



IowaHealthiestState.com

APRIL

TRYING NEW FOODS AND FOREIGN FLAVORS

[#HealthyChoicesCount](https://twitter.com/HealthyChoicesCount)

DID YOU KNOW?

Children exposed to diverse cultures and foreign languages at a young age are more likely to be open minded and receptive to languages and cultures other than their parents?



STRATEGY 8:

Partner with and educate families in adopting and maintaining a lifestyle that supports healthy eating and active living

- Does your program send 5-2-1-0 Healthy Choices Count! resources home to families?
- Does your program display information on healthy eating and physical activity?

TEACH KIDS TO LOVE INTERNATIONAL FOOD

Want to mix up the weeknight dinner rotation but worried your kids won't like what you make? Try these tips to introduce your family to new flavors!

- **Serve Food in Familiar Forms:** Adding new flavors and ingredients seems less intimidating when its served in a form that is familiar and already loved – like meatballs, tacos, skewered on sticks, etc.
- **Make Comparisons:** Compare new dishes to old favorites. For instance, Chicken satay are like grilled treadless chicken fingers with a peanut butter dipping sauce.
- **Serve Sauces on the Side:** Allowing children to build their own plate will give them more ownership over their meal - meaning they are more likely to try and enjoy it!
- **Make It Bite Sized:** Trying new foods is less intense when you aren't faced will a full plate - start with smaller pieces.



EDUCATE KIDS ABOUT NEW CULTURES THROUGH FOOD

Food is a fantastic gateway into learning about new cultures! When trying new food, take the chance to learn more about the people and places that the food originates from!



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Health AND Human
SERVICES

