

USE THIS CHECKLIST TO HELP GUIDE YOU IN INTRODUCING COOKING TO YOUR PICKY EATER AND EXPANDING THEIR FOOD PALATE.

Start with ageappropriate kitchen cooking activities



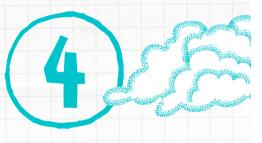
Repeated exposure to food items is key to getting more comfortable to try new foods.





Keep it fun and positive by creating a positive experience & positive reinforcement

Be patient and persistent. It may take several exposures before they are willing to try a new food.





Get the whole family involved and lead by example.

Sub- of Miles		