

Feeling frustrated with food fads and fussy eating?



Images by Reflective Image 2006

It's important to remember that food refusal is a common behaviour in young children and is a normal part of growing up. The Family (Feud) Food video recognises how frustrating this can be and explores the reasons why.

The video will help parents to deal with food refusal. It describes the term "Sharing food tasks" which simply means knowing what is your responsibility as a parent and what is the responsibility of your child. There are plenty of ways parents can protect the small appetites of young children, but dictating to them how much to eat

Encouraging kids to try new foods.



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Family (Feud) Food will give you practical ideas to help kids try new foods. At the same time you will learn that some of the messages we send to our kids around food and eating may not be very helpful. The video will suggest better ways to encourage kids to eat well.

Real People, Real Stories.....

Parents feature on Family (Feud) Food and share with you their experiences and useful tips to help encourage their kids to try new foods and how they deal with food refusal. We even give you some yummy ideas for snacks that kids will just love.

Family Feud Food runs for approximately 15 minutes and features music from Active Kidz. It's an entertaining and educational video which will be a great addition to any home library, community and child health centres and for use by child health professionals and services.



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Need more information?

The Family ~~Feud~~ Food video was originally produced in 1999 by the Dietitians Association of Australia, Tasmania Branch and the Community Nutrition Unit, Department of Health and Human Services, Tasmania in conjunction with Reflective Image.

DAA Tasmania in partnership with the Community Nutrition Unit, DHHS has revised the video and accompanying information booklets.

The new video will also be available in DVD format.



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Featuring music
by Active Kidz

This highly popular instructional video has been fully revised and refilmed.

