

Session Five - Liking New Food Takes Time

Core Message

Sometimes new foods take time. Kids do not always like new foods right away. Offer new fruits and veggies many times. Give them a taste at first. Be patient.

Background Information

It takes time and repeated exposure for preschool-aged children to enjoy eating new foods, especially vegetables. Children may need to be offered a food several times before they taste it, and they may need to taste it several times before they like it.

It is normal for children, especially preschoolers, to reject foods before they have tried them.¹ Children develop ideas about what foods should look like and smell like based on past experience. When they are presented with new foods, they may initially reject them because they look different than foods they have eaten in the past. Children may reject new foods even before tasting them. From an evolutionary perspective, this response was protective, because it kept children from eating poisonous foods.¹ As children get older they will reject foods they haven't tried less and less.¹

Parents should offer their children new foods many times even if they reject them, or seem to reject them, at first. The more times that a child is offered a new food, the more likely it is that they will taste the food,² and the more often a child tastes a food, the more likely it is they will come to like the food.^{3,4}

The first one to three times children encounter a new food, they may just smell, touch or play with it. The fourth to sixth times they encounter it, they may nibble on it or spit it out. It may take as many as seven to nine encounters for them to actually eat and swallow the new food.^{2,5,6} Additionally, it may take 15 times of eating and enjoying a food for a young child to like it and willingly eat it on a regular basis.⁴

Sources for Additional Information*

1. Dovey TM, Staples PA, Gibson EL, Halford JCG. Food neophobia and 'picky/fussy' eating in children: a review. *Appetite*. 2008; 50: 181-193.
2. Johnson S, Bellows L, Beckstrom L, Anderson J. Evaluation of a social marketing campaign targeting preschool children. *Am J Health Behav*. 2007; 31: 44-55.
3. Eertmans A, Baeyens O, Van den Bergh O. Food likes and their relative importance in human eating behavior: review and preliminary suggestions for health promotion. *Health Educ Res*. 2001; 16: 443-456.
4. Wardle J, Cooke LJ, Gibson EL, Sapochnik M, Sheiham A, Lawson M. Increasing children's acceptance of vegetables; a randomized trial of parent-led exposure. *Appetite*. 2003; 40: 155-162.
5. Lakkakula A, Geaghan J, Zanovec M, Pierce S, Tuuri G. Repeated taste exposure increases liking for vegetables by low-income elementary school children. *Appetite*. 2010; 55: 226-231.

6. Sullivan S, Birch L. Pass the sugar, pass the salt: experience dictates preference. *Develop Psych*; 26: 546-551.

Session Overview

During this session, participants will develop realistic expectations for how quickly children will like and voluntarily eat new foods. Participants will learn that children may at first reject new fruits and vegetables, but parents should continue to give their children opportunities to eat new foods. Participants will also develop a plan for introducing their child to a new fruit or vegetable during the next week.

Dialogue Learning Tips

- Use open questions.
- Time management is important in maintaining learner participation and energy. After asking an open question, let participants know that you will give them a few minutes for discussion. Let them know when the discussion time is almost up, and then end the discussion at the time you had planned.
- After asking a question:
 - Wait five seconds before listening to responses. This will allow all participants time to gather their thoughts and respond.
 - Allow participants to volunteer answers. Do not call on participants.
 - Affirm participants' answers. Use their names, thank them for contributing, and tell them why you are thanking them. For example, **"Thank you for sharing Martha. I imagine most of us can relate to what you said."**
 - Avoid praising participants' responses, (e.g., avoid saying "good" or "excellent").
- Ask follow-up questions to show you are listening to participants' responses.

Time Required for Session: 45 minutes

PREPARATION

Bring with you:

- Name tags (one for each participant)
- Colorful markers or pens (to write on the name tags)
- The session poster
- Copies of the participant handout
- The educator handout

***These are not to be distributed to participants.**

- Sign-in sheets
- A watch or clock so that you can effectively manage time
- Cooked shelled edamame
- Ingredients for Apple Bark
- Knives for cutting the apples
- A knife for spreading the peanut butter
- Plates
- Napkins
- Water
- Glasses
- Hand wipes or hand sanitizer

Before the participants arrive:

- Display the poster for this session in the room.
- Arrange the tables and chairs so that all participants will be able to see you and each other. Make sure there is nothing (such as a desk) between you and the participants. If there is a round table in the room that will fit everyone, plan to use that table.
- Put name tags, markers, and the sign-in sheets in the middle of the table or at the front of the room.
- Put one copy of the participant handout at each participant's seat.
- Make a name tag for yourself, and put it on your shirt where participants will be able to see it.

