

MAKING HEALTHY CHOICES: WEEK 17

Pleasing picky eaters

He insists that his sandwiches only be made with white bread. She hates the texture of every vegetable. They both refuse to drink milk – unless it's chocolate milk. If this sounds familiar to you, then you may have picky eaters in your family.

Get them involved

Help your kids learn to eat a larger variety of foods by asking them to come up with new menu options and having them help prepare and cook those meals. This empowers kids and gives them a stake in family meals, making them more likely to try new foods. Learning to follow recipes will also help improve their reading and math skills.

Try the “one bite rule”

Make it a rule that your kids have to take at least one bite of any new food you're introducing. You have to expose kids to a new food slowly, over time. The one bite rule helps them be a little adventurous while giving them some control over how much of a new food they eat.

Serve new foods with familiar foods

Try introducing new foods with familiar foods that your kids already enjoy. You could make a dish that includes a vegetable that they already like, such as corn, with a new vegetable they've never tried (or didn't like the last time they tried it), such as broccoli.

Remember that just because you dislike a particular food, doesn't mean that your kids will dislike it too. But also remember that your kids are more likely to try something new if they see you trying it too.



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Did you know?

Letting your kids choose what (and how much) goes on their plates makes them more likely to eat their food and feel good about it. So try to offer food rather than serve it.

WEEKLY RECIPE

Remember to wash your hands and prepare food safely.

Broccoli Corn Bake (serves 6)

1. Preheat oven to 350 degrees F.
2. Mix **1 can (15 ounces) creamed-style corn**, **3¾ cups broccoli** and **one egg** (beaten), and put in a greased casserole dish.
3. In a small bowl, mix **¾ cup whole-grain crackers** (crushed) and **⅓ cup soft butter**. Sprinkle over broccoli and corn mixture.
4. Bake for 40 minutes and serve.
5. Enjoy!



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Recipe adapted from United States Department of Agriculture. (n.d.). *What's Cooking? USDA Mixing Bowl*, and from University of Kentucky, Cooperative Extension Service. (2005). *Food and Nutrition Calendar – Kentucky Families on the Move*.

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Find the entire series online at: msue.msu.edu/healthychoices

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To help you be healthy at every stage of life, MSU Extension delivers affordable, relevant, evidence-based education to serve the needs of adults, youth and families in urban and rural communities. Programs focus on helping you gain the skills you need to buy and prepare nutritious, budget-friendly foods, increase your physical activity and stretch your food dollars.

MSU Extension's children and youth programs address needs and issues from birth through age 19, providing parents with educational resources related to your child's development and giving youth the opportunity through 4-H programs to build leadership and teach practical life skills.

For more information or to join a class, contact your local MSU Extension county office or visit www.msue.msu.edu.

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