



Managing fussy eating in young children: what works?

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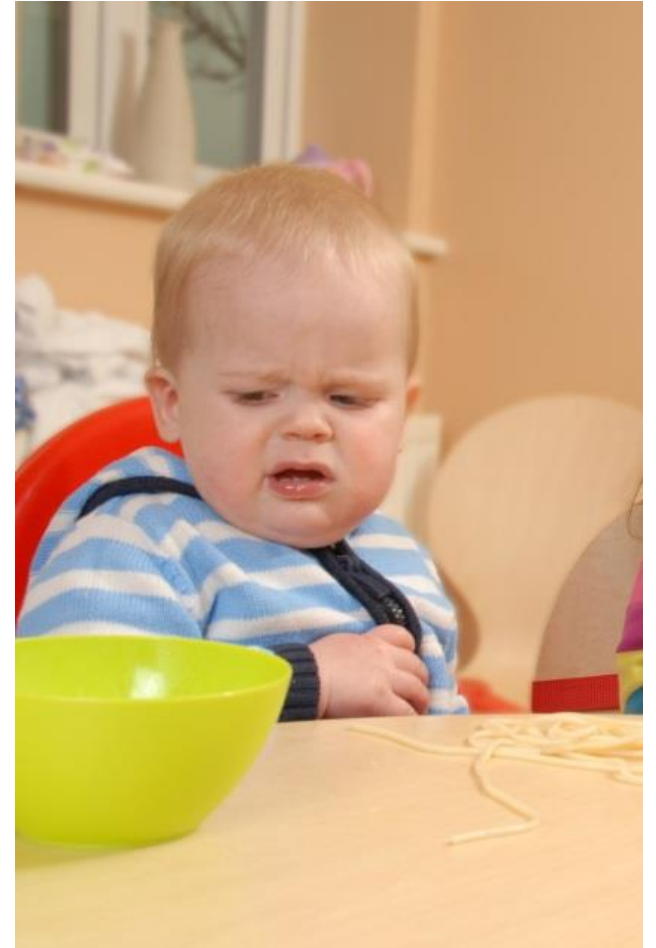
Fussy eating is very common



Children's fussy eating



- Food refusal
- Developmentally normative
- Evolutionary, protective response
 - Food 'neophobia'
- Around 50% of children are 'fussy' (Carruth et al., 2004; Dovey et al., 2008)
 - but likely much higher
- Usually transient
- Can be a cause for concern



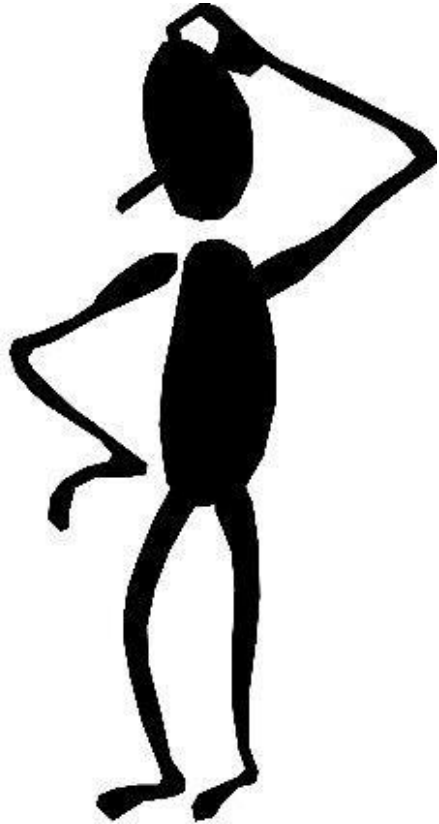


The response to fussy eating is key



- Care-giver anxiety can exacerbate fussy eating
- Foods only offered 3-5 times (Carruth et al., 2004)
- Caregivers reported a **lack of support** for dealing with fussy eating (Witcomb, Farrow, Haycraft & Meyer, 2013)
 - Echoed by health & childcare professionals too
- Effective, credible advice and support required

What to do? What works?



Evidence Based



Role modelling and eating together

Draxtenet al., 2014; Palfreyman et al., 2014

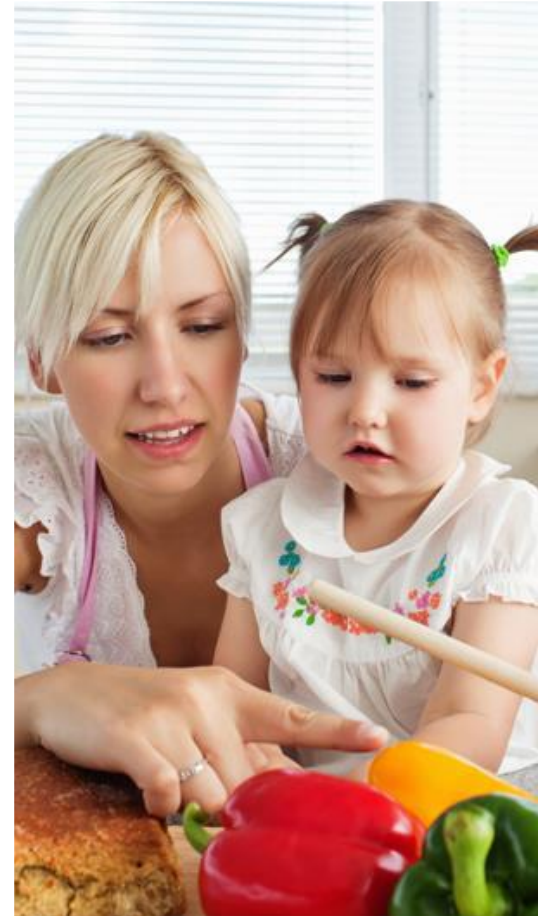
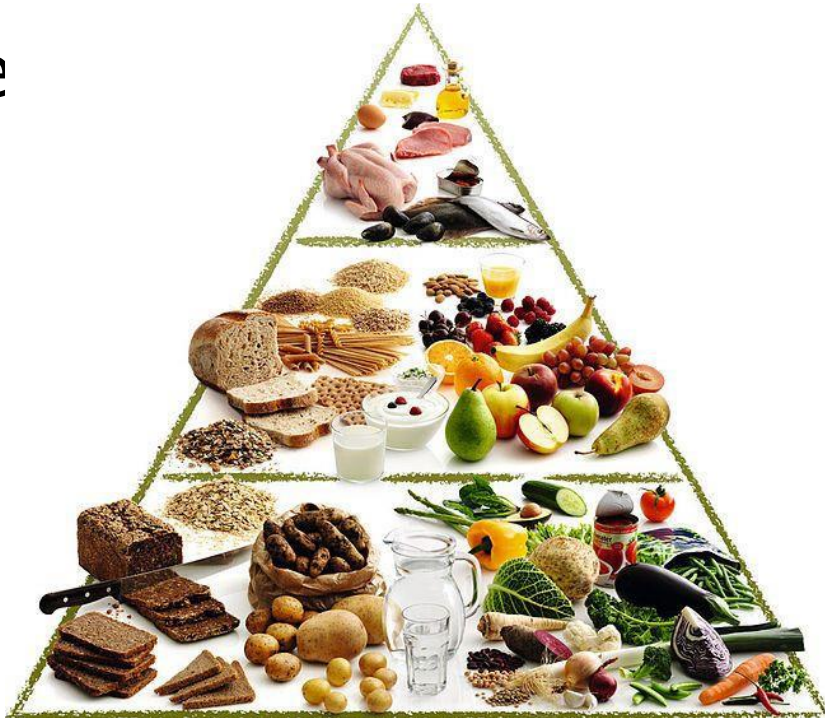


Parent provides, child decides

Satter, 1990

<https://www.ellynsatterinstitute.org/>

- Autonomy development
- Availability & accessibility
- Choice



Repeated offering



Children need to **learn** to like tastes and textures

- Takes time: 8-14 offerings
- **Re-offering** disliked or new foods is **essential**
(e.g., Holley, Haycraft & Farrow, 2015)

Not using pressure, coercion or force



- Unintended consequences
- Lower liking for pressured food (Galloway et al., 2006)
- Disrupts child's internal regulation (Orrell-Valente et al., 2007)



Covert, rather than overt, restriction

Fisher & Birch, 1999; Birch et al., 2003;
Ogden et al., 2006



Food is a fuel, not a tool



- Not using food as a reward or in response to emotions
- Can teach children to eat in response to external, rather than internal, cues
(Blissett et al., 2010; Farrow et al., 2015)

Fruit and vegetables are essential for healthy growth and development and important for providing protection against disease.



