

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, your 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?

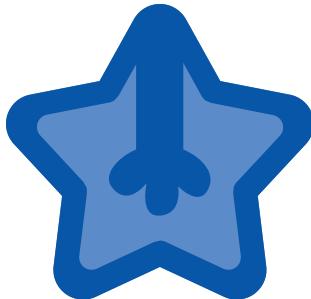
How about just a little sniff?

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/spiky/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!

