

Many children go through phases of refusing to eat particular foods or being a 'fussy eater'. By using the correct techniques, this may only last a few weeks.

If fussy eating persists or your child is not growing well, speak to a healthcare professional.

Here are some top tips you may want to try:



• Be a role model – wherever possible eat the same meals as your child, at the same time. Children will learn by watching you eat and enjoy different foods.



• Reward children for good table manners, including sitting at the table and using cutlery, to take the focus off food.



• Involve children in the meal – shopping at the supermarket, making a meal plan, preparing and cooking the meal.

• Make mealtimes sociable, fun and relaxing – avoid distractions like the TV and instead sit at a table and use the time to chat.

• Remove refused foods without making a fuss. Don't offer alternative foods and drinks as this may be seen as a reward for food refusal and will prolong this behaviour.



• Don't use food as a reward for good behaviour.

• Offer smaller portions so your child is more likely to achieve success.



• Praise children for eating well and trying new foods.



• Present meals and snacks in fun, colourful ways – use cutters, make faces out of food. Use favourite plates/bowls.



• Prepare and present new foods in different ways (e.g. grated carrot, carrot sticks, cooked carrot)

• Limit the length of meal times to half an hour – dragging it out longer than this is unlikely to result in your child eating much more.

Stick to regular meals and try to avoid 'grazing'. Don't allow snacks and drinks close to mealtimes.

• Keep trying – it can take 10-20 attempts of trying a new food before it is accepted.

Leaflet developed by Manchester Healthy Schools
www.manchesterhealthyschools.nhs.uk

For further information on fussy eating, please contact your School Nurse.



THE FUSSY EATING GUIDE



MY TASTING CHART

TRY...



Blueberries



Banana



Pineapple



Grapes



Sweetcorn



Pepper



Peas



Sweet potato



Bagel



Pitta bread



Porridge



Did you like the food?

TRY...



Cous cous



Rice cakes



Hummus



Baked beans



Boiled egg



Lentils



Tuna



Mackerel



Soft cheese



Yogurt



Cheddar cheese



Did you like the food?

