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.

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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

