

PICKY



Fear of new foods are common for toddlers and preschoolers.

The unusual child is the one who eats everything and anything served to him!

- **Getting used to new foods takes time. A child often needs to see, smell and taste a food 8 times before they start eating the food without a fuss.**
- **Never force your young child to try new foods. Instead, show them how much you enjoy eating these new foods.**
- **Rewarding a child for tasting a food may lead to his liking it less.**



Make Eating an Adventure!

- **Have a positive attitude. Serve new foods to your child and expect that she will eventually learn to like them.**
- **Don't force you child to eat.**
- **Let you child help prepare food**
- **Serve new foods when you child is hungry**
- **Serve one new food at a time.**
- **Be a good role model. Eat a new food in front of your child and let him see how much you are enjoying it. He may try it because he wants to be like you.**

pudding Shake Up

Shake up your taste buds with this cool, quick and calcium-packed beverage.

Makes two 8-ounce servings

Prep Time: 5 minutes

Ingredients:

- 2 cups of 1% or skim milk
- 2 Tablespoons instant pudding mix
- 3-4 ice cubes

Instructions:

Measure 2 cups of milk. Pour milk, pudding mix and ice cubes into a container with a lid. Put the lid on tight. Shake it up for 30 seconds. Loosen top and "burp" the container to let out extra air. Tighten again, and shake for 30 more seconds. Pour into glasses and enjoy.