

Plates A and B

Approach #2

- Greater choice and flexibility are used which can lead to a more positive outcome
- With obesity issues, Plate A and Plate B may be the preferred approach. Preferred foods on Plate B may be less healthy, but are also in smaller amounts. Plate A-B can also force the child to eat slower, because the method can be drawn out a bit to make the meal time last longer (increase time with timer).
- Teaching is supposed to occur during *all* meal times.
 1. Start with tiny portions of 2-3 three novel food items on Plate A. The directive is for the child to pick one of the items and have a very small bite.
 2. Then Plate B is offered that has a choice of highly preferred items. The child is allowed one bite from Plate B and a small sip of preferred drink.
 3. Continue back and forth between Plate A and Plate B while setting a timer for about 15 min. for the meal. When the timer is up and the meal is over - ***it is over***. Repeat again later in the day.
 4. Try to offer up to 5-6 meals with Plate A/Plate B a day
 5. Over time, the size of the bites on Plate A get bigger.
 6. Hunger needs to be established...so no snacks or other non-water beverages in between meals.
 7. If you use this method, need to do it at EVERY meal, in all settings, so not always as practical.

