



Action Schools! BC

# In Season



Issue Four

Action Schools! BC is a best practices model designed to assist schools in creating individualized action plans to promote healthy living.

## Taste Something New!



The Action Schools! BC Healthy Eating pilot showed that repeated exposures to vegetables and fruit increased children's willingness to try new vegetables and fruit.



It's true ... children learn to like new food by being exposed to it again and again. Some children need to see a new food 10-15 times before trying it.

### What else helps?

- Allowing children to try new food on their own initiative helps them to learn to like new food.
- Eating with a friend or family member who likes the food helps many children decide to taste the food.
- Allowing children to help prepare the food can help them become more familiar and accepting of the food.



### For more information:

- 1 Eating Well with Canada's Food Guide, 2007 – [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide).
- 2 Dietitian Services at HealthLink BC – Call 811.
- 3 *Child of Mine, Feeding with Love and Good Sense* (2000) by Ellyn Satter – for information on how to help your child be more accepting of new food, as well as other childhood nutrition and feeding issues.



Action Schools! BC – Support Team: 604.738.2468 or 1.800.565.7727 ■ [info@actionschoolsbc.ca](mailto:info@actionschoolsbc.ca)  
[www.actionschoolsbc.ca](http://www.actionschoolsbc.ca)



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