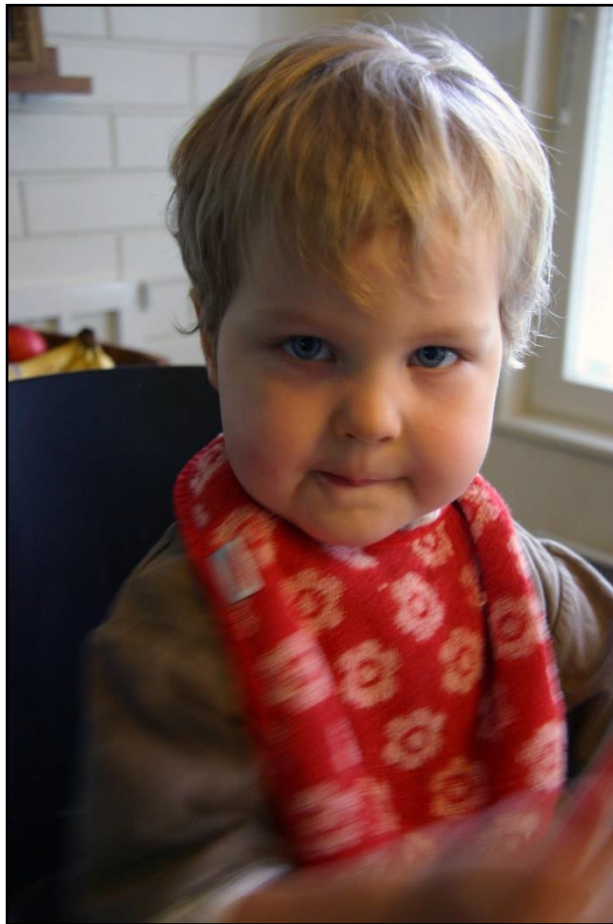


# No More Battles with Picky Eating

Self-Directed Education for Parents and Caregivers of Children



Closed Mouth. Courtesy of [roxeteer/Flickr](#).

**This lesson was created by the Michigan WIC Program using Prochaska's stages of change model.**

**Michigan Department of Health and Human Services, WIC Program, Lansing, Michigan.**

**[www.michigan.gov/wic](http://www.michigan.gov/wic) August 2014. Revised 2016, 2019, 2020, and 2021.**

**This institution is an equal opportunity provider.**

## Michigan WIC Nutrition Education Lesson Plan

- I. **Title: No More Battles with Picky Eating**
- II. **Target Group:** Parents and caregivers of children with picky eating behaviors
- III. **Suggested MI-WIC NE Topics:** Parenting at Mealtime, Picky Eating
- IV. **Learning Objectives:**
  1. Clients will learn at least one eating strategy they plan to change or continue to feed their child.
  2. Clients will advance in a stage of behavior change intent or continue if in action or maintenance stage.
- V. **Learning Activities/Method:** Self-directed education
- VI. **Materials Needed:**
  1. *No More Battles with Picky Eating* binder with tabs A-E, one copy of the lesson module (one sheet protector per page)
  2. “Client Feedback Form” (one per parent or caregiver)
  3. “Client Feedback Form Key”
  4. Reinforcements: Extra copies of the nutrition education handouts (see listing and links below)
- VII. **Equipment and Facilities Needed:** Table and chair
- VIII. **Approximate Time:** 20-30 minutes
- IX. **Outline of Content:**
  1. Introduction: Each parent or caregiver will be welcomed by a WIC staff member who will introduce himself or herself.
  2. The WIC Nutrition Educator/CPA/RD will discuss the interests with each parent or caregiver and invite them to use the *No More Battles with Picky Eating* binder for their nutrition education.
  3. The parent or caregiver will turn to the appropriate sections in response to questions as they read through the *No More Battles with Picky Eating* binder. If they have difficulty the nutrition educator may assist them.
  4. One or more of the following reading materials can be included with the appropriate tab:  
**Tab A – Maintenance**  
“Tips for Picky Eaters”  
<https://www.doh.wa.gov/Portals/1/Documents/8100/961-196-WICpicky-en-L.pdf>  
Readability – Grade 3  
  
