

PICKY EATER FOOD WORKSHEET

Preferred Foods (Eats more than half of the time)	Sometimes Eats (Eats less than half of the time)	Used to Eat	Never Eats

PICKY EATER FOOD WORKSHEET INSTRUCTIONS

How to use the Picky Eater Food Worksheet:

- 1) Think of the foods you typically offer your child and foods you feed your family. Write them down in each column according to the following criteria:
Preferred Foods: foods your child will eat most of the time when you offer the food.
Sometimes Eats: foods your child will eat less than half of the time when you offer the food.
Used to Eat: foods your child used to eat at some point in their life.
Never Eats: foods your child has always refused to eat.
- 2) Each day, try to offer a little bit of food from the “Sometimes Foods,” “Used to Eat,” and “Never Eats” columns next to the preferred foods.
- 3) Update this worksheet every few weeks or months. Don’t get frustrated if some foods move to the “Used to Eat” column.
- 4) Don’t worry if you are not able to do this every day. Try your best!

Let me know if this worksheet is helpful! I would love your feedback. Leave a comment on my blog, or message me on Instagram or Facebook:
[@highchairchronicles](#)