

Phrases that Help, Phrases that Hinder

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Phrases that help children to accept new foods:

1. John said he likes the kiwi fruit.
2. What do you think this tastes like? It tastes familiar to me.
3. What do you like best about the kiwi?
4. I see some tiny seeds in here.
5. Kiwi is a fruit, so it is sweet and juicy.
6. I think kiwi tastes sort of like a banana and sort of like a strawberry.

Phrases that hinder acceptance of new foods:

1. Look at John eat his kiwi. Why can't you be like John?
2. Eat some kiwi for me.
3. Big boys and girls eat kiwi.
4. It's good. You will like the kiwi.
5. You can have some noodles after you eat the kiwi.
6. You can go out and play after you eat one slice of kiwi.