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| Fact<br>1 | Picky eating is a natural behavior for<br>preschoolers. Some children may need<br>to try a food 10–15 times before they<br>develop a taste for it.                       | <b>Tip for Success</b><br>Pair new foods with well-liked<br>foods, and offer them regularly<br>to young children.  |
| Fact<br>2 | Some children may eat a food at one<br>meal service but refuse it during the<br>next. They may also eat different<br>amounts of food each day.                           | <b>Tip for Success</b><br>Serve appealing meals and snacks<br>through family style meal service,<br>and allow children to decide how<br>much they would like to eat. |
| Fact<br>3 | Infants are born with a preference for<br>sweet and savory foods, and they may<br>need time to develop preferences for<br>vegetables and other bitter-flavored<br>foods. | <b>Tip for Success</b><br>Offer foods in various flavors and<br>forms at least 10-15 times.  |
| Fact<br>4 | Using food as a reward can cause<br>children to become emotional eaters<br>and overweight or obese later in life.  | <b>Tip for Success</b><br>Reward children with positive<br>comments such as, "Good job<br>for picking up the toys!" or "Thank<br>you for sharing with your friends!" |



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