WELCOME and OVERVIEW (5 minutes)

Start by greeting participants as they walk in the door. Greet them with a smile, and say hello; use their names if you remember them. Ask them to make a name tag and take a seat.

Once everyone has arrived, welcome them to the class.

Remind them that last time you talked about the importance of allowing their children to serve themselves.

Tell them that today you are going to talk about introducing young children to new foods. Point to the poster, and read it aloud.

LESSON (35 minutes)

Anchor (5 minutes)

Ask the participants to discuss the following questions with the person sitting next to them:

- What is your child's favorite fruit or vegetable?
- What other fruits and vegetables have you introduced to your child? What was his/her reaction to them?

Give participants three minutes to discuss.

Bring the group back together and listen to and affirm three or four participants' responses.

Add (10 minutes)

Read through the information on the front of the handout. Emphasize that parents should continue to try feeding their children fruits and vegetables that they reject at first, and that playing with and spitting out new foods is normal.

Use the discussion questions on the educator handout to encourage the participants to talk about offering foods many times.

Apply (15 minutes)

Have participants wash their hands. Ask participants to help reheat the edamame and make the Apple Bark. For example, one person can cut the apples while another measures the peanut butter. Allow participants to taste the edamame and Apple Bark. If you are not able to reheat the edamame, you can serve it cold or have participants just taste the Apple Bark.

After they have tasted the food, encourage them to offer these foods to their children. Ask the participants how it felt to try a new food.

Away (5 minutes)

Ask participants to use the "Goal Setting" section on the back of the handout to write down one new food they are going to start introducing to their child in the next week. Also ask them to write down how they will prepare this food.

CLOSER (5 minutes)

Refer back to the poster and remind participants that it is important to offer young children a new food many times without pressuring them to eat it.

Remind them that when they are introducing a new food, they can:

- **Pair a new food with a favorite food.**
- **Be patient and keep trying!**
- **Eat the new food with their child to show them they enjoy it.**
- **Have their child help them prepare the new food.**

Thank the participants for coming and tell them when and where the next session will be held. As participants leave, say goodbye to them by name. Wait to leave until all of the participants have left.

FOLLOW-UP (after the session)

Text or Email Messages

Text or email messages can be sent to your participants to reinforce the main points of this session and remind them about the next session. The table below outlines approximately when your participants will receive the messages based on the frequency of your classes.

If you have this much time between sessions	Reinforcement message 1 will be sent:	Reinforcement message 2 will be sent:	Reinforcement message 3 will be sent:	Reinforcement message 4 will be sent:	Reminder messages will be sent:
One Week	Two days after the session	N/A	N/A	N/A	Five days after the session (two days before the next session)
Two Weeks	Two days after the session	Nine days after the session	N/A	N/A	Twelve days after the session (two days before the next session)
Three Weeks	Two days after the session	Nine days after the session	Seventeen days after the session	N/A	Nineteen days after the session (two days before the next session)
Four Weeks	Two days after the session	Nine days after the session	Seventeen days after the session	Twenty four days after the session	Twenty six days after the session (two days before the next session)

Sample Reinforcement Messages For Lesson 5

- * Hi! It may take a few times for your kid to eat a new veggie. Try it raw, cooked, or in a recipe! Feeding 4 Healthy Eating (Reply "STOP" to quit texts)
- * Hi [first name]! Your child won't eat a new fruit? Try eating it with them! Feeding 4 Healthy Eating (Reply "STOP" to quit receiving texts)
- * Hi [first name]! Has your child tried edamame? Be patient, start with a small portion and offer it a few times. Feeding 4 Healthy Eating
- * Hi! Your child won't eat a new veggie? Try when they're hungry. Offer it first before other food. Feeding 4 Healthy Eating (Reply "STOP" to quit texts)
- * Hi [first name]! Kids just play with new foods? Serve the new food with one they like! Feeding 4 Healthy Eating (Reply "STOP" to quit receiving texts)

Reminder Message

- * Hi! Looking forward to seeing you at the next session: [DATE, TIME, and LOCATION]. Feeding 4 Healthy Eating (Reply "STOP" to quit receiving texts)

Session Five: Liking New Foods Takes Time *Sign-In Sheet*

Date:

As part of the **Feeding for Healthy Eating** program you can receive messages about feeding your young child.

