

## Module 4: Helping a child learn to eat

### Three actions that parents can take to be their child's teacher in learning to eat:

For ex: Be a role model with eating; let child look but not taste; don't pressure the child to eat

### Three new thoughts you have about how children learn to eat new foods:

For ex: children need lots of opportunities to learn to eat a new food; pressure does not help a child learn to eat

1.

1.

2.

2.

3.

3.

## Module 4: Integrate Nutrition Messaging

**Describe the food selection education your program uses.** For ex: we use ChooseMyPlate to tell parents how many vegetables they and their family should eat

**Describe specific examples of how you will integrate “how to feed” messages into your food selection education.** For ex: I will teach parents to serve vegetables at dinner, and to give the child opportunities to look but not taste, taste but not swallow, eat but not eat more.

Eat More:

Eat Less:

Eat None:

Other: