



Funny Foods

by Todd Parr

Monsters eat funny foods! Some eat rocks, and others eat socks! They eat plants, and they even eat pants! Your child might not want to eat funny foods like these, but they might want to make a happy plate by trying new foods! Pick a special plate that only your child will eat from and use a permanent marker to draw two eyes, a nose, and a big smile! When you serve breakfast, lunch, or dinner on this plate, put a fruit or vegetable, or any type of food that you want your child to at least try, over the smile. Tell your child that if they try the new food on their plate and eat the other food on the plate that they already like, they will make a Happy Plate! Even if they don't eat it all, give them a high-five for trying, and if they eat enough that you can see the smile, then sing with your child, "Child's name made a happy plate, happy plate, happy plate! Child's name made a happy plate, and we are proud of you!"

