



Explore and Discover Food

1. **Preparing Food Together:** Preparing food together allows the child to interact with new foods without feeling the pressure to eat it.



The child can help:

- Prepare the food
- Wash fruits and vegetables
- Carry the food to the counter
- Pour and stir ingredients

The caregiver can help:

- Model smelling ingredients
- Model tasting with no expectations for the child to copy
- Talk about how the food feels, smells, looks, tastes

2. **Grocery Shopping:** Grocery shopping together gives the child an opportunity to see and interact with a variety food.



The child can help:

- Make a grocery list
- Take items off the shelf
- Put items into bags
- Put groceries away at home



3. **Setting up the Table:** Setting up the table together teaches the child about mealtime routines even if they are not ready to eat at the table together.



The child can help:

- Bring plates, utensils, and cups to the table
- Put away plates, utensils, cups from the table

4. **Modelling:** Modelling is a gentle approach to introducing the child to different foods. Modelling can be done when the child eating alone with you or during a family meal.



The caregiver can help:

- Eat new food in front of the child
- Show different ways to interact with food



5. **Family Meals:** Family meals allow the child to be around new food, watch others eat and smell new foods.



Remember...

Follow the child's lead and introduce foods in ways that are acceptable to them.

Consider and respect the child's sensory preferences. Build off their preferences when introducing new foods.

Speak with the child's healthcare team if you have feeding, swallowing, or nutritional concerns.