**Playful ways to help children become familiar with different foods**

**Pretend cafes**

Serve real food to others in a pretend café and clear their plates afterwards. Create café menus together that include at least one new food- this might be a favourite enjoyed by a sibling.

**Picnics**

Organise simple indoor or outdoor picnics with your child. Invite dinosaurs, soft toys, unicorns or robots. A new scenario can often be linked with a new food.

**Involve them in the kitchen**

Involve your child in food-related kitchen activities like unpacking shopping, finding utensils, or playing with water and sponges to clean child-safe equipment or dishes.

**Meal preparation**

Involve your child in meal preparation tasks such as collecting ingredients, stirring, pouring, measuring, rolling, kneading, cutting with a child-safe knife or cookie cutter, or setting timers.

**Vegetable washing**

Wash vegetables in a tub of water on a towel on the floor, at the sink, or outside. Start with mud-free vegetables for children who strongly dislike mess.

**Read books**

Share stories together that include foods in text and illustrations. Talk about the foods and go find one food from the book in your house, or when out and about. You could also look for something that is the same colour or shape.

**Shopping**

Visit supermarkets, shops or outdoor markets during quiet times. Let children choose a new food to explore. Try playing a treasure hunt for a food seen in a book or on a screen.

**Planting food**

Try growing sprouting seeds or herbs on a window sill. If space allows, plant fruits and vegetables like strawberries, baby carrots or c herry tomatoes.