



NC SEEDLING

It's Okay to Play with Your Food!



Study to
Explore
Early
Development

North Carolina
SEED

UNC-CH, Department
of Epidemiology

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www.NCSEED.org

Is your child a picky eater? If you answered 'yes' then maybe it's time to start playing with food! Making a veggie necklace is an option for you and your child. Not only will your child get more comfortable with the texture of food, but this activity will provide opportunities to work on colors and shapes with your child.

Good vegetables to use for this activity are: cucumbers, red and yellow peppers, green beans, and cherry tomatoes. If there is another vegetable you'd like to use too, go for it! You will also need butchers twine or string and a toothpick or wooden skewer.

Cut a twelve-inch piece of twine or string. Cut the

peppers into 1.5-inch squares or triangles, and cut the cucumbers into half-inch slices. Then use a toothpick or wooden skewer to poke holes at the top of the veggie pieces. Now you can thread the twine through the hole, and string the veggies together.

While making your veggie necklace, you can discuss the different colors and shapes with your child. Don't expect your child to quickly stop being a picky eater after this activity. Patience is key. Many children over time become more comfortable around various types of food after participating in many activities like this.

http://www.nickjr.com/recipes/super-shapes-veggie-necklace.jhtml?path=/recipes/all-shows/seasonal_spring/all-ages/index.jhtml



Tips for Picky Eaters

The Mayo Clinic came up with several tips to help picky eaters expand their food options. Outlined below are a few of these tips:

Do not force a meal or snack if your child is not hungry. Moreover, do not bribe your child to finish or eat a particular

food item on his plate. This can make your child anxious during meal-time.

Serve meals and snacks at the same time every day. This will help set up a routine that your child can become familiar with.

Ask your child to help during preparation for meals. Have him rinse any veggies, stir batter, or set the table.

More tips can be found at:

<http://www.mayoclinic.com/health/childrens-health/HQ01107>

NOTES

- SEED has enrolled just over 2000 families
- Just over 1000 have done all of the main study activities. If you are one of those, THANKS!

