

Behavioral Milestones

The preschool years are an important time for developing healthy habits for life. From the ages of 2 to 5, children grow and develop in ways that affect behavior in all areas, including eating. The timing of these milestones may vary with each child.



2 Years

- Can use a spoon and drink from a cup
- Can be easily distracted
- Growth slows and appetite drops
- Develops likes and dislikes
- Can be very messy
- May suddenly refuse certain foods

3 Years

- Makes simple either/or food choices, such as a choice of apple or orange slices
- Pours liquid with some spills
- Comfortable using fork and spoon
- Can follow simple requests such as "Please use your napkin."
- Starts to request favorite foods
- Likes to imitate cooking
- May suddenly refuse certain foods

4 Years

- Influenced by TV, media, and peers
- May dislike many mixed dishes
- Rarely spills with spoon or cup
- Knows what table manners are expected
- Can be easily sidetracked
- May suddenly refuse certain foods

5 Years

- Has fewer demands
- Will usually accept the food that's available
- Dresses and eats with minor supervision

