Kid Vs. Food Challenge
Parent Edition

Spitting, gagging, crying, hiding and sneaking green beans to the dog ... the numerous ways children have been their avoiding vegetables and fruits for years. As parents, we know these food groups are key to our child's growth. Low intakes of fruits and veggies have been correlated to low intake of many valuable nutrients such as Vitamin A, C and fiber. So how do we know how much is enough and how do we get our kids to consume enough of them?

Achieving the balance

The recommendation per USDA's MyPlate is that half of a child's plate, 3 meals per day, should be composed of fruits and vegetables to meet their needs. If cost or access is a setback, know that fresh, frozen, canned, dehydrated & dried are all acceptable options for meeting the daily recommendations. Please look into the many great programs such as SNAP, WIC and local food pantries that can also improve fresh fruit and vegetable access as well. But what if the issue is that you child simply will not consume them?

10 Exposures- Home Challenge

Multiple exposures to a new food have been found to ultimately achieve food acceptance. It has been found that up to 10 exposures to the new food (in the same form) promote clear changes in acceptance of the food- so when in doubt try and try again! (Sullivan & Birch, 1994) Research suggests that most caregivers try on average only 2.5 times before giving up (Curruth, 1998). Feel free to use the activity provided in the workshop as I challenge you to try the 10 exposure challenge at home!

References

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Activity Materials:
- 3 fruits/veggies your child likes
- 3 fruits/veggies your child has never tried or is not their normal favorite
- Cupcake Liners (6), glass of water, napkin
- Blindfold
- Handouts & Pencil

Activity Instructions:
1) Prepare the foods into small/bite size pieces
2) Place in muffin liners in a container not visible to child
3) Instruct child to be seated and read them the following instructions.

"Today we are going to complete a challenge called "Kid Vs. Food." As a human being we eat with our eyes first, however we also judge our foods before we eat them with our eyes. The goal of this activity is to try some foods you know and to try some foods that you don’t while removing sight. It has been found that we need to try something sometimes up to 40 times before we begin to like it!

I will ask you to place your blindfold over your eyes at the beginning of the activity and I will be introducing some foods to you. I encourage you to try them all. When you receive the food you may smell and touch it, then as you place it in your mouth think about the sound it makes when you chew, the texture of the food, and the flavors that you can taste. Does it taste salty, sour, bitter, sweet? Does it taste familiar? I will ask you to remember these feelings and write them down later. Once you have finished it, we will fill out the worksheet together – guessing which food you tried, asking if you liked it or not and writing down the smell, feel, sound and taste."

4) Instruct child to place blindfold over eyes
5) Place first muffin liner in front of child
6) Encourage child to try the food and guide them through: Smell, touch, sound and taste.
7) Allow child to remove blindfold and guess what the food was.
8) Fill in worksheet
9) Repeat with foods 2-6
10) HAVE FUN!

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Kid Vs. Food
Blindfold Taste Test

Food 1: ___________________

☐ ☑️ I liked it!
☐ ☑️ I'm unsure
☐ ☑️ Not my favorite

It smells: _____________
It feels: _____________
It sounds: _____________
It tastes: _____________

Food 2: ___________________

☐ ☑️ I liked it!
☐ ☑️ I'm unsure
☐ ☑️ Not my favorite

It smells: _____________
It feels: _____________
It sounds: _____________
It tastes: _____________

Food 3: ___________________

☐ ☑️ I liked it!
☐ ☑️ I'm unsure
☐ ☑️ Not my favorite

It smells: _____________
It feels: _____________
It sounds: _____________
It tastes: _____________

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Food 4: ______________
- ☐ ☑ I liked it!
- ☐ ☐ I'm unsure
- ☐ ☒ Not my favorite

- It smells: __________
- It feels: __________
- It sounds: __________
- It tastes: __________

Food 5: ______________
- ☐ ☑ I liked it!
- ☐ ☐ I'm unsure
- ☐ ☒ Not my favorite

- It smells: __________
- It feels: __________
- It sounds: __________
- It tastes: __________

Food 6: ______________
- ☐ ☑ I liked it!
- ☐ ☐ I'm unsure
- ☐ ☒ Not my favorite

- It smells: __________
- It feels: __________
- It sounds: __________
- It tastes: __________

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