Try to Make Eating Fun

If you haven’t tried this yet, try to feed foods to your picky eater in a different way. There are lots of creative ways you can use foods to make them more fun and interesting, peaking the interest of even the pickiest eater.

**Include Bright Colors**

One way to get your kids to eat food and make it fun at the same time is to use different colors in the foods. You can make their veggies rainbow-colored and even shape them on the plate like a rainbow or a fun shape like an air balloon. There are vegetables in all colors, so you can easily use tomatoes, carrots, yellow bell peppers, green bell peppers, and eggplant to create a rainbow of fun with the veggies. If you want your kids to eat pasta, there are fun colors with that as well.

**Use Cookie Cutters**

You can turn a lot of different foods into fun shapes by using cookie cutters. If you want your kids to eat their pancakes with fruit in the morning, cut the pancakes into shapes with your cookie cutters, then serve fruit on top. This makes it fun and colorful, especially with younger kids. You can also turn those small flower or butterfly-shaped pancakes into finger foods and have kids dip them into syrup instead of eating them with a knife and fork, which further makes it a fun breakfast to enjoy.

**Create Food Kabobs**

This is a really fun and creative way to make food more interesting for your kids. Instead of serving the meal on a plate, try breaking it up and putting pieces on bamboo skewers. This can turn just about anything into a kabob. You can make sandwich kabobs with pieces of bread, cheese, deli meat, lettuce and tomato, or go with a cheeseburger kabob with pieces of hamburger patty, lettuce, tomato, pickles, and cheese. It is also fun just to make kabobs with fruits and vegetables, and adding some cheese cubes as well.

**Turn Food Into a Picture**

If you have a small child that is getting bored with their food, they might just need it presented a little more creatively. You can make a picture with their meal by putting it together to look like a bunny rabbit, butterfly, or dog. There are lots of ways to turn ordinary food into something that is fun to look at, just by using your imagination.