



Picky Eaters Family Programme



MOVE MORE INVITES YOU TO JOIN OUR FUSSY EATER FAMILY PROGRAMME!



<https://youtu.be/KI7X6VyEM1s>

You prepare nutritious meals for your family only to be met with “Yuk! I won’t eat that!” attitude. Your children refuse to eat anything that’s not “beige” or doesn’t start with a letter “P” - pasta and pizza. Sometimes they even refuse to sit at the table or use knife and fork. For the peace in the house and your own sanity, you give up and just serve what they want, where and when they want it. Or, if you are more stubborn, you keep nagging and bribing for them to eat just one more bite. Does this sound familiar? Are mealtimes a challenge in your household? Would you describe your child as a “picky” or “fussy” eater? If yes, this programme is for you.

It has been created to help you understand why children can be “picky” when it comes to food and to empower you with tools to help them have a good relationship with food in the long run. Because it is worth remembering that bigger picture: when children grow up most of us want them to have good eating habits and enjoy food. But not many of us realise that not every parenting approach will help our children get there. So, during the next 6 weeks we will be sharing an equal number of facts and practical ideas to help you empower your children to improve their relationship with food and eating.

To do that, you need to:

- Read each installment of the programme;
- Reflect where you are at with regards to topics discussed;
- Use the tools suggested in a way that fits your family and your life;
- Take part in the programme and share your results!
- Join our closed Facebook page for more ideas, tips and ongoing support;
- Share your thoughts/progress/feedback with us via email (marijana@move-more.org) and/or via social media (Facebook page)

At the end of the process, all the families that take part in the programme and share their activities with us will be put into the prize draw – the winners will be announced at the end of the programme.

We can’t wait to hear and see how you are getting on! Good luck!

All weeks reserources can be found below:

<https://bit.ly/MM-Picky-Eaters>



What you need to know to understand picky eating – interesting fact No2:

Blame the genes! We are biologically programmed to favour sweet and savoury tastes and to dislike sour and bitter ones. Most poisonous substances in nature are bitter in taste – our innate preferences are keeping us safe. However, some safe foods also have bitter taste (cabbage, kale, Brussel sprouts and broccoli) and children don't like them because of that. This is because we are genetically programmed not to eat our greens in order to stay alive!



The Family Mealtime Makeover Principle 2: Offer A Snack!

The third step to encouraging your children to be less picky is to follow this simple principle:

“Offer ‘tricky’ food as a ‘first bite’ and as a snack”.

This principle is about timing. Research says that when we are hungry, the first food and bites that we put in our mouth taste the sweetest. So, we can use this to help re-train our children's taste buds and habits by rethinking when we offer them food that they wouldn't normally eat.

MEALTIME MAKEOVER 3

To help you apply the “Offer ‘tricky’ food as a ‘first bite’ and as a snack” principle, consider the following suggestions:

1 Reflect on snacking habits in your family. If there is a pattern of eating lots between meals which then impacts how much and what your children eat at mealtimes, you might need to think how to change this habit. The purpose of a snack is to maintain our energy and blood sugar levels and avoid “spikes” that might impact your children's eating during the next meal, as well as their mood and consequently behaviour. With this in mind, consider what your children eat for a snack, how much and how close to a meal. If you'd like to change their current habits, try applying the “90 one and done” rule (introduced by Katie Kimball).

This is how it works:

- Snacks are on offer 90 mins before or after the meal (so they don't interfere with eating at mealtimes)
- Snack isn't a meal replacement: you offer one and that's it.

2 Get into the habit of offering your child's 'tricky' food as a snack. For example, if you'd like your child to eat more fresh fruit and vegetables, cut some vegetable fingers: some that they know they like and some they don't. When your children say they are hungry, put the plate with vegetable fingers in front of them and say, “Here is a little snack to tide you over until dinner” (or some such).



WEEK THREE

3

The other way you can encourage your child to eat more diverse foods is by giving them those foods straight before the main meal. So, 15-20 mins before dinner, give a plate of fruit and vegetables to your child and say: *"Dinner will be in 15 minutes, here is something for you to snack on until then if you are hungry"*.

4

Use the [Move More Snack Selector](#) to make the process of providing your child a snack a little more fun and engaging (see the following pages). If you don't have access to a printer, perhaps you can make your own using a square blank piece of paper, ask your school to print it or use dice and your own homemade key.

REMEMBER!

