

**Disclaimer: Activities with children must always be risk assessed, including for allergies or choking. Children must always have adequate supervision. Resources and materials must always be appropriate for children's age and stage of development.**

## Building confidence to eat natural, fresh food

**As children may have limited opportunities to experience natural, fresh food try providing them with activities to encourage feeling, smelling, hearing and tasting a range of fresh fruit, vegetables and herbs.**

These top tips will ensure you are offering this in a relaxed, playful environment, leading to children making informed, healthy choices about food in the future.

1. Children are more likely to get involved when the adults join in the fun – use all your senses to explore fresh, natural food and share your experiences with the children
2. Provide plenty of opportunities to experience a variety of fruit and vegetables away from mealtimes e.g. fruit treasure baskets, veggie feely bags, real herbs in the home corner, etc. (See this week's MyNDNA activity)
3. Food play should be an enjoyable, relaxed activity to reinforce the message that there is no pressure for children to taste the food or even like it
4. Share experiences of food play with parents. Let them know their child's responses to exploring new foods, particularly if they have tasted and enjoyed something that they don't normally eat at home
5. Plant seeds, water and harvest vegetables and herbs to improve children's awareness and understanding of where healthy food comes from. Being engaged with the process increases children's motivation to try them
6. Food play should always be supervised by an adult and food safety taken into consideration. Check for allergies and intolerances before starting and ensure the food is presented to the children [following the guidance.](#)



### NDNA products to support you with these tips

- [Food safety and hygiene course - level 2](#) – online course

Find more resources at [www.ndna.org.uk/hub/myndna](http://www.ndna.org.uk/hub/myndna)