**4 FACTS ON YOUNG CHILDREN’S EATING HABITS**

**Fact 1**
Picky eating is a natural behavior for preschoolers. Some children may need to try a food 10–15 times before they develop a taste for it.

**Tip for Success**
Pair new foods with well-liked foods, and offer them regularly to young children.

**Fact 2**
Some children may eat a food at one meal service but refuse it during the next. They may also eat different amounts of food each day.

**Tip for Success**
Serve appealing meals and snacks through family style meal service, and allow children to decide how much they would like to eat.

**Fact 3**
Infants are born with a preference for sweet and savory foods, and they may need time to develop preferences for vegetables and other bitter-flavored foods.

**Tip for Success**
Offer foods in various flavors and forms at least 10–15 times.

**Fact 4**
Using food as a reward can cause children to become emotional eaters and overweight or obese later in life.

**Tip for Success**
Reward children with positive comments such as, "Good job for picking up the toys!" or "Thank you for sharing with your friends!"

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