



Why can my food likes change?

Ages 4-7: point, draw or talk. Ages 7-10: add labels and explain.

Taste buds help send taste messages to the brain. The brain recognizes the taste and learns from food experiences. As you grow, some bitter tastes can seem less strong, too.

NOTICE

Taste buds help detect tastes and send messages.

RECOGNIZE

Your brain recognizes the taste. Noticing it is different from liking it.

LEARN

More food experiences can change how much you enjoy a flavor.

DRAW a food you enjoy. Tell a parent one thing you learned about it.

Talking, pointing and imagination count. No tasting is required.

MHO functional medicine foundation: The Pegan Diet; Finally Focused (parent layer).

Find full references and the free parent guide at healthykidsdaily.com.

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Taste, brain and learning quiz

Four questions from the episode. Answer together; asking for help is welcome.

1. Which part recognizes the taste message?

- A. Your brain
- B. Your shoes

2. Can the brain learn from later food experiences?

- A. Yes
- B. No

3. Why might you enjoy a food more when you are older?

Tell or draw one reason from the episode.

4. Which food contains zinc?

- A. Beans
- B. A paper plate

A QUESTION I WOULD ASK TARA:

Parent key: 1-A, 2-A, 3-more food experience OR some bitter tastes may seem less strong, 4-A.