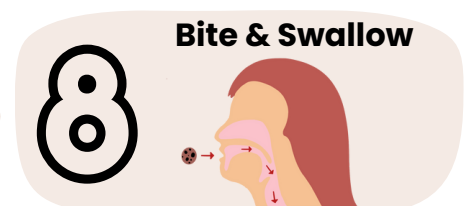
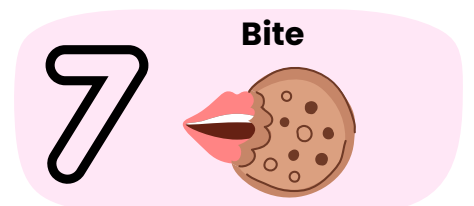
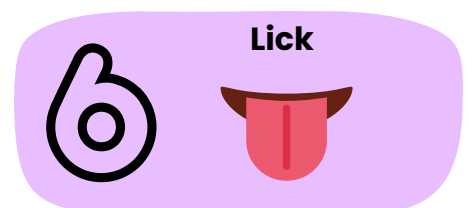
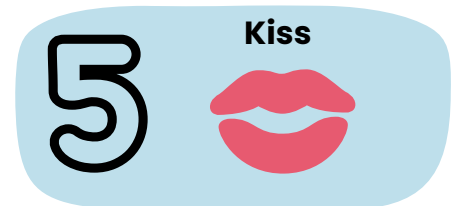
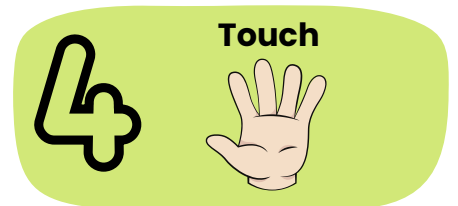
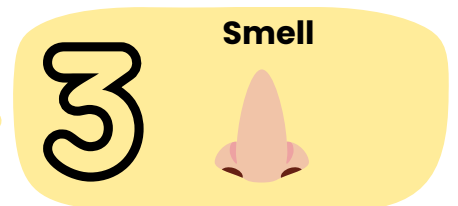
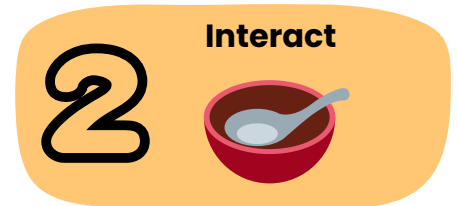
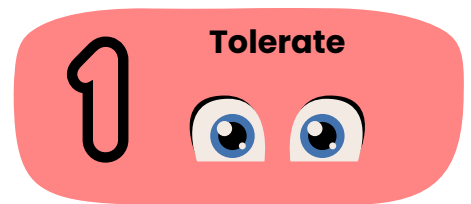


# EATING HIERARCHY

## EDUCATIONAL HANDOUT



Children described as picky eaters or problem feeders may have difficulty with new foods. These challenges can arise due to a variety of factors, including issues with sight, taste, texture, smell, and temperature. As a result, many children find it challenging to enjoy a diverse range of food options, which can lead to an unbalanced diet and nutritional deficiencies. To address these concerns, occupational therapists often use a technique called the Eating Hierarchy, which aims to increase children's comfort levels with unfamiliar foods and reduce anxiety and uncertainty associated with trying something new. Through a series of carefully designed steps, the Eating Hierarchy helps children develop the skills and confidence needed to expand their food preferences and enjoy a wider range of options.

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