

# Adventurous Eating

## How to use positive language to support a fussy eater

We've gathered some of the key language and questions used in our game Adventurous Eating for you to use at home. When exploring a new food with your child, you can use this language to help encourage a positive relationship with an old or new fruit or vegetable.

Remember it's ok if your child refuses, you can try it another time when they are feeling a bit braver. Finish any food exploration with a 'Well done, you tried something new today!'



### Look

What does the food look like?  
Does it look wet/dry?  
Does it look tasty?  
Do you like the shape/colour?  
Did it look hard/soft/big/small?  
Did you see all the seeds?  
Did you see a pattern?



### Smell

Will you smell the fruit/veg?  
Are you brave enough to smell the food today?  
How about just a little sniff?  
Did you like the fruity/earthy/fresh/peppery/minty/strong/sweet smell?  
What does the smell remind you of?  
What an interesting choice! I thought it smelt of ....



### Touch

Can you touch the fruit/vegetable?  
Are you adventurous enough to touch the food today?  
How about just one finger to touch?  
Did you like how it felt bumpy/crunchy/furry/juicy/leathery/lumpy/rough/smooth/spikey/leafy?





### Taste

Can you taste the fruit/vegetable?

If you don't want to eat it yet, that's ok. How about giving it a lick?

It's ok not to like it - Well done for giving it a lick!

How about a tiny bite?

It's ok not to try it now, maybe we can try it another day?

Will you give it another try?

Well done for giving it a try!

Will you eat the whole thing?

Did you like the taste?

Did you like the sweet/salty/peppery/fresh/etc taste?

What did you think of the taste?



### Listen

How did that sound?

Which food sound did you like best?

Did you like the crunchy/soft/juicy/tough/squeaky/squishy/heavy/  
fluffy sound?



### General finishing statements

Well done! You listened to/touched/tasted/smelt/looked at the  
fruit/vegetable and discovered something new!

Wow - what an adventurous eater! You tried a...

That was some brave tasting!

Bub would be very proud of your Adventurous Eating today!

