



Preschoolers 2 to 5 years

I'm a healthy eater

Trust Me, Trust My Tummy

Let's prepare and eat meals together

- Share food and cooking traditions with me
- We can plan meals, shop, cook and set the table together
- Show me how to wash my hands before preparing food and eating meals
- I can measure, add and stir ingredients, slice soft foods, crack eggs, tear lettuce, peel bananas, wash and scrub vegetables
- You decide when and where we will eat
- You choose the foods that will be served
- Let me choose how much to eat or if I want to eat



You are my role model

- Sit, talk and eat with me
- Whenever possible, offer me the same food you eat
- When I see you eat foods, I may also want to try them
- Turn off all electronics (e.g., TV, cell phones) and put away toys and books during mealtime
- Avoid calling foods "good" or "bad"

Keep offering me new foods in a positive manner

- It may take 10 or more times before I try a new food
- Give me time to explore by touching, smelling and tasting a new food
- Let's talk about new foods (e.g., how they grow, texture, colour)
- Serve me new foods in various ways (e.g., in soups, stews or stir-fries, with toppings or dips, or as food art)
- I don't need to be praised or rewarded for trying new foods
- Avoid bribing or pressuring me to eat or drink, see the tips below for managing common eating situations



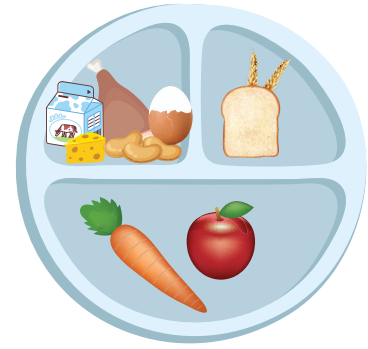
Managing common eating situations

| Child says | Supports your child | Pressures your child |
|---------------------|--|--|
| I'm not hungry. | That's okay. You don't have to eat. Just sit and talk with us. | If you don't eat, you can't go out and play. |
| I hate broccoli! | Please say "No, thank you". | There will be no dessert until you try one bite. |
| I'm sad. | What made you feel sad? | You can have a cookie to feel better. |
| I tried a new food! | I see you tried it. What did you think? | I'm proud of you, for trying new food. |
| Can I go play? | Is your stomach telling you it's full? | One more bite, then you can go. |

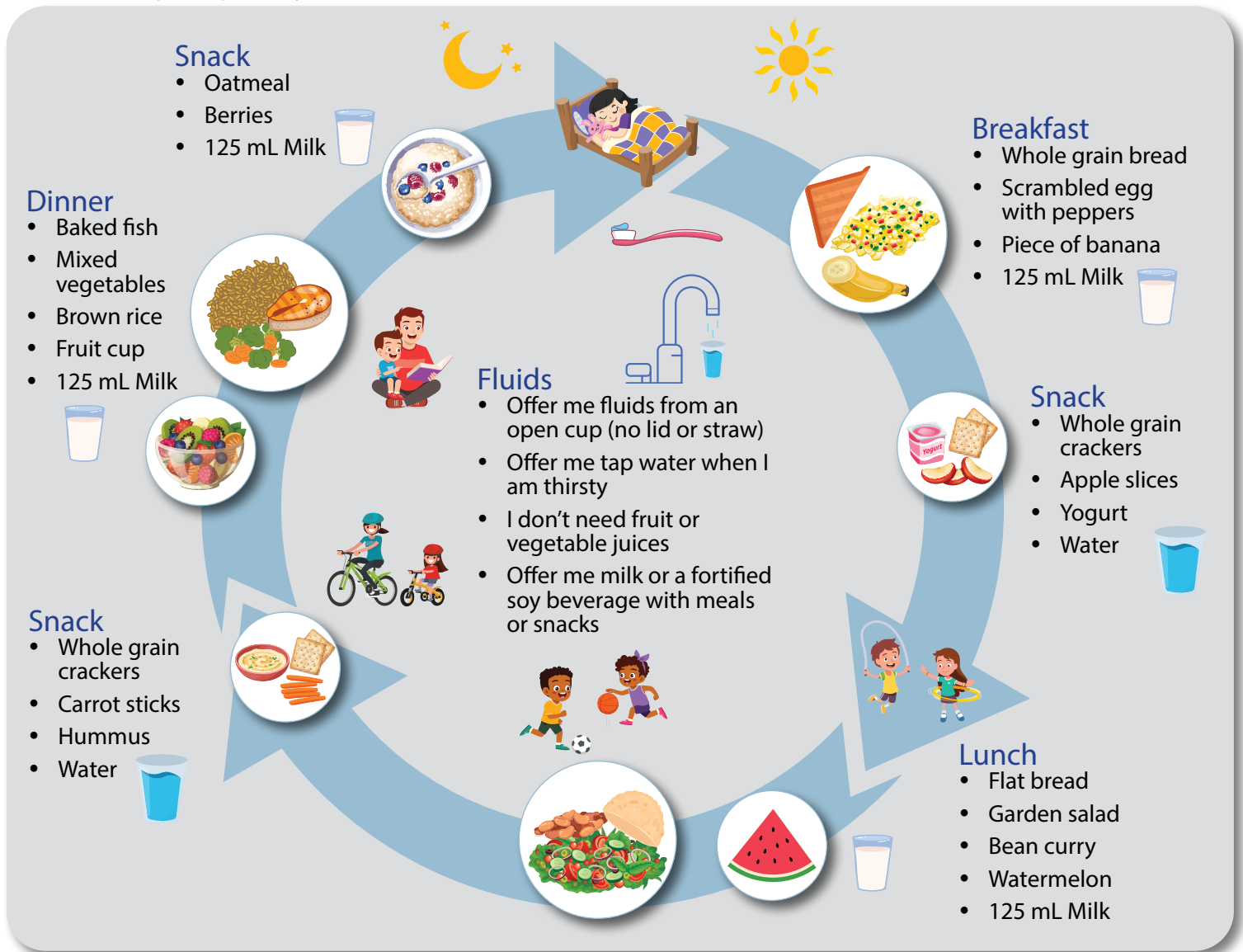
Planning meals and snacks

- Offer me a variety of foods that represent the choices on the Canada's Food Guide Plate, (½ from **vegetables and fruits**, ¼ from **protein foods**, ¼ from **whole grain foods**)
- I need 3 meals and 2 to 3 snacks around the same time each day
- If I have too much to drink, I may not be hungry
- Serve me foods in shapes and textures that are safe for me to avoid choking (e.g., cut grapes and cherry tomatoes into quarters; cut carrots and cucumbers into strips)

Canada's Food Guide Plate



What my day may look like



Eating every 2 to 3 hours during the day is ideal.

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Durham Health Connection Line
905-668-2020 or 1-800-841-2729

durham.ca/health

Dial 311 (within regional limits)

If you require this information in an accessible format, contact 1-800-841-2729.



July 2025