

Planning Producing Preparing and Tasting Produce Influences Dietary Behaviors of Elementary Students

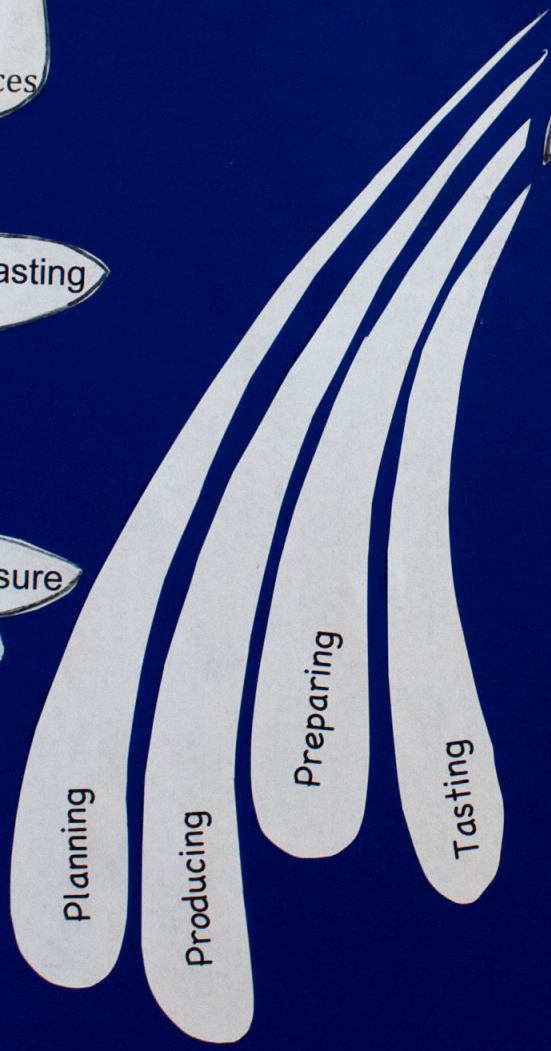
Lori Annis, Student Nurse
Linfield College, Portland

The more taste exposures, the younger the child, the more likely to influence food preferences

~10 tasting experiences yields influencing food preferences

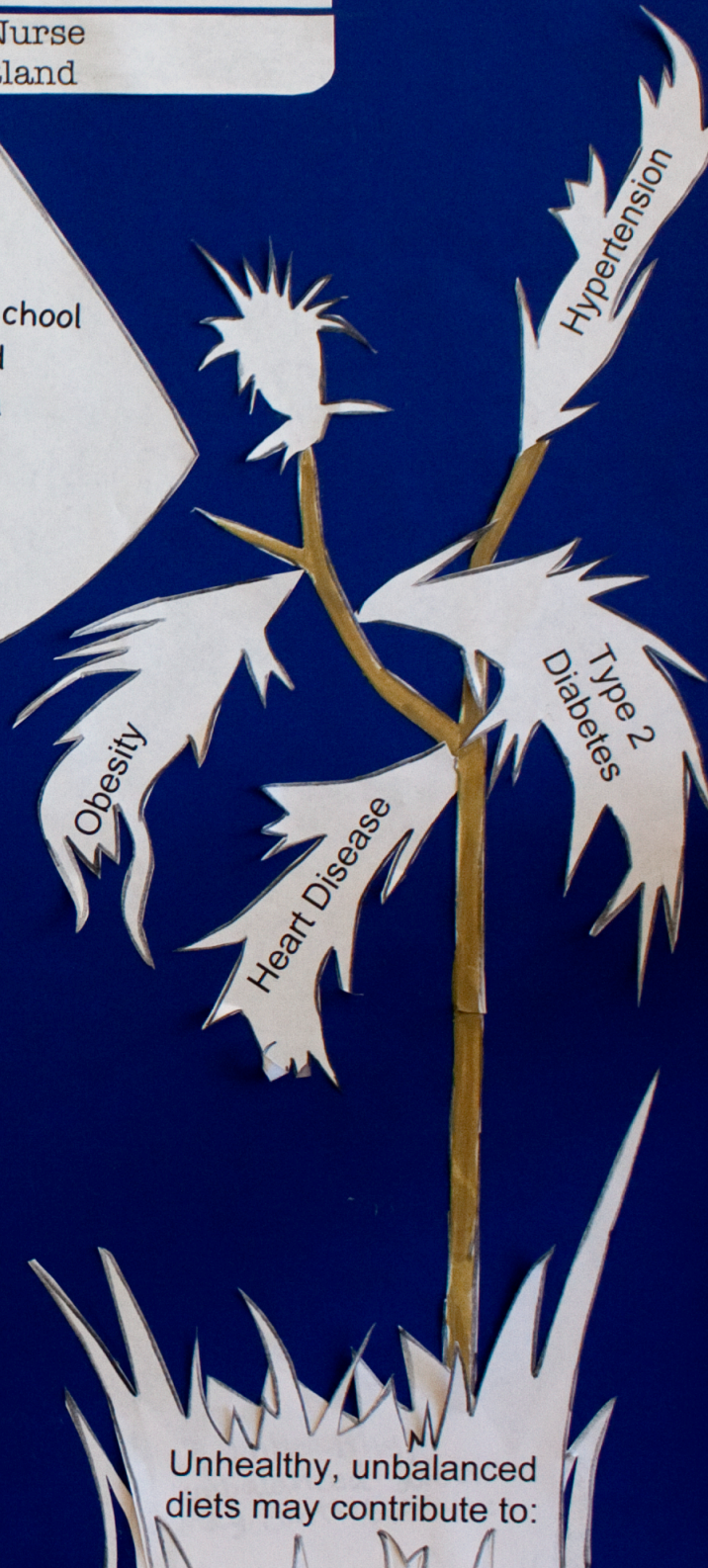
Modeling eating & tasting behavior

Tasting & eating exposure



Elementary school Students should Participate in a School garden

Through



Unhealthy, unbalanced diets may contribute to:

Three Crucial References

Email: lmarchu@linfield.edu

Birch, L. (1987). Children's food preferences; developmental pattern. *Annals of Child Development, 4*, 171-208.

McAleese, J., & Rankin, L. (2007). Garden-based nutrition education affects fruit and vegetable consumption in sixth-grade adolescents. *Journal of the American Dietetic Association, 107*, 662-665.

Venter, C., Harris, G. (2009). The development of childhood dietary preferences and the implications for later adult health. *Nutrition Bulletin, 34*, 391-394.