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# Picky Eater Food Journal Template

## Kids

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For some people, biting into this texture is a confronting experience, because the food will burst in their mouth. So, Laval recommends removing the skin to slowly expose the eater to

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Picky eating is typical for many preschoolers. It's simply another step in the process of growing up and becoming independent. As long as your preschooler is healthy, growing normally, and has plenty of energy, he or she is most likely getting the nutrients he or she needs.

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My kids have really strong food preferences, but my youngest, in particular, is definitely a bit of picky eater. It's almost impossible to get him to try new foods, even though I know he'll like them. If only he would just take

a bite or two. But I know I'm not alone in our picky eating food battles.

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