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

~10 tasting experiences yields influencing food preferences.

Tasting & eating exposure.

Modeling eating & tasting behavior.

Planning Producing Preparing Tasting

Elementary school students should participate in a school garden through planning, producing, preparing, and tasting.

Unhealthy, unbalanced diets may contribute to:
- Obesity
- Type 2 Diabetes
- Heart Disease
- Hypertension
Three Crucial References

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