

# Trying New Foods

**TIP #1**

Encourage your child to help with meal preparation. Talk with your child about the look, smell, feel, taste and temperature of foods.

**TIP #2**

It is important your child sees others eating a range of different foods. A shared family meal is a great way to do this.

**TIP #3**

Give your child some food at each meal you know they will eat, as well as a small amount of new food. Try to make your child's food look interesting and appetising.

**TIP #4**

Your child may need to see a new food lots of times before they try it: looking at, touching, kissing and licking are all initial steps to trying a new food.



### Who can help? Where? When?

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### My Tips

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## Disclaimer

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