

MAKE MEALS THEY ACTUALLY EAT

Pick a food from every category of the safe foods to build a meal – add in one learning to like food at each mealtime!

Fill out your child's safe foods and learning to like foods. use a pencil so you can easily change it as their likes and dislikes evolve.

Safe Foods

Foods they are more likely to eat than not

Fruit

Vegetables

Grains

Protein

Meal types/flavours (eg mexican):

Learning to like

Foods you usually eat as a family that they usually refuse/havn't tried

Fruit

Vegetables

Grains

Protein

Meal types/flavours (eg mexican):