We will send you 1–2 messages a week. These messages will give you reminders about what we talked about in class and suggestions for how to do the things that we talked about in class. We will also remind you when the next class will be held.

You can sign up for text messages or email messages. To sign up for the text messages, **write your cell phone number below**. Only sign up for the text messages if you have an unlimited text message plan. You will be charged your standard rate for these messages.

Name: _____

Cell phone number: _____

To sign up for the email messages, **write your email address below**.

Email address: _____

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Name: _____

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To sign up for the email messages, **write your email address below**.

Email address: _____



Liking New Foods Takes Time

- Kids don't always like new foods right away.
- Offer new fruits and vegetables many times, served a variety of ways.
- Give your kids just a taste at first and be patient with them.

- Young children may not want to eat fruits and vegetables the first time they try them.
- Keep trying! Keep giving your children small amounts of fruits and vegetables even if they do not eat them at first. Offer your children small amounts of new foods so that you do not waste food.
- Give children small amounts to taste or play with at first. This can be as small as a spoonful of peas or cooked carrots, a piece of an apple, or one section of an orange.
- When children are first learning about new foods, but not yet eating them, there is no need to make a separate portion for them. Just give them a small taste of what you are eating.

TIP: Eat the same foods that you are introducing to your children. Your children learn from watching you. If you show them that you eat and enjoy these foods, they will be more likely to try them.



The first 1-3 times children are given a new food, they may just smell, touch or play with it.

The next 4-6 times they are given a food, they may spit it out or nibble on it.

The next 7-9 times they are given a food, they may actually eat and swallow it.

Young children may have to eat a food 15 times before they like it and eat it every time you give it to them.

Make introducing new foods fun!

- Make up silly names for the new food.
- Make up a song about the food.
- Make up a dance to do after eating the new food.

How many of these fruits and vegetables have you shared with your child?

- Zucchini
- Cauliflower
- Yellow Peppers
- Snow Peas
- Clementines
- Asian Pears

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Try a New Food!

Edamame

Edamame are young soy beans that have been harvested before they start to harden. They make a great snack or side dish!



You can purchase frozen edamame in most grocery stores or health food stores. You can buy shelled or unshelled frozen edamame. Look for them in the freezer section near the frozen vegetables.

To prepare unshelled: boil the unshelled edamame for 5–10 minutes, cool under running water, salt lightly, and serve. Your children will enjoy popping them out of the pod to eat. Do not eat the shells.

To prepare shelled: boil for 2-4 minutes, cool under running water, toss with melted butter or olive oil, and serve.

Tips for introducing new foods

Pair a new food with a favorite food.

Be patient and keep trying!

Eat the new food with your child to show them you enjoy it.

Have your child help you prepare the new food.

Apple Bark

Try an Old Favorite a New Way!

Ingredients

- 1 Granny Smith Apple
- 1 Tablespoon peanut butter
- 2 ½ Tablespoons golden or black raisins
- 1 ½ Tablespoons dried sweetened cranberries

Directions

Cut apple into four quarters. Remove the core by cutting away to leave a flat surface on the apple quarter. Spread the peanut butter on the apple quarters. Sprinkle the raisins and cranberries on the peanut butter.



Serves: 2

Nutritional Information per Serving:

Calories: 150
Total Fat: 4.1g
Saturated Fat: 1g

Goal Setting

What is one new food you are going to start introducing to your child next week? How will you prepare this food? Remember to be patient and try offering it many times, even if your child does not eat it the first time.



Liking New Foods Takes Time

1 ANCHOR Activity:
Ask participants to discuss with the person sitting next to them:
• Their child's favorite fruit or vegetable.
• Other fruits and vegetables they have introduced to their child and their child's reaction to these foods.

