

8 Tips for Picky Eating

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This lesson plan is provided in two different learner-centered education methods - facilitated group discussion and individual counseling.



Facilitated Group Discussion:

Facilitated group discussions are an interactive form of learner-centered group education where the learners discuss a specific topic and share their questions and knowledge with other group members.

Target Audience: Families with children age 2 years and older

Goals:

Parents and caregivers will:

- identify reasons why picky eating may happen,
- learn ways to help a child learn healthy habits while trusting their appetite,
- and enjoy eating meals together.

Learning Objective:

- Participants will name 1 or more tips they will try while feeding their child.

Time: 15 to 30 minutes; time depends upon the number of participants, and how much discussion there is in different activities. Try to share ideas with the entire group. However, if the group is too large, participants can be broken into groups of 2 to 4 for the sharing activities. Ask for comments from a few small groups or all the groups, depending on time.

Procedure:

Set-up:

- Chairs placed in a semicircle.
- Table with bulletin board or flip chart.
- Title of lesson written on the bulletin board or flip chart - "8 Tips for Picky Eating".
- Goal written on the bulletin board or flip chart - "Goal - name 1 or more tips you can try while feeding your child".

Materials:

- 8 Tips for Picky Eating booklets

Methods for sharing participants' ideas (optional):

- Box for ideas.
- Small cards and pens to write ideas on.

Key Content Points:

- Picky eating happens at times. This is normal but can be frustrating for adults.
- Cook together, give your child choices, offer meals and snacks, let your child decide, try new foods and flavors, trust your child's appetite, keep offering a variety of foods, and change your way of thinking.
- Don't worry about one meal or even one day. Look at what your child eats over a few days or a week. Trust your child's appetite.

Lesson Overview:

1) Welcome

- Introduction of self and session - *“Hi, my name is Carol and today we’re going to talk about ideas to help your child be a healthy and happy eater. Most children are picky at times. They refuse to eat some foods and stop eating food they once loved. This is normal but can be frustrating for adults. Does this sound like your child? If yes, why?”*
- Let participants share the age of their child and picky eating experiences they have observed.

2) 8 tips for picky eating

- Give the booklet to participants. Turn to page 2 and discuss the possible reasons why picky eating can happen.
- Turn back to the index on the inside cover - *“This book lists 8 tips for picky eating, along with many ideas. You’re probably doing many of these already - that’s great! Keep doing them. Let’s find some new ideas you can try too!”*
- Discuss the 8 tips - cook together, give your child choices, offer meals and snacks, let your child decide, try new foods and flavors, trust your child's appetite, keep offering a variety of foods, and change your way of thinking.
 - *“Which of these tips do you currently do?”*
 - *“Which tips would you like to learn more about?”*
- Based on what the group's interests are, discuss the most popular 2 or 4 tips.

3) What is a good eater?

- Turn to page 15 and discuss ways to change our way of thinking - looking at the positives, remembering the division of responsibilities for adults and children at meals, and trusting your child's appetite.
- Turn to page 16 and discuss what a good eater is.
- Ask participants if they have additional questions or thoughts they would like to share.

4) Picky Eating ideas

- Ask the participants to look through the book and choose one or more tips they will try while feeding their child.

Evaluation: Participants will name an idea to help their child try new foods or a parenting technique they will try at mealtimes.

