

# TINY TASTES EXAMPLE: FOR CHILDREN WITH A WEIGHT MANAGEMENT GOAL

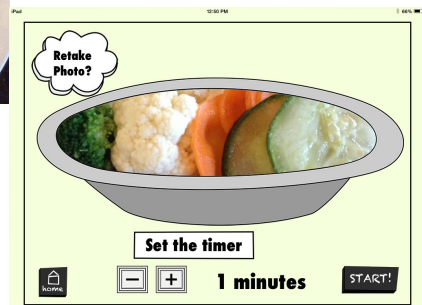


More than ever, it is important to help children want to eat more healthful vegetables and also to experiment with methods of preparing those vegetables in ways that appeal to kids. As part of the discovery process, Tiny encourages children to take open-minded tastes of these healthy foods right along with her!

As you fill up a plate per the My Plate model (1/2 plate of vegetables, 1/4 protein, 1/4 carbohydrate) you may choose to just focus on the challenging part of the meal to feed that food item to Tiny, or you can include part of all the foods in Tiny's meal too.

### Tip:

If there is part of a balanced meal that your child tends to struggle to eat, you can zoom in to feed Tiny the "challenging food" to incentivize your child to make sure that important food gets eaten



Another helpful feature for these children can be the timer tool in the app. We know that taking your time with a meal can enhance the feelings of "fullness" from a meal. So children can benefit from being encouraged to eat slowly on-pace with Tiny... to take as long as she does, to help extend the length of their meal for improved satiety.