



- 1 **Continuing to expose your child and encouraging them to try new foods** will help them learn and explore all the healthy foods available to them.
- 2 **A child should never be forced to eat a certain food or finish their plate.**
- 3 If you are worried your child isn't getting enough calories or nutrients you can **cook with full-fat foods, try and blend up some healthy foods** and added it to pasta sauce and meatballs, **make smoothies and provide age-appropriate vitamins.**

