

4 FACTS ON YOUNG CHILDREN'S EATING HABITS

Fact 1

Picky eating is a natural behavior for preschoolers. Some children may need to try a food 10–15 times before they develop a taste for it.

Tip for Success

Pair new foods with well-liked foods, and offer them regularly to young children.

Fact 2

Some children may eat a food at one meal service but refuse it during the next. They may also eat different amounts of food each day.

Tip for Success

Serve appealing meals and snacks through family style meal service, and allow children to decide how much they would like to eat.

Fact 3

Infants are born with a preference for sweet and savory foods, and they may need time to develop preferences for vegetables and other bitter-flavored foods.

Tip for Success

Offer foods in various flavors and forms at least 10–15 times.

Fact 4

Using food as a reward can cause children to become emotional eaters and overweight or obese later in life.

Tip for Success

Reward children with positive comments such as, "Good job for picking up the toys!" or "Thank you for sharing with your friends!"