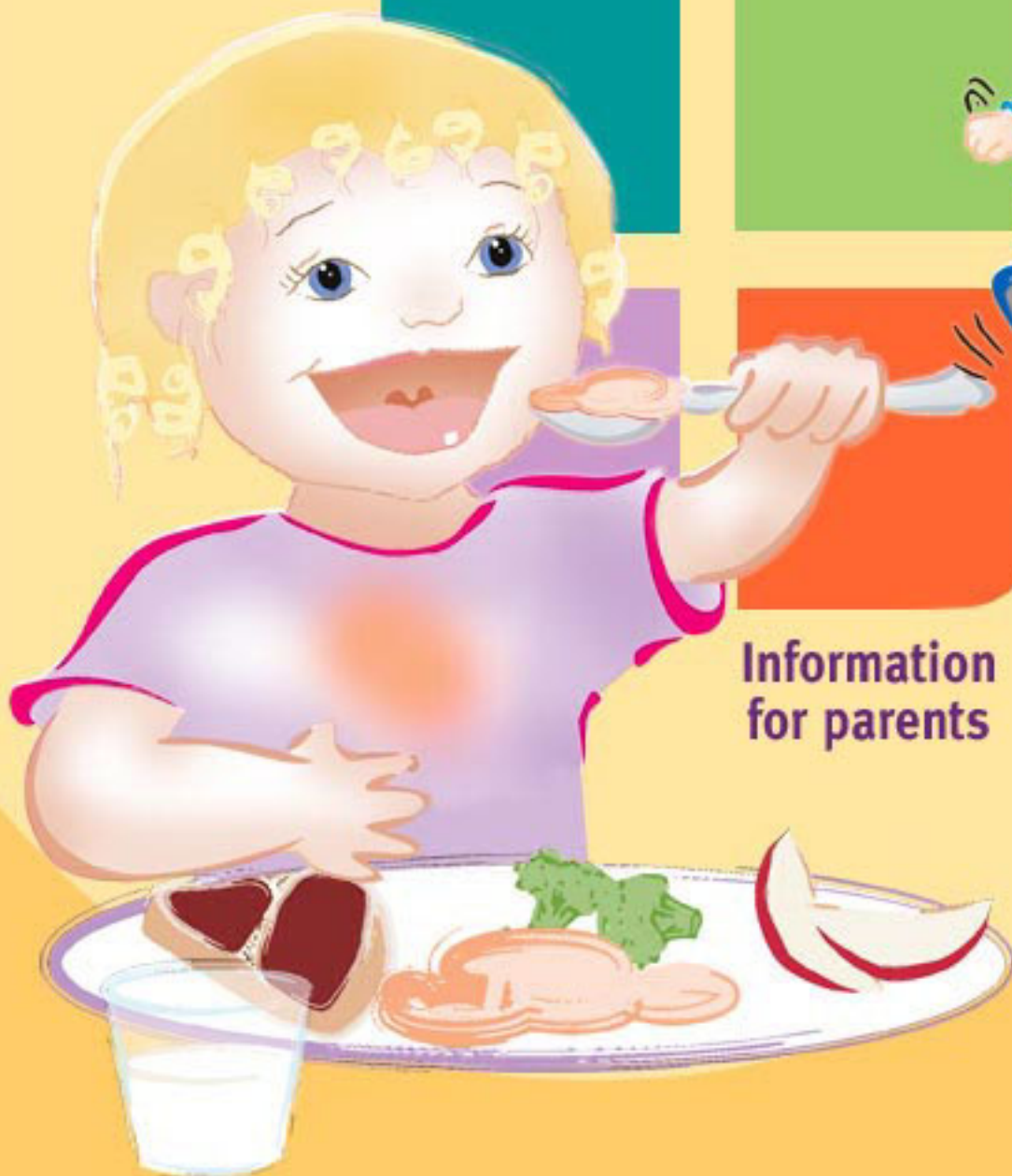




Fun not Fuss

with Food



Information
for parents



Queensland
Government
Queensland Health

Fact sheets 1–6: Promoting healthy eating

Fact Sheet 1 **Importance of nutrition**

Why is good nutrition important?
Food textures
Texture transition
Life beyond pureed food

Fact Sheet 2 **Is this normal?**

My child won't eat lumpy foods!
Chewing tips for kids
Food safety

Fact Sheet 3 **My child doesn't eat enough!**

Keeping a food diary
Snacks for kids
Drinks

Fact Sheet 4 **How much is enough?**

Your child's nutritional needs
Suggested sample servings:
1–3 year old
4–7 year old
8–11 year old

Fact Sheet 5 **Child friendly meals**

Tips for child-friendly meals
Food refusal/My child won't eat...

Fact Sheet 6 **Having fun with food**

Nature and numbers
Physical activities
Games and activities

Fact sheets 7–10: Taking on the fussy eater

Fact Sheet 7 **Managing behaviour**

What is an eating and mealtime behaviour problem?
How to set a goal

Fact Sheet 8 **Five-step plan to achieving your goals**

Step 1 Set rules
Step 2 Reward positive behaviour
Your step-by-step guide to behaviour charts

Fact Sheet 9 **Five-step plan to achieving your goals**

Step 3 Plans for managing misbehaviour
Step 4 The mealtime routine
Step 5 Prepare yourself and your child

Fact Sheet 10 **Frequently asked questions**

Frequently asked questions
Where can I get help if I need it?
For more information
Cooking and recipes booklist
Children's booklist

Worksheets

Worksheet 1: Food diary
Worksheet 2: Colouring activity (for behaviour chart)

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The first edition was developed in conjunction with Nutrition Australia and has been used by the Gold Coast Health Service District Child Health Team to deliver the *Fun not Fuss with Food* workshops since 2000.

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These fact sheets are for families with children aged 2–10 years. *Fun not Fuss with Food* aims to improve problem eating and mealtime behaviours of children. These fact sheets have been prepared to accompany the *Fun not Fuss with Food* workshop.

The workshop and fact sheets provide the skills and information for managing eating and mealtime behaviours at home and also provide facts about the importance of nutrition.

Fun not Fuss with Food workshops are run through Queensland Health Community Health Centres.