ENCOURAGE CHILDREN TO TRY NEW FOODS

Involve children in cooking.

Offer different healthy food options. Think about dietary, health or cultural needs.

> Include families in meal planning.

Source: Information adapted from ACECQA

Read books about different foods.

> Share food activities and menus with families regularly.

Start a garden where children can plant, grow and pick herbs, fruit and vegetables. Role model healthy eating.



IMAGANE Childcare