

MYTHS ABOUT WHAT KIDS DON'T LIKE

FOOD

WHY & WHAT TO DO

1.

**ANYTHING THAT'S
NOT SWEET**

ISSUE - DEVELOPMENTAL: Kids prefer sweet because their palate is developing and not yet very sophisticated.

RESOLUTION: Cook foods to enhance or retain natural sweetness – program recipes will guide you in how to do this.

2.

COMBINED FOODS

ISSUE - DEVELOPMENTAL

RESOLUTION:

Give children option to pick out if they must; serve separately when possible.

3.

VEGETABLES

ISSUE - ODOR/TEXTURE: Often over-cooked creating a strong odor and unappealing texture.

RESOLUTION: Serve raw to introduce. Let them dip into favorite salad dressing or yogurt dip. Cook until just softened – 3-4 minutes. Serve with a dab of butter – let children grind and sprinkle on their own spices (cumin, cinnamon, etc.)

4.

LEAFY GREENS
(beet chard, collards, kale,
mustard, spinach, turnip greens)

ISSUE - FLAVOR & TEXTURE: Bitter and stringy and limp when cooked-over-cooked

RESOLUTION: Steam until they collapse; sauté with slow-cooked 'sweet' onions; add a touch of molasses

5.

HEALTHY FOODS

ISSUE - MYTH & CULTURAL: Marketing 'trains' children to expect 'food for them' complete with toys and shapes/characters

RESOLUTION: Ask children 'what' they think is healthy, whether they have tried and liked those foods; do a taste test for unfamiliar foods and/or offer with foods they like; let them choose at the market.

6.

WATER

ISSUE - FLAVOR: Uninteresting sometimes to children

RESOLUTION: Add slices of cucumber, citrus or mint, kids helping!