



# MY REWARD CHART



*My Reward Chart* is a fun way to get your child eating the healthy foods you provide for them. It works because it uses ‘healthy marketing’ to make nutritious foods sound appealing. Refer to the book *Don’t Tell Them It’s Healthy* by Karen Fischer (pages 34–71). Enjoy!

Instructions to fill out the chart are as follows:

## FOOD

In the FOOD column, write the particular food you want your child to eat. Choose foods that are healthy such as vegetables, fruits or wholegrain bread. For example, if your child mildly dislikes carrots and rarely eats them, write this first on the list. If your child absolutely hates leafy greens then write ‘spinach’ or ‘silverbeet’ second or lower on the list. You can call the most problematic foods fun names such as Superfood or Brain food. Refer to *Don’t Tell Them It’s Healthy* for a list of Star Quality Ingredients that are important for a child’s growth and development as you may want to add some of these to your child’s list (see pages 72–92).

## REWARD CHART

Research shows that a child may need to eat a new food up to ten times before they get used to the taste. When using this chart, tell your child “This chart is a fun way for you to be the judge and rate a food from one to ten or somewhere in between. One means it tastes disgusting and ten is delicious. We’ll see if it tastes better after ten tastes.” Assure them “You don’t have to like the taste of it, you just have to eat one mouthful, swallow it and then rate

it out of ten.” They can also decorate this chart with stickers or using coloured pencils. Insert your child’s name after the red star, for example “BELLA’S REWARD CHART”.

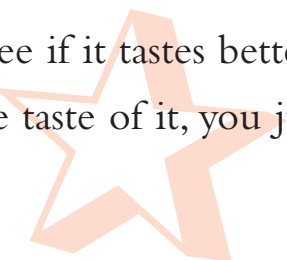
## GOALS

Refer to pages 34–42 of *Don’t Tell Them It’s Healthy* for goal setting ideas. Then get your child to come up with some sporting and hobby goals that they find motivating and fun. For example, Billy wants to improve his swimming skills as the school swimming carnival is coming up so write “Stronger swimmer” in the goal column. Also get him to practise swimming at least once a week to help him improve his skills.

## REWARD

Along with your child’s help, choose a NON-food reward that will inspire your child to finish the chart (such as a toy or special outing). Also reward your child with praise for “trying” the foods each time. Once your child has tried the foods and rated them 10 times, get them to agree to eat each healthy food item at least once a week, then they have earned the reward.

**Printing tips:** Use coloured paper. This chart should automatically print ‘landscape’ style (not the regular ‘portrait’ style). If you do not have a printer you can save the file on to a diskette or memory stick and take it to a printing shop to have it professionally printed in either A3 or A4 size.



# FOOD

Does it taste better  
after 10 tastes?



# REWARD CHART



1 2 3 4 5 6 7 8 9 10

## GOALS

## REWARD


Rate this food from 1 (hate it) to 10 (love it) or somewhere in between.