

Materials	Access to the internet
Learning Outcome	Discuss food preferences and recognize how different food characteristics affect opinions of foods.

Description

Invite the child to watch the video [Kids Try Exotic Fruits](#). After the video, ask the child the following questions and discuss their answers:

- Did the fruits look like they would taste good? Why or why not?
- Did some of the kids like the taste of some of the fruits that did not look good to them at first?
- What did you notice about the similarities and differences of the taste preferences of the kids?
- What fruits from the video would you try?
- Can you think of any foods that you did not like when you first tried it but now you like it?

After discussing the answers, explain to the child that taste preferences differ from person to person. Share that it is normal for your tastes to change as you get older and you might find you like a food that you used to not like.

Share that sometimes you have to try a new food many times before you grow to like it! If possible, invite the child to help you prepare a food that they have never tried before and then invite them to explore it with their senses (e.g., see, smell, touch, hear the sounds it makes, and taste it if they are willing). Do not place pressure on the child to taste the food and allow the child to decide whether they would like to try it or not. Respecting their decision makes it more likely that they might learn to enjoy the food in the future. Discuss what they liked or did not like about the food (e.g., sight, smell, touch, sounds, taste).

Healthy Eating Competencies



THINK

Develop cognitive skills and strategies that facilitate knowledge about healthy foods, food habits, food preparation, and food safety.



FEEL

Develop affective skills and strategies that facilitate healthy food relationships with themselves, with others, and with their environment.



ACT

Practice behaviour skills and strategies that facilitate healthy eating, food habits, food preparation, and food safety.



Reflection Questions

Reflection is important to support learning for healthy eating. Consider asking the child the reflection questions below and discuss the answers together.

- *How are your food preferences similar to other family members? How are they different?*
- *What other foods do your family and friends eat that you haven't tried or aren't sure if you like?*