

How to Help Your Toddler Fall in Love With Food



Getting young kids to eat well and enjoy doing so can be a bit of a struggle for a lot of parents. There are several outlets online that give advice to parents on this subject matter in the form of online forums, mummy bloggers, and social media groups. As great as these can be with their array of various opinions on the matter, the majority of advice given on these come from unqualified sources, so it can be difficult to know where to start.

That's why we are here to give some top tips on how to encourage your children to love food as much as you do, without any hassle or stress.

Get creative

A simple and effective way to get your kids to love their food

is by getting creative with how you present mealtime to them. A really fun way is by introducing [toddler lunch ideas](#) and inducing some excitement into their lunch boxes. Over 80% of lunch boxes contain the standard sandwich, why not try mixing this up a bit. Include foods such as wholemeal crackers, pasta, quiche, pitta bread and dips, toasties, rice salads, and vegetable kebabs. All of these foods vary in presentation and taste, whilst providing just as much nutritional value.

Aside from food, you can also add a little element of surprise, such as a funny joke, mini toy, or a small note for your child to enjoy when they open their lunch box. This can make their lunchtime that little bit more special and a good way to get them excited for this mealtime!

Play around with food together

As messy as it sounds, a great way to get your little ones engaged with food is through play, as it can really help to build food familiarity and acceptance. There are several different fun ways to get your toddlers involved in food, including making food stamps, creating edible paint, and doing food tests and quizzes.

Getting stuck in with them will also give you the opportunity to introduce new types of food for them to try out and enjoy with you by their side as encouragement. You can make fruit and vegetables the new cool snacks for them to enjoy and love!

Make the most of mealtimes

There are several factors that can result in a pretty miserable evening meal such as end-of-the-day fatigue and becoming fed up with cooking. This can have a negative effect on how your little ones perceive mealtimes and the food they are consuming. Try to jazz things up again with fun games, asking everyone about the events of their day, using fancy

tableware, or even turning mealtimes into buffet/picnic/mezze style occasions. Why not incorporate themed dinners once a week or incorporate food tasting sessions with your kids? These are just some of the ways you can make the most of mealtimes and encourage your kids to love trying new foods. It's also a great way to have some quality family time too!