

HOW TO KEEP FOOD FUN

- Encourage food exploration through play and messy play with food.
- Wipe your child clean only after the meal is done.
- Use food to make scenes, art, sculptures, buildings, towers, etc.
- Present food in fun ways, for example: apple/banana caterpillars with raisin eyes
- Eat a meal backwards – start with dessert
- Have “breakfast” for “lunch”
- Have theme meals, for example: foods from different countries; foods of all one color; a rainbow of foods; foods of all one shape; only finger foods
- Play grocery shopping and have your child help when you go. Give your child his or her own list (pictures work) of things to put in the cart
- Model healthy eating and tolerance of your less favorite foods. Children sometimes decide they don't like a food due to the comments/reactions of adults prior to the child doing anything with the food.
- Have a regular meal/snack schedule. This promotes a healthy hunger-satiation cycle and helps a child feel regulated. Hungry children are grouchy children.
- Present a variety of foods. Keep presenting foods even if they are initially “rejected” by the child. It takes 10 separate times of chewing and swallowing a new food for our body to decide if it likes it or not.
- Having fun during meals is good and creates a more relaxed atmosphere.
- Enjoy food with your child!

See list of additional resources below.

RESOURCES

AUTHORS:

- Lisa Bullard
- Mumu Bienenstock
- Mimi Bloch
- Saxton Freyman

BOOKS:

- The Book of Children's Foods; Lorna Rhodes; HPBooks, published by Berkley Publishing Group; New York, 1992
- Eat Your Colors series of six books; Green Food Fun; White Food Fun; Red Food Fun; Brown Food Fun; Orange Food Fun; Yellow Food Fun; Lisa Bullard; A+ Books by Capstone Press; Mankato, MN; 2006
- Entertaining Edibles – 50 Fun Sculptures for All Occasions; Sidney Escowitz; Sixth&Spring Books; 2004
- Family Fun Super Snacks – 125 Quick Snacks that are Fun to Make and to Eat; from *Family Fun* Magazine editor Deanna F. Cook; Disney Editions; New York, 2004
- Fiction, Food & Fun; Closter
- Fun Foods for Fussy Kids, Great Things to Make & Eat; Mumu Bienenstock & Mimi Bloch; Sterling Publishing Co., Inc; New York, 2001
- Kitchen Garden A to Z – Growing, Harvesting, Buying, Storing; Mike McGrath; Abrams; 2004
- Mary Jane's Food, Fun & Laughter
- Moosewood Cookbook; Molly Katzen
- The Science Chef; Joan D'Amico & Karen Eich Drummond; John Wiley & Sons, Inc.; 1995
- The Toddler Café: Fast, Healthy and Fun Ways to Feed Even the Pickiest Eater; Jennifer Carden

KEY INTERNET SEARCH WORDS:

- Children's recipe books
- Food art
- Fun with food
- Food science
- Nutrition