

TABLETALK

APRIL, 2009 ❁ CHILD FOOD PROGRAM OF TEXAS ❁ P.O. BOX 5465 ❁ KATY, TX 77491 ❁ 281-395-7000, TOLL-FREE: 877-395-6560, Fax: 281-395-7002

How to introduce new foods

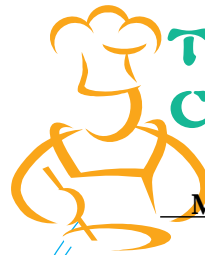
Parents and caregivers can help preschoolers accept a wider selection of foods by:

- Being role models. Children are more eager to eat foods that they see family and friends enjoying;
- Presenting food in appealing ways by combining different colors, textures and shapes of food; offering small quantities of a new food alongside a familiar one, without pressure to eat the new food;
- Serving a new food when children are with their peers;
- Encouraging them to become familiar with different foods by helping to grow, buy, prepare or serve them;
- Being patient. If an unfamiliar food is not accepted the first time, it can be offered again later. The more often children are exposed to new foods, the more likely they will taste them and learn to accept them;
- Not using foods as rewards. For example, withholding a sweet dessert until all the vegetables are eaten may establish a preference for the dessert and a dislike for the vegetables;
- Respecting individual food preferences. Every child has different likes and dislikes.

Toddler Feeding Challenges

Making mealtime as pleasant as possible for the toddler while providing supervision and encouragement is a constant challenge. Toddlers are learning to be independent and this is why they want

to do things for themselves. In asserting their natural independence, toddlers may decide what foods they “will” and “will not” eat. Frequently those food likes and dislikes change daily or weekly. Regardless of this, childcare providers can help children form sound eating habits by offering nutritious food choices and modeling good eating habits. During mealtime, sit with toddlers and eat the same meal. Have a positive attitude toward foods. Discuss what the foods are, where they come from, colors, textures, tastes, and the differences and similarities of the foods you are eating.



Tips from Chef Bob

MINI CRACKER SANDWICH

Ingredients: 12 RITZ Crackers ; 2 Tbsp. MIRACLE Whip Dressing; 2 slices of American cheese; 2 slices of Beef Bologna; 1 large plum tomato, cut into 6 slices ; 1/4 of a medium cucumber, peeled, cut into 6 slices. **Directions:** Spread crackers evenly with dressing. Cut 3 small circles from each of the Singles and bologna slices to fit onto the crackers. Place 1 Singles circle and 1 bologna circle on each of 6 of the crackers; cover each with 1 tomato slice and 1 cucumber slice. Top each with second cracker to make sandwich.

SCHEDULED DATES FOR 2009 TRAINING

Please Note: This training is no longer mandatory for the food program. It's for licensing clock hours.

<u>Date</u>	<u>City</u>	<u>Location & Time</u>
May 2	Fort Worth	4001 Liberty Lane 76109 (S.W. Regional Library), 10:00-100
June 6	North Houston	11331 Airline Drive, 77037 (Aldine Branch Library), 10:30-1:30
August	TBA	Dallas & Houston Areas

Please note: there is no Plano class this year.