

# CHANGE FOOD FIGHTS INTO HAPPY MEALS

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SAY GOODBYE TO PICKY EATING:

A SIMPLE APPROACH TO RAISING  
A HAPPY, ADVENTUROUS EATER  
WITH LASTING HEALTHY HABITS

**We will work together to make  
mealtimes enjoyable for everyone.**





# INTRO

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- Who I am
- Why I created this course
- What you should expect to learn
- How to apply these teachings





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# Who Am I?

Pediatric Physician Associate

Registered Dietician Nutritionist

PAC / RDN







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Nutrition is first when it  
comes to leading a  
healthy life!!

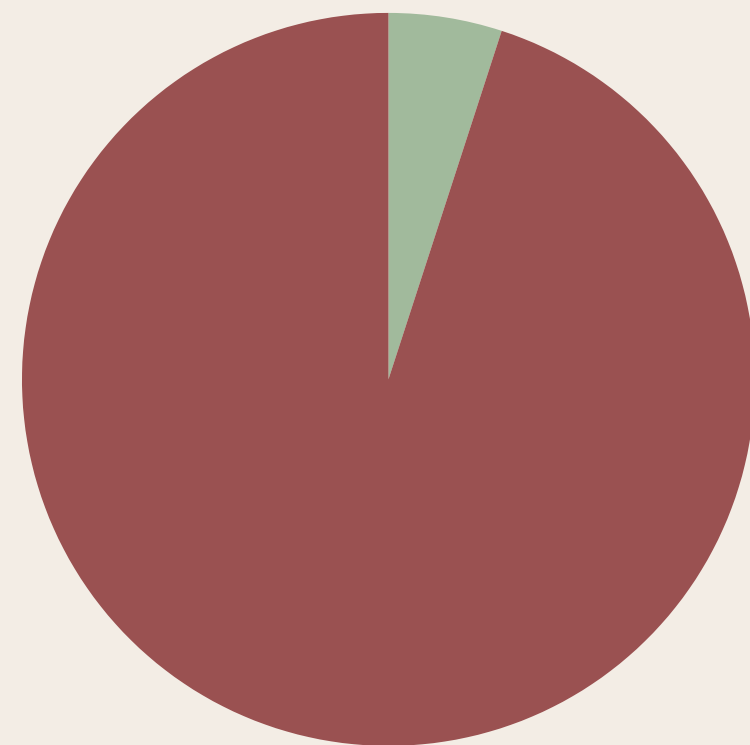
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# Reasons I created this course

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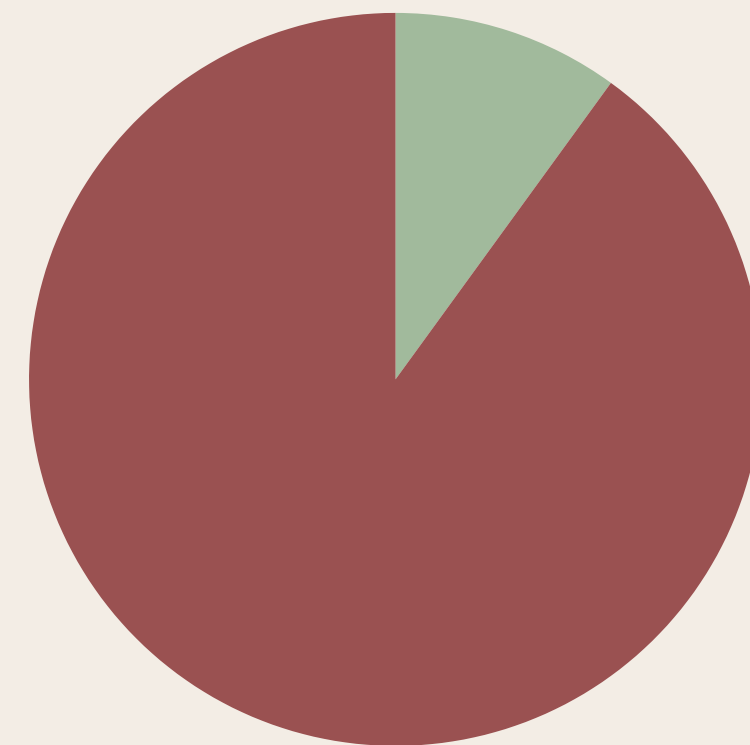


Yes No

01.

Help, my kid is a picky eater, what do I do?

Was your pediatrician able to help you with this



Yes No

02.

Do you think you were given tools to help?

Do you feel confident in helping your child develop a good relationship with food?



# What you can expect to learn

⇒ Normal

⇒ Approach

⇒ Attitude



Tips ⇐

Nutrition ⇐

Peace ⇐



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# PICKY EATING DEFINED

You are here to help your picky eaters  
broaden their palate.

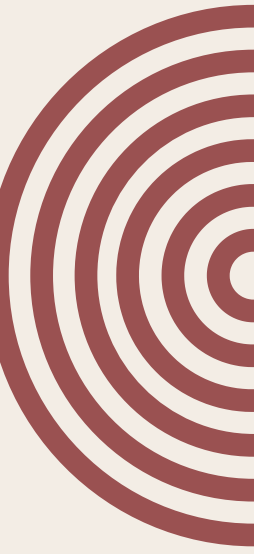
Let's get started!!!







# Understanding the Child's Perspective



**Sensory Overload**

**Control**

**Neophobia**

**Independence**



# Potential Causes for Picky Eating

Development

Comfort

Medical  
Conditions

Surrounding  
Environment





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# LET'S GO

Let's dive in to the modules.