ADD Activity
Read through the handout with the participants.
Discussion Questions: What happens when you introduce a new fruit or vegetable to your child? How do they react? **?**

2 Discussion Questions: What is a food that you have prepared in multiple different ways? How have you prepared it? **?**

• Kids don't always like new foods right away.
• Offer new fruits and vegetables many times, served a variety of ways.
• Give your kids just a taste at first and be patient with them.

1

- Young children may not want to eat fruits and vegetables the first time they try them.
- Keep trying! Keep giving your children small amounts of fruits and vegetables even if they do not eat them at first. Offer your children small amounts of new foods so that you do not waste food.
- Give children small amounts to taste or play with at first. This can be as small as a spoonful of peas or cooked carrots, a piece of an apple, or one section of an orange.
- When children are first learning about new foods, but not yet eating them, there is no need to make a separate portion for them. Just give them a small taste of what you are eating.

2

TIP: Eat the same foods that you are introducing to your children. Your children learn from watching you. If you show them that you eat and enjoy these foods, they will be more likely to try them.

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The next 7-9 times they are given a food, they may actually eat and swallow it.

Young children may have to eat a food 15 times before they like it and eat it every time you give it to them.

Make introducing new foods fun!
• Make up silly names for the new food.
• Make up a song about the food.
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How many of these fruits and vegetables have you shared with your child?

- Zucchini
- Cauliflower
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3 Discussion Questions: How have you been able to encourage your children to eat new fruits and vegetables? How can you offer new foods without wasting food? **?**

APPLY Activity
Have the participants taste the edamame and prepare and taste the Apple Bark. Have participants discuss whether or not they would offer these foods to their children.

Ask participants to use the "Goal Setting" section on the back of the handout to write down one new food they are going to start introducing to their child in the next week. Also ask them to write down how they will prepare this food.

Remind them that when they are introducing a new food they can:
• Pair a new food with a favorite food.
• Be patient and keep trying!
• Eat the new food with their child to show them they enjoy it.
• Have their child help them prepare the new food.

TAKE AWAY Message: It is important to offer young children a new food many times without pressuring them to eat it.

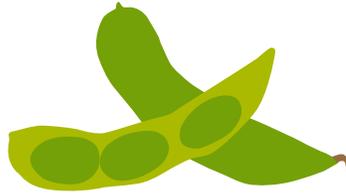
Talking Points
For parents who insist that their children will not eat fruits and vegetables. 

- Other than being patient and offering fruits and vegetables multiple times, parents can try:
• Pair one of the child's favorite healthy foods with a new food that the child is resistant to trying.
• Try preparing fruits and vegetables in different ways (raw, cooked, with different spices or dipping sauces). Ask the child how they would like the fruit or vegetable prepared and allow them to help prepare it.
• Talk with the child about what the fruit or vegetable tastes like and why they like it.
• Having fruits and vegetables available for the child for snacks. Parents can leave cut up fruits or vegetables in the refrigerator where older children can reach them and take them when they are hungry.

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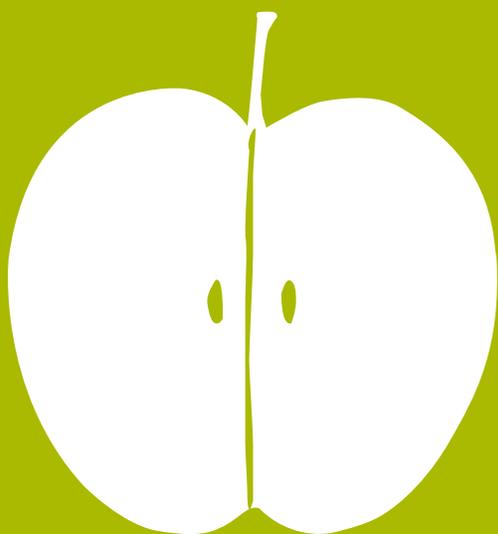
Nutritional Information per Serving:

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Saturated Fat: 1g

Goal Setting

What is one new food you are going to start introducing to your child next week? How will you prepare this food? Remember to be patient and try offering it many times, even if your child does not eat it the first time.

Kids do not always like new foods right away.



**Offer new fruits and
veggies many times.**

Be patient.

Sometimes new foods take time.

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