart or board so that everyone can see)

**Factual Messages (3):**

- Adults may not be open to trying new foods, but expect kids to be willing.
- You can do many things to help kids try new foods.
- There are many things we do (and say) that don't help kids try new foods.

**Summarize Key Discussion Points/Suggestions:**

Ask participants what they have learned from this discussion.

**Evaluation Question:**

What two new ideas will you try within the next couple of days to help your picky eater?

**Materials Needed (if any):** seaweed, plate, napkins, flipchart paper and markers

**Reference(s):** Story M, Holt K, Sofka D, eds. 2000. *Bright Futures in Practice: Nutrition*. Arlington, VA: National Center for Education in Maternal and Child Health.