



The Four Types of Picky Eaters

Sensory Dependent Eaters	Selective Eaters	General Perfectionists	Behavioral Responders
<p>PROBLEM: Does not like food due to texture or smell (ex: slimy).</p> <p>TRY: Converting slimy or slippery foods such as fruits and veggies into a smoothie or shake.</p>	<p>PROBLEM: Won't try new foods alone or mixed with other foods they generally like.</p> <p>TRY: 5-10 exposures before considered being a "new food".</p>	<p>PROBLEM: Does not like when foods touch.</p> <p>TRY: Keeping your child's food apart unless the child has asked you to mix together.</p>	<p>PROBLEM: Need foods prepared a certain way (ex: crust off sandwiches, meat cut in cubes).</p> <p>TRY: Respecting your child's wishes and ask them how they would like their food to be prepared.</p>

Mac n' Cheese (Hidden Veggie) Recipe



Mac n' Cheese is a food that a toddler would rarely turn down! If you are struggling with a non-veggie eating toddler, this hidden veggie Mac n' Cheese recipe should be gold in your eyes!

INGREDIENTS

- 12 oz. pasta (whole wheat)
- ¼ cup of milk
- 1 cup of shredded cheddar
- 4 oz. of cream cheese
- 2 carrots (cut into small pieces)
- 1 cup of cauliflower, chopped
- 1 cup of frozen butternut squash
- 1 tsp. of salt

INSTRUCTIONS

1. To cook your pasta, boil water in a pot and follow the packaging instructions.
2. Steam your veggies for about 5-7 minutes until they are tender.
3. Place your steamed veggies in a blender and blend until smooth.
4. To make the sauce, pour milk, shredded cheese, and cream cheese in a saucepan until all ingredients are melted together.
5. Add your pureed veggies.
6. Mix in well with pasta (for the hidden effect) and serve!

Developed by Si-Arah R. McCray, SNAP-Ed Nutrition Educator
 References: Behaviors, preferences of Picky Eaters described; Science Daily
<https://soyummy.com/recipe/hidden-veggie-mac-cheese/>

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- | | |
|-------------------------------|-------------------------------|
| A: 50 Jumping Jacks | N: 40 Jumping Jacks |
| B: 20 Crunches | O: 25 Burpees |
| C: 30 Squats | P: 15 Arm Circles |
| D: 15 Push Ups | Q: 30 Crunches |
| E: 1 Min. Wall Sit | R: 15 Push Ups |
| F: 10 Burpees | S: 30 Burpees |
| G: 20 Sec. Arm Circles | T: 15 Squats |
| H: 20 Squats | U: 30 Sec. Arm Circles |
| I: 30 Jumping Jacks | V: 3 Min. Wall Sit |
| J: 15 Crunches | W: 20 Burpees |
| K: 10 Pushups | X: 60 Jumping Jacks |
| L: 2 Min. Wall Sit | Y: 10 Crunches |
| M: 20 Burpees | Z: 20 Push Ups |

Reference: <https://www.choosemyplate.gov/resources/physical-activity-tips>



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