Use positive language when you talk about healthy foods and encourage kids to try them. Encourage kids to try an “adventure bite” or ask, “What does the broccoli taste like?”

Sit at the Table During Mealtime
Model good mealtime and table behavior and have pleasant conversation with the children.

Eat the Same Meal as the Kids
Show the kids that you are also willing to try new & different foods offered at mealtime (especially the fruits and vegetables).