Remember Week 1 and 2 principles:

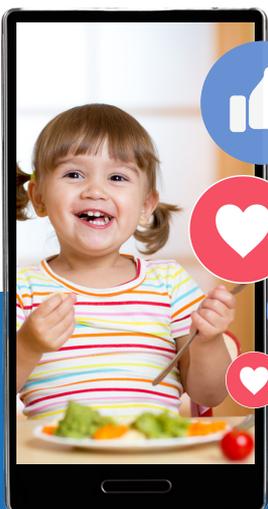
- No pressure for them to eat! You offer, they choose to eat or not, but you don't offer anything else.
- Validate their feelings: "I know you are disappointed because you wanted crisps for a snack"
- Stick to the boundaries while offering limited choices: "Crisps are not on offer today. You can have either carrot sticks or pepper sticks with your crackers. Which one would you go for?"
- Be encouraging: "I am sure you'll make the right decision for you".
- During mealtimes and snacks, focus on positives not linked to food. For example, pay compliments and give appreciations to them. Play games or do fun activities.

You are invited to join our **NEW PARENT FACEBOOK GROUP** for participating schools. Click on the link to join Move More's Family Health programme 2023/24 & share your feedback, photos or videos of your new **MEALTIME MAKEOVER** dinner tables!



We hope you and your child(ren) find the programme both helpful, engaging and informative. Join in healthy discussion topics and share tips and ideas ❤️ [#PickyEaters](#)

[WWW.FACEBOOK.COM/GROUPS/591081713029985](https://www.facebook.com/groups/591081713029985)



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SNACK SELECTOR

- Think of 8 foods that your child finds 'tricky' and how to incorporate them into healthy snacks that are quick to eat.
- Write each different snack in the 8 central triangles below.
- Ask your child to cut out the square snack selector below and colour it in.



Snack Ideas!

carrots sticks and humous

Rasins and nuts

Avocado spread on whole grain crackers

Yoghurt and blueberries

Cream cheese & cucumber on rivita

Brocoli and cheese egg muffins

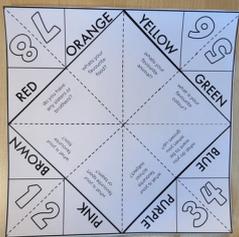
Dried apricots and sliced apple

Grapes and cheese kebabs



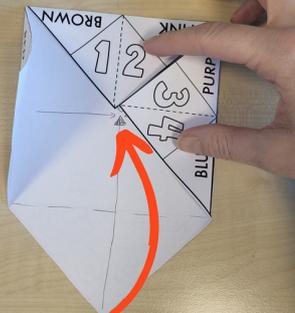
The snack selector template consists of a large square divided into eight triangles. The triangles are labeled with colors and numbers:

- ORANGE** (Snack One) - Top-left triangle, number 1 in top-right corner.
- YELLOW** (Snack Two) - Top-right triangle, number 2 in top-left corner.
- GREEN** (Snack Three) - Middle-right triangle, number 3 in top-left corner.
- BLUE** (Snack Four) - Middle-right triangle, number 4 in bottom-right corner.
- PURPLE** (Snack Five) - Bottom-right triangle, number 5 in top-left corner.
- PINK** (Snack Six) - Bottom-right triangle, number 6 in bottom-left corner.
- BROWN** (Snack Seven) - Bottom-left triangle, number 7 in top-left corner.
- RED** (Snack Eight) - Middle-left triangle, number 8 in top-left corner.

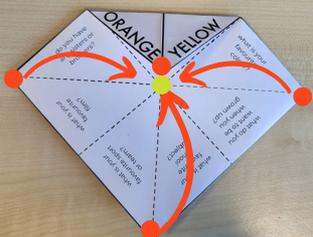


1. Cut out and colour in your snack selector

2. TURN over and fold the corners into the centre



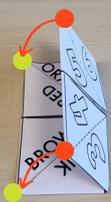
3. TURN over and repeat this process



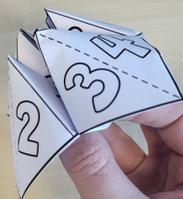
4. With the numbers on the outside, fold it in half from top to bottom centred



5. Open it up and fold in half from left to right centred



6. Use your fingers to lift the number flaps and pinch the 4 tips together



SNACK SELECTOR



HOW TO PLAY

1. To play, the child (or parent) picks a number whilst the other child (or the parent) operates the snack selector.
 2. Count out the chosen number by opening and closing opposite ends of the selector.
 3. Depending on where it lands open, ask them to pick a visible colour out of the 4 choices.
 4. Spell out the colour name, opening and closing the snack selector for each letter. (B-L-U-E = 4 times).
 5. Depending on where it lands open, ask them to pick another colour.
 6. Lift that colour flap to reveal the snack.
- NB: To avoid repeating snack choices, change the options around daily or don't allow the same colour to be picked twice in 1 week.