

# Healthy Eating Habits

## Green Eggs and Ham by Dr. Seuss

In this timeless tale, Sam relentlessly encourages his friend to try a new food combination—green eggs and ham. Any parent who has encountered a picky eater can relate to Sam's adventures.

**W**e all want our children to grow up with healthy eating habits, but encouraging your child to try new foods isn't always easy. Follow these "Seven Simple Tips" from Young Children (Journal of the National Association for the Education of Young Children) to help your child overcome picky eating habits.

- Make food fun
- Keep offering new foods
- Be a good role model by eating new foods with your child.
- Let child choose new foods
- Help your child learn about new foods
- Try offering one new food at a time
- Avoid forcing your child to try new foods

## Read More—related books

### Freaky Foods from Around the World/Platillos

**Sorprendentes de todo el Mundo** by Ramona

Moreno Winner

**Good Morning, Little Fox** by Marilyn Janovitz

**Picky Mrs. Prickle** by Christine Schneider

## Learn More—related information

Parenting 24/7

University of Illinois Extension

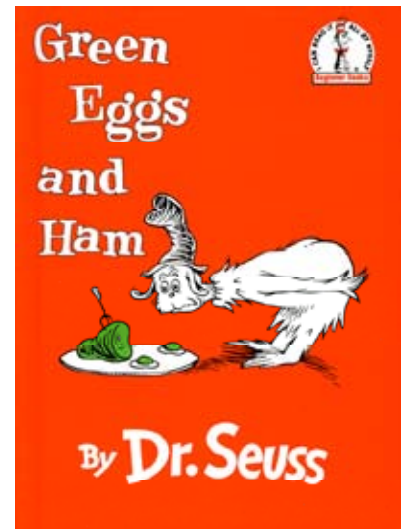
2-5 Preschoolers—Eating and Mealtimes

<http://parenting247.org>

Mayo Clinic

Children's Nutrition - 20 Tips for Picky Eaters

[www.mayoclinic.com](http://www.mayoclinic.com)



## View More—

related shows on WILL-TV

### Fetch! With Ruff Ruffman

3/13 4:30 PM

### B.L.T. for Breakfast?

Ever the entrepreneur, Ruff has invested his entire show budget in his latest culinary creation: the Liver and Pineapple Biscuit Shake. Looking for ways to improve his recipe, Ruff sends one team of FETCHers out to invent a new flavor of ice cream (the three main ingredients have to start with the letters B, L, and T and two of them have to be vegetables), and Brian must fill in as a short order cook at a local diner.

### Fetch! With Ruff Ruffman

3/26 4:30 PM

### Tryin' Chef

When Ruff's owner brings home a "doggy bag" consisting of one measly dinner roll, Ruff decides that his evening meal needs to get "kicked up a notch." He challenges his cast to use creativity, cunning, and capability in this Iron Chef spoof!

**WILL-TV**