



# Food Matters



## Family Newsletter

### CHEF COMBO VISITS THE FARM

With the help of Chef Combo, your child learned that many healthy foods grow on farms. Unfortunately, some children would like healthy foods to stay on farms.

They're hesitant to try new foods, especially when their parents seem a bit too excited about them. This newsletter will provide tips on how to get your child to try new foods. After all, eating a variety of foods is the key to a healthy diet.

### FEATURED RECIPE

Pita is a round, flat bread that opens into a pocket. It can be filled with veggies, cheese, or meat. So it's a great way to use leftovers!

#### Pick-A-Pita-Pocket Sandwiches

2 pita rounds

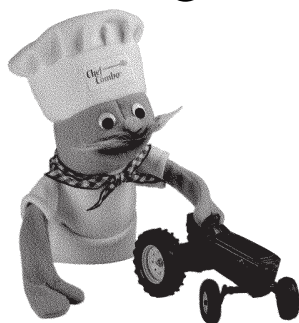
Your choice of filling(s):

**Veggies:** chopped lettuce, celery, carrots

**Cheese:** shredded mozzarella or cheddar

**Meats:** cut-up cooked meats, luncheon meats, or tuna

Cut each pita round in half. (For 4- and 5-year-olds, cut into quarters.) Fill the pocket with veggies, cheese, and/or meats. Let your child stuff his or her own. Makes 4 pita halves or 8 pita quarters.



### ASK CHEF COMBO

#### Question:

A total of six foods cross the lips of my 5-year-old son. No amount of pleading, promising, or punishing changes these six foods. What can I do to get him to eat something different?

#### Answer:

*Eating variety really is best  
And parents can help without  
being pests.*

*Trying new foods shouldn't  
end up a fight*

*Start with small servings  
'till they want a bite.*

*Don't plead or reward.*

*Put punishment to rest.*

*But don't give up on your  
"new food" quest.*

*Six months from now,  
you'll fall on your knees*

*When your 5-year-old says,  
"More broccoli, please."*

### FASCINATING FOOD FACT

It takes 8–10 exposures to an unfamiliar food before a child is willing to try it. Best approach? Don't give up if your child turns his or her nose up at a food half-a-dozen times. Continue to offer—not force—new foods. Zucchini anyone?

### NIFTY NUTRITION NUGGETS: HOW TO GET YOUR CHILD TO TRY NEW FOODS!

- Offer a small serving of a new food along with familiar favorites.
- Children who help prepare a recipe are more willing to eat it later.
- Nix a Mix. Offer new foods alone before mixing with other foods.
- Monkey see, monkey do. Eat a new food and your child may, too.
- Timing is everything. Children are more likely to be open to new foods when they're well-rested, yet hungry.
- The bottom line: It's the parents' responsibility to offer nutritious foods, but it's best for your child's development of healthy eating habits to decide how much, if any, to eat.