

Healthy Kids



Enjoy the benefits
of healthy children!

Children who eat

well and are

physically active

have improved

concentration,

enhanced social

skills, and sleep

better at night.

Healthy children

feel good mentally

and physically!

Try it!

As an infant, your child probably ate any food that you gave him. However, as a toddler, your child refuses to even try new foods. What is happening?

Your child is probably going through "food neophobia" which is the fear of new foods. It is very normal for young children to refuse some foods.

Your child may not like every food he tastes. However, if your child is willing to taste new foods, he is more likely to eat a variety of healthy foods.

Help your child learn healthy eating habits that will last a lifetime:

1. Offer a new food along with familiar foods.

It will be less scary for your child to see a new food on his plate if familiar foods are also offered at this meal.

2. Offer new foods often.

Try new foods and recipes. Your child will learn that trying new foods is a normal habit for your family.

3. Let your child see you tasting and enjoying new

foods. Children learn best by watching their parents and others eat.

4. Ask your child to taste the new food.

Make it fun to taste new foods! Play with new foods!

5. Never force your child to eat a new food.

Your child may only play with the new food at first. That's okay. He is learning to accept the new food.

6. Don't give up!

A child may need to try a new food 10 to 15 times over a period of time before he accepts it.



Your child's first funny face when trying a new food doesn't mean he won't eat it. Your child is reacting to something new. Try it again later!

A healthy life starts in childhood, you are your child's first and most important teacher!

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Eat together!

- Children eat better when eating with others.
- Include your toddler in his highchair at meals as soon as possible.
- Children love to eat with their parents and siblings.
- Children who eat alone are more likely to run away from the table and refuse to eat.
- Expect your child to stay at the table and eat with you.
- Let your child set the table. Children love to help. Your child can make special placemats - cut pages out of a coloring book and color them.
- Buy special plates and cups. Choose plates and cups that have your child's favorite character or animal.
- Use small forks and spoons. Eating will be easier for small children.

Spring Chicken Salad



Enjoy this salad full of yummy fruit!

- 2 cups cooked chicken, cut into cubes
- 1 cup red grapes, sliced into halves
- 1 can (8 ounces) pineapple chunks, drained
- 1 can (11 ounces) mandarin oranges, drained
- 1 stalk celery, finely chopped
- 2 cups cooked small ring macaroni

Combine chicken cubes, grapes, pineapple, mandarin oranges, celery and macaroni in a large bowl. Add Fruit Dressing and mix together. Serve!

Fruit Dressing

- $\frac{1}{2}$ cup light mayonnaise
- 2 teaspoons sugar
- $\frac{1}{4}$ cup pineapple or orange juice (from drained fruit used in the salad)

Combine mayonnaise, sugar and juice in a bowl.

Plant a garden!

Plant a garden with your child this spring! Your child will be more willing to eat the vegetables that he helps to grow.

Maybe you are lucky enough to have your own garden space. If not:

- ☀ Plant a garden at a friend or relative's home if they have a garden space.
- ☀ Look for a community garden. They often will provide garden space at a low cost or no cost.
- ☀ Plant in large pots!

Children can help plant a garden!

1. Dig with a small plastic hoe or shovel .
2. Place seeds into a hole .
3. Cover seeds with dirt.
4. Give water to seeds and plants.

