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

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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 planning, producing, preparing, and tasting.

Unhealthy, unbalanced diets may contribute to:

Obesity
Heart Disease
Type 2 Diabetes
Hypertension
Three Crucial References

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