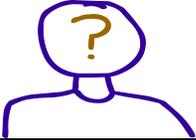


1 4 Day Recording Chart

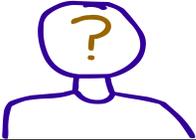
Day 1



Day 2



Day 3



Day 4



Day 5



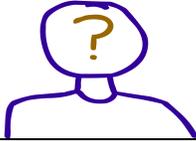
Day 6



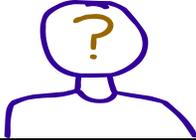
Day 7



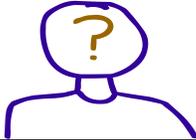
Day 8



Day 9



Day 10



Day 11



Day 12



Day 13



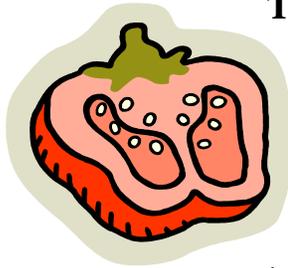
Day 14



VEGETABLE  
DIARY

BY \_\_\_\_\_





## THINGS TO SAY AND DO

At about the same time each day, before a meal or snack, take a small piece of \_\_\_\_\_ and offer it to your child.

Try to let them see you take it out of the fridge, and even better, cut off a piece for them while they are watching.

Try to involve your child in the idea of what it is and how you prepare it just to be eaten raw.

Get your child to identify their vegetable from amongst several others.

Ask them ‘would you try this and tell me how you think it tastes?’



If they do not want to try it you can:

- Try a bit yourself and say ‘now I’ve done it, can you do it too?’
- Ask again but no more than you can without getting annoyed!

- Say they don’t have to eat it; just encourage your child to taste it.
- Try to offer them an even smaller piece.
- Ask them just to have a tiny taste of it.
- Let them help prepare the food.

***The focus should be on getting your child to taste the same vegetable each day, at this point they don’t have to like it!***



***Once they have tried it (or not) ask them to put a yummy, yucky or OK face on the person in the box for the correct day. If they didn’t eat any then please just put a cross in the box for that day. Don’t praise, reward, or pressure your child if they do try the vegetable; just stay neutral. That allows your child’s eating to be their business, not your business.***

***In each day box there is some space for you to make any comments on how it’s going i.e. if you have a lot of trouble or any methods you are using to get your child to taste the vegetable.***



## THINGS TO TRY AND AVOID DOING

- Getting angry if your child doesn’t want to try any.
- Promising a reward, especially another food, if they do try some.
- Giving up even if they refuse for several days in a row.
- Threatening punishment or loss of something they like if they don’t try any.
- Avoid any ‘good for you’, ‘it’s nice’ type comments.



It is really important to keep the whole thing as stress free as possible, both for your benefit and your child’s benefit.