

**BELLINGHAM TECHNICAL COLLEGE**  
**BABY 'N ME**

**CHILDREN WILL USUALLY EAT BETTER.....**

1. if they feel well
2. if they are happy
3. if they have been playing and active but are not too tired
4. if they don't have to wait too long for meals or get too hungry
5. if they have eaten the food before and have learned to like it
6. if they have helped to prepare or serve the food
7. if there aren't too many "don'ts" and "no's" while they are eating
8. if the children may help themselves to food if they want to
9. if they may choose between two foods once in awhile
10. if they try out new foods in the social situation with others
11. if the food tastes good
12. if foods are bright, colorful, and interesting
13. if food is not too salty or spicy
14. if only one new food is offered at a meal
15. if children are not urged to eat a new food the first time they see it  
They may just want to look at, or handle it
16. if food is associated with something pleasant
17. if servings are not too big
18. if sandwiches and finger foods are small enough to fit their hands
19. if foods served in dishes are cut into bite-sized pieces and are easy to handle
20. if we set a good example and learn to like the foods that the children need to eat