

5 TOP TIPS TO GET CHILDREN ACTIVELY CHOOSING HEALTHY FOODS!

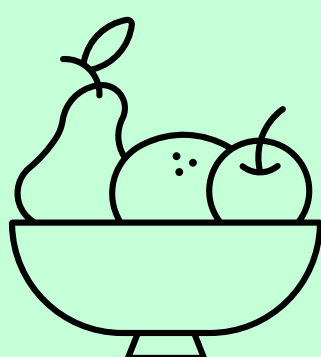
Develop their preferences and reduce the mealtime battles!



1

GET THEM INVOLVED

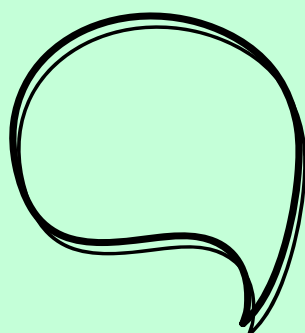
Children love to be involved and given the opportunity to make their own decisions so let them help with the grocery shopping and in preparing and cooking meals.



2

MAKE MORE AVAILABLE

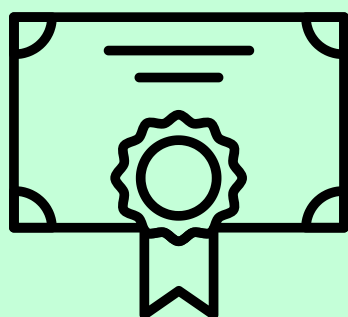
Keep plenty of fruit, vegetables, and healthy beverages on hand to offer before healthier alternatives as snacks. Also make the food more easy to eat, for example peeling the orange before adding to the lunch box.



3

EXPOSE

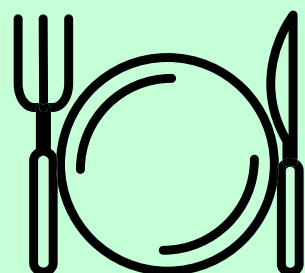
The more familiar the children become with healthy foods the more they will like them, so start familiarising the children with lots of fruit and vegetables through games and discussion. Try out our exposure cards [here](#) to make a start!



4

REWARD

Small rewards, such as sticker charts, have been shown to increase a child's both liking and consumption of healthy foods, as well as acceptance of disliked foods. Try to avoid food itself as a reward though.



5

LEAD BY EXAMPLE

Observing others regularly enjoying all kinds of fruits and vegetables will likely get children wanting to get in on the action. Sitting down for family meals is a brilliant social opportunity to do this.