

如何應付偏食者及培養良好的飲食習慣

How to deal with picky eaters and development good eating habits

1. 以身作則，進食並提供不同種類食物。
 2. 安排有規律的正餐時間
 3. 避免以食物作為賞，罰或逗哄的用途
 4. 鼓勵良好的飲食習慣
 5. 根據不同的年齡，提供適量的食物
 6. 進食時盡量減少外界的刺激（例如電視，電話，及爭論等）
 7. 進食前 15 分鐘，先讓孩子坐著靜下來。孩子通常亦會因為身體不適，疲累，過度興奮而更挑剔。
 8. 限定零食的種類及時間
 9. 給予不同但有限度的選擇
 10. 介紹新的食物時，同時給予一些平時喜愛的食物，並試用“嘗一口”的方法。
1. Be a role model – eat and serve a variety of foods
 2. Provide the structure of regularly scheduled mealtimes
 3. Avoid using foods as punishment, reward or bribe
 4. Positive re-enforcement for good eating behavior
 5. Offer appropriate portions for age and size
 6. Decrease outside stimulation at meal times (e.g. television, phone calls, argument)
 7. Sit down to eat – take 15 minutes to calm down before a meal. Child is more fussy when ill, tired or over-excited
 8. Regulate snack times and types of snacks
 9. Don't be a short order cook. Offer but limit choices
 10. Serve new foods along with favorite foods. Use “one bite” rule.

家長的責任是: 決定在甚麼時候，在甚麼地點給小孩進食何種的食物

孩子的責任是: 進食的份量

Parent is responsible for WHAT, WHEN, WHERE to eat.

Child is responsible for HOW MUCH he/she eats.

華人社區健康資源中心編譯，2002 年版權所有 01/2010 修正
©2002 Chinese Community Health Resource Center
Revised 01/2010