

PICKY EATER CHECKLIST

GETTING STARTED IN THE KITCHEN

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

1

Start with age-appropriate kitchen cooking activities



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

2

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

3

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

4

5

Get the whole family involved and lead by example.

