

Learning To Love New Foods

Intro

G C D

C D

Verse 1

G C D

The child picky about the foods they eat

G C D

It's a challenge that is tough to beat

C D

We worry about kids growing well

C D

All we want is for them to excel

Chorus

D G

Make healthy food choices available

D G

Sharing family meals is favorable

C D

Offer up nutritious variety

C D

Making food fun decreases anxiety

Verse 2

G C D

Some strategies seem like natural solutions

G C D

But pressure or punishments, these are delusions

C D

Offering bribes and rewards will not succeed

C D

This will just result in creating more greed

Chorus

D G

Make healthy food choices available

D G

Sharing family meals is favorable

C D

Offer up nutritious variety

C D

Making food fun decreases anxiety

Bridge

Em Am

Is it the texture or the taste that turns them off?

Em Am

Is it the appearance or the smell that makes them scoff?

Chorus

D

G

Make healthy food choices available

D

G

Sharing family meals is favorable

C

D

Offer up nutritious variety

C

D

Making food fun decreases anxiety

Outro

G