Fun with food



Play

Grow

Read

Cook

Allirotet al., 2016; Coulthard & Sealy, 2017



Getting these messages out there



- **The Child Feeding Guide**
- www.childfeedingguide.co.uk
- Effective, credible support and information for parents, caregivers and professionals.

Child Feeding Guide

Sign in or register - it's free! Search

Parents Health professionals Childcare professionals How it works Tips and pitfalls

Real strategies and tools to tackle fussy eating and create happy mealtimes

Award-winning tools and support for

Parents Health professionals Childcare professionals

Our aim
To guide you towards happy mealtimes and healthy children.

Watch our video



Learning with all our senses

<https://www.tasteeducation.com/>



SAPERRE

History of SAPERE and Sensory Food Education

- The word SAPERE comes from the Latin meaning ‘to be able’, ‘to taste’, ‘to know’ and ‘to feel’.
- [TastEd](#). Based on the [Sapere](#) method of sensory education, TastEd is a way to broaden children’s exposure to a wide range of foods, while respecting their individual likes and dislikes. Something that food historian and writer [Bee Wilson](#) – author of [First Bite: How We Learn to Eat](#) and one of TastEd’s co-founders, [recognises as a problem](#).
- “Whatever our age, we tend to eat what we like and we like what we know. So many efforts to get children to eat better fail because there is too much sense of ‘should’ and not enough respect for the role of appetite. We have no hope of changing children’s eating habits for the better unless we can help them to learn new tastes.”

TastEd



- Reception
- Lesson 1
- See: Many shapes and colours

Can anyone tell me what the five senses are?



The two golden rules of *TastEd*



- No one has to like
- No one has to try

Before we start, has everyone washed their hands?



This week we are talking about
seeing

See



We are talking about many colours and shapes of tomato..



Hands up if you like tomatoes.

Hands up if you don't like tomatoes.

Can you tell me why?

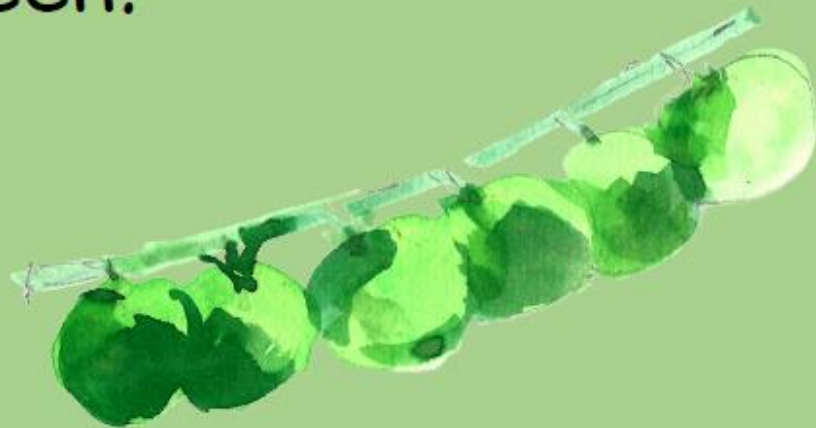


Are tomatoes
always red?

What other
colours can you
see?



Why are some tomatoes green?



Are tomatoes always the same shape?
What do these tomatoes remind you of?



Now here is a real red
tomato. Can you tell me
what you see?

What does it remind you
of?

What sizes of tomatoes can you see?



Now we are going to look inside a real tomato.
What can you see?



Now we will try some different tomatoes



Did the tomatoes that looked different taste different too?



What have we learned today? Can you tell me what you saw and what you tasted?



Did anyone try any new foods today?



When we taste food, where in our body do we feel the flavour?



Our mouths are important for making flavor. But our noses are even more important. Later on, we will test this out together.



This week we are going to be trying and talking about **smelling**

What part of our body do we smell with?



The smell of food gives us memories and feelings. The feelings are different for everyone.



We are going to smell some food hidden in special jars. Tell me what you can smell and what it reminds you of.



What was inside the jars? What did it remind you of?



Experiment: Nose Pinch test!

- We are going to try...

apples



carrots



+



cinnamon

How do the apple and cinnamon taste with your nose pinched?



How does the food taste when you unpinch your nose?




Can you tell me how the food tasted with and without your nose pinched?



What did the smells remind us of?

The Mint smellless of my kitchen.
~~een~~ ~~Sun~~ I didn't like the leafy green

it smells like the taste of my tooth
paste



burst



Did anyone smell anything new today?

Did anyone taste anything new today?

By using these strategies...

