

# kids rate 15 new foods

**What?! Try something NEW?** We knew it wouldn't be easy when we asked a group of kids to sample some nutritious foods they'd never tasted before ...

**M**ac & cheese. Pizza. And maybe spaghetti. If kids did the grocery shopping, that's probably about as far as it would go.

On the *Very Best Kids*™ team, we spend a lot of time talking about things like that—and how we can help you get your kids over the hurdles to good nutrition. Last summer we decided to take our discussions to the next level, putting some new “good-for-you” foods to the test by inviting a group of kids to taste them in our photo studio. The goal of our totally unscientific experiment: develop a list of new foods your kids might like.

Before the event, nutritionist Connie Evers briefed us on the Do's and Don'ts of introducing kids to new and unusual foods:

- **Don't force the issue.** “In a power struggle over food, the child will always win.”
- **Do encourage kids to savor the flavor.** “Saying ‘It's good for you’ is not a big sell for kids. Number one for them is good taste.”
- **Do acknowledge and respect when kids say they don't like a food.** “Everyone has food likes and dislikes.”

Connie also reminded us that it can take 10 to 12 introductions to a new food before kids warm up to it. Seeing a new food on a

plate and watching other family members eating it helps introduce it in a positive way—and sometimes that's enough.

**W**e started our tasting session with fruit because, well, fruit is easy. What kid turns up his nose at fruit? We passed around a blood orange—it looks like an orange from the outside but reveals crimson flesh when cut. “Cool name!” said Tate. That's all it took: Everyone grabbed for a slice. Blood oranges were a hit!

Passion fruit was next. “I think this is a vegetable,” Ellie said as she rolled it around in her hands. The kids passed the mystery fruit back and forth. We split it open, and they all leaned in for a closer look. “It looks like something that came from the sea,” Olivia said about the bubbly interior. Tiny tastes (after all, it does look kind of weird) were followed by upward-facing thumbs.

Next we presented a beautiful platter of raw cauliflower we had found in wacky colors—neon green, red, bright yellow. As parents we were enchanted by the range of hues. But the kids weren't impressed. “No way I'm eating that ...” said Marcus. Emma scrunched up her nose. We passed the platter around, but the kids sat back in their seats, minds made up. Thumbs down!

Edamame was next—it's green and a bean (soybean, that is). We held our breaths as we placed the platter on the table. “I know what these are,” said Eric as he scooped some onto his plate. “They're good!” His cousin Marcus nodded in agreement. The other kids watched as they popped the beans from their shells, and soon all were following suit, tossing beans into their mouths like candy. “Ummm, these are good,” said Jorge. Thumbs up!



## FRUITS

**The Winner!**  
**Blood Oranges**  
The Runner-Up:  
Papaya



## VEGETABLES

**The Winner!**  
**Yellow Carrots**  
The Runner-Up:  
Pear-shaped mini  
yellow tomatoes



## GRAINS

**The Winner!**  
**Quinoa**  
The Runner-Up:  
Couscous



## MEATS & BEANS

**The Winner!**  
**Edamame**  
The Runner-Up:  
Sardines



## MILK

**The Winner!**  
**Greek Yogurt**  
The Runner-Up:  
Fresh Mozzarella



“In a power struggle over food, the child will always win.”

—Connie Evers





"Everyone has food likes and dislikes."

—Connie Evers



An open can of sardines got a big "wow!" The kids leaned forward, wide-eyed at the neat silver fish. Marcus picked one up by the tail and dropped it into his mouth like a seal in a circus act. Jorge sniffed his sardine on a cracker, took a baby bite, and put it back on his plate—fast. But he chewed, swallowed—and smiled!

Next we passed around a bowl of toasted soy nuts. "Those look like bugs," said Tate, waving away the bowl. The other kids eyed the soybeans dubiously. Brave Olivia nervously took a nibble. "They're nutty," she said, smiling and looking somewhat relieved. Ellie tasted one too. "They're OK," she said. Is there such a thing as a sideways thumb?

And so it went until all 15 foods had been eyed, sniffed, poked, and considered and the winners declared. Beyond that, something good happened at our session. Each kid—even the ones who would rather have built a volcano with their quinoa than tasted it—left with knowledge about new foods. "Just because they don't like something right now doesn't mean they won't like it later," says Connie. "It's a first step." ■

## our taste panel

- Ellie, 5: Said, "More, please" to yellow carrots
- Olivia, 5: Liked pear-shaped mini yellow tomatoes
- Eric, 7: Savored strawberries and Greek yogurt
- Marcus, 7: Scarfed down sardines (and ate Emma's serving too!)
- Tate, 8: Ate edamame!
- Emma, 9: Thumbs down on sardines
- Jorge, 10: Made the "ick" face over cauliflower



Go to [verybestkids.com/magazine](http://verybestkids.com/magazine) to see a complete list of the foods we tested and learn more about their nutritional benefits. You'll also discover more great ways to help your family eat right.

## palate pleasers



**italian inspirations.** Kids love pasta! For rave reviews serve **BUITONI® Whole Wheat Four Cheese Ravioli** or **Whole Wheat Three Cheese**

**Tortellini** tonight. Every delicious bite is made with 100% whole durum wheat and has more fiber\* than pasta made from refined wheat.

\*32% of the Recommended Daily Value of fiber in every serving. 11g Total Fat per serving.



**refresher course.** Your kids will discover flavors they love in the water they need when you have **NESTLÉ® PURE LIFE® Natural Fruit Flavored Water Beverages** on hand.

And enter the **NESTLÉ® PURE LIFE® Go Play!** promotion by March 31 to help provide field trip transportation and sports equipment for your kids' school. Learn more at [goplaylabels.com](http://goplaylabels.com).



**more milk, please!** Here's an easy way to get kids to drink more milk: Stir in **NESTLÉ® NESQUIK®**

**Powder with 25% Less Sugar.\*** Kids love the taste, and they'll also be drinking up 33% more calcium than milk alone, plus vitamin C and other essential vitamins and minerals to help build strong bones.

\*25% less sugar than other syrups and powders; 13g vs. 19g of sugar/serving in other leading brands.