“Trying, Sharing, Enjoying Different Foods.”  
<http://www.todayschild.us/webadmin/uploads/Trying-Sharing-Enjoying-Different-Foods.pdf>  
Readability – Grade 6

“Healthy Tips for Picky Eaters”

[https://wicworks.fns.usda.gov/sites/default/files/media/document/Healthy\\_Tips\\_for\\_Picky\\_Eaters\\_English.pdf](https://wicworks.fns.usda.gov/sites/default/files/media/document/Healthy_Tips_for_Picky_Eaters_English.pdf)

Grade -

Also available in Spanish at

[https://wicworks.fns.usda.gov/sites/default/files/media/document/Healthy\\_Tips\\_for\\_Picky\\_Eaters\\_Spanish.pdf](https://wicworks.fns.usda.gov/sites/default/files/media/document/Healthy_Tips_for_Picky_Eaters_Spanish.pdf)

#### **Tab B – Action**

“Encouraging Vegetables”

[https://fns-prod.azureedge.net/sites/default/files/resource-files/NibblesEncouragingVeg\\_Eng.pdf](https://fns-prod.azureedge.net/sites/default/files/resource-files/NibblesEncouragingVeg_Eng.pdf)

Readability – Grade 5

Also available in Spanish at

[https://fns-prod.azureedge.net/sites/default/files/resource-files/NibblesEncouragingVeg\\_Sp.pdf](https://fns-prod.azureedge.net/sites/default/files/resource-files/NibblesEncouragingVeg_Sp.pdf)

“We Can!® Parent Tips: Picky Eaters.”

<https://www.nhlbi.nih.gov/health/educational/wecan/downloads/tip-picky-eater.pdf>.

Readability – Grade 6

“Phrases that Help and Hinder”

<https://myplate-prod.azureedge.net/sites/default/files/2020-12/PhrasesThatHelpAndHinder.pdf>

Readability – Grade 3

#### **Tab C – Preparation**

“Tips for a “Choosy” Eater.”

[https://fns-prod.azureedge.net/sites/default/files/resource-files/NibblesChoosyEater\\_Eng.pdf](https://fns-prod.azureedge.net/sites/default/files/resource-files/NibblesChoosyEater_Eng.pdf)

Readability – Grade 3

Also available in Spanish at [https://fns-prod.azureedge.net/sites/default/files/resource-files/NibblesChoosyEater\\_Sp.pdf](https://fns-prod.azureedge.net/sites/default/files/resource-files/NibblesChoosyEater_Sp.pdf)

“How to Make Your Toddler a Great Eater”

[https://archive.lib.msu.edu/DMC/extension\\_publications/wo1006/wo1006.pdf](https://archive.lib.msu.edu/DMC/extension_publications/wo1006/wo1006.pdf)

Readability – Grade 6

#### **Tab D – Contemplation**

“Is My Child’s Appetite Normal?”

<http://www.todayschild.us/webadmin/uploads/Is-my-Child-s-appetite-normal.pdf>

Readability – Grade 5

“Teaching Good Food Habits.”

<http://www.todayschild.us/webadmin/uploads/Teaching-Good-Food-Habits.pdf>

Readability – Grade 6

“Healthy from the Start” (**Download PDF at end**)

<https://www.zerotothree.org/resources/352-healthy-from-the-start>

Readability – Grade 6

Also available in Spanish at

<https://www.zerotothree.org/resources/351-saludable-desde-el-comienzo>

## Tab E – Pre-Contemplation

“Healthy from the Start” (Download PDF at end)

<https://www.zerotothree.org/resources/352-healthy-from-the-start>

Readability – Grade 6

Also available in Spanish at <https://www.zerotothree.org/resources/352-healthy-from-the-start>

“Is My Child’s Appetite Normal?”

<http://www.todayschild.us/webadmin/uploads/Is-my-Child-s-appetite-normal.pdf>

Readability – Grade 5

## X. Evaluation Method:

1. The parent or caregiver of the client will complete the “Client Feedback Form.” The “Client Feedback Form” encourages parents and caregivers to think about and describe what they learned and what they plan to change or continue to improve their child feeding strategies.
2. The parent or caregiver will be offered an opportunity to speak to a WIC Nutrition Educator/CPA/RD.

## XI. Staff Trained to Present: RD, CPA or another trained nutrition education staff

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