

Snack Switch Up

Explore New Foods & Flavors

Trying and re-trying new foods and flavors is an effective way to introduce young people and adults to a variety of nutritious options.¹ New food experiences also offer opportunities to get to know other cultures and cooking styles, while developing social-emotional skills like curiosity and openness to learn and grow.²

We often have strong emotions connected with foods we don't like. Science tells us that repeated opportunities to try a food may lead to liking that food more.³ There is also evidence that our saliva changes in response to repeated exposure!⁴ Here are some creative ways to expose your family to new and unfamiliar foods:

1. Dig into unfamiliar eats for your Snack Switch Up.

Check out these ideas to get you started!



Travel with Your Tastebuds

- Pick a favorite food and find out how they prepare similar foods in another part of the world.
- Have each family member share one fun cultural fact about a new-to-you food as you eat it.
- Point to a place on the map and prepare a new recipe from the place you've pointed out.



Bring a Buddy

- With a buddy, swap foods that you're hesitant to try and describe them to each other.
- Ask a friend or family member to pick an unfamiliar food that they think you will like.
- Have family members write or draw the way a new food makes them feel and guess who wrote what!



Notice & Describe

- Write or draw what you notice about the flavor and texture. Go beyond "gross" or "yummy."
- Use your senses to experience a food. Describe how it feels, smells, and looks before eating.
- Test your tastebuds by making a simple, nutritious recipe, like [Awesome Apple Oats](#), and see who can name the most ingredients by using their senses.

2. Talk about your Snack Switch Up!

Here are some questions to spark your exploration.



Take turns asking each other:

- What does this taste like to you? Do you like it?
- What are the ingredients and where do they come from?
- What can we learn about another place or culture by trying this food?
- What can we learn about our family or community through this food?



Rate that Flavor

Decide together if you've found a new family favorite:

- 1 = I do not like it!
- 2 = I like it less than other foods.
- 3 = I'm not sure.
- 4 = I would eat it again.
- 5 = New favorite!



What did you learn about flavors and cultures around the world by trying new foods?

Share your experience on social media with the hashtag #KohlsHealthyAtHome.

Resources

1. Academy of Nutrition and Dietetics. (2022). Kids Eat Right. Try Foods from Around the World for Breakfast. Retrieved from: <https://www.eatright.org/health/lifestyle/culture-and-traditions/try-foods-from-around-the-world-for-breakfast>.
2. Academy of Nutrition and Dietetics. (2021). Kids Eat Right. 8 Ways to Get Picky Eaters to Become More Adventurous. Retrieved from: <https://www.eatright.org/food/nutrition/healthy-eating/8-ways-to-get-picky-eaters-to-become-more-adventurous>.
3. International Journal of Behavioral Nutrition and Physical Activity. (2019). A longitudinal intervention to improve young children's liking and consumption of new foods: findings from the Colorado LEAP study. Retrieved from: <https://ijbnpa.biomedcentral.com/articles/10.1186/s12966-019-0808-3>.
4. NPR. (2019). KPBS. Spit-Take! The Science of Saliva and Those Bitter Bites. Retrieved from: <https://www.npr.org/transcripts/750011692>.