Get your child on the path to healthy eating.

Focus on the meal and each other. Your child learns by watching you. Children are likely to copy your table manners, your likes and dislikes, and your willingness to try new foods.

Offer a variety of healthy foods. Let your child choose how much to eat. Children are more likely to enjoy a food when eating it is their own choice.

Be patient with your child. Sometimes new foods take time. Give children a taste at first and be patient with them. Offer new foods many times.

Let your children serve themselves. Teach your children to take small amounts at first. Let them know they can get more if they are still hungry.

Cook together. Eat together. Talk together. Make meal time family time.