

# Helping Teens Enjoy a Variety of Foods

Teens need a variety of nutritious foods to support their health and development.

**Protein:**  
For rapid growth and strong muscles



**Calcium:**  
For strong bones



**Iron:**  
For energy and healthy brain development



## Tips for Encouraging Your Teen to Try New Foods

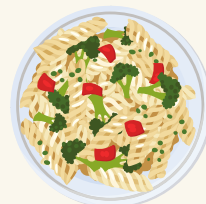
### Connect food to their interests

- Link food to your teen's hobbies, passions, or pop culture.
- For example, if they love watching Culinary Class Wars on Netflix, try cooking a dish inspired by the show.
- Bring it up casually, e.g., "They made dumplings on Culinary Class Wars last week. I thought I'd try making them at home."



### Make mealtimes relaxed

- Serve a small portion of a new food alongside something your teen already enjoys.  
e.g. If they love pasta, add a new vegetable into the dish.
- Encourage them to explore new foods at their own pace.



### Try a fun taste test at home

- Turn trying new foods into a fun challenge to spark your teen's curiosity and reduce any pressure.
- For example, run a "dip challenge", try a few dips with veggie sticks or crackers and ask your teens to vote on their favourite.



### Food is a team effort

- Invite your teen to pick out a new recipe or food to try and cook it together.
- When teens have a say in what's on the table, they're more willing to give it a go.

