

dr. yum's Preschool Food Adventure

Parent Manual

6th edition



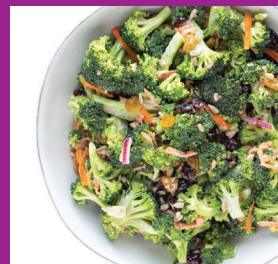
By Nimali Fernando, MD, MPH and Melanie Potock, MA, CCC-SLP

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Dr. Yum's tips
and Tricks for
Healthy Eating



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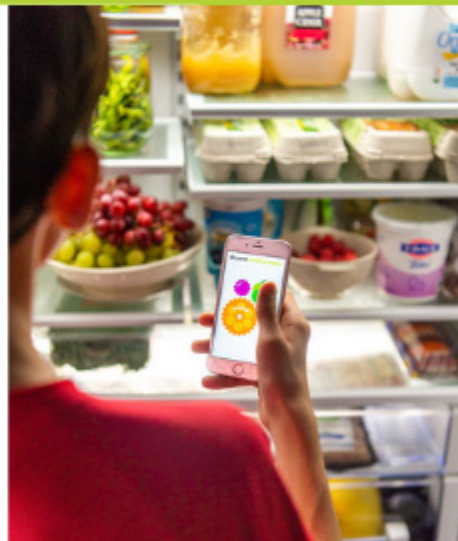
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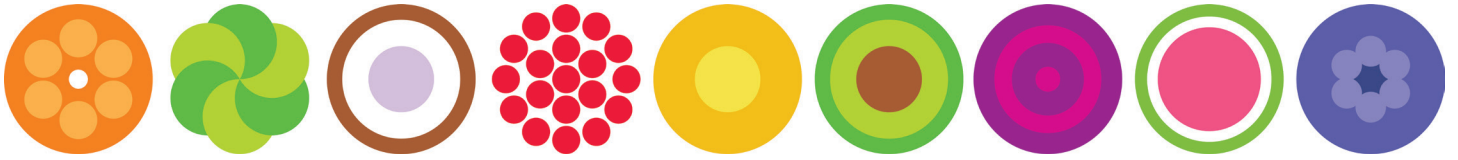
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CONTENTS

4. Background

9. The Approach

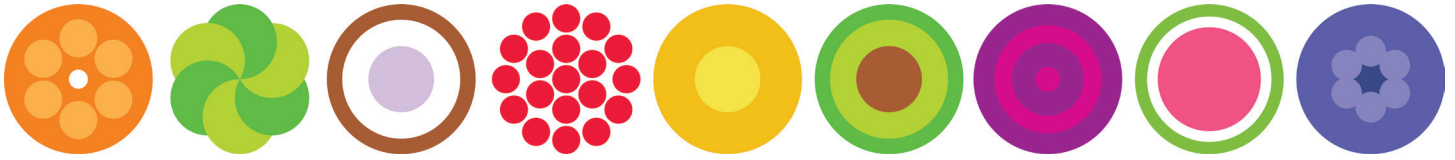
14. The Selective Eater

18. How Parents Can Get Involved and Learn More

23. Dr. Yum's Housecall

27. Resources for Parents

28. About Dr. Yum's Preschool Food Adventure Team



Background

Welcome Parents!

We are so happy to have you on our preschool food adventure team! Dr. Yum, Coach Mel and Munch Bug will be your child’s helpers through the lessons. Dr. Yum is your “pediatrician in the kitchen” and loves to show kids how important it is to feed your body with good food. Coach Mel is her partner on this adventure and an expert in showing kids how to make friends with food. Their little helper, Munch Bug is their fearless friend who buzzes around showing kids how to munch the healthy featured foods in each lesson. This manual is meant to let you know what to expect out of this program and how you can continue your child’s nutrition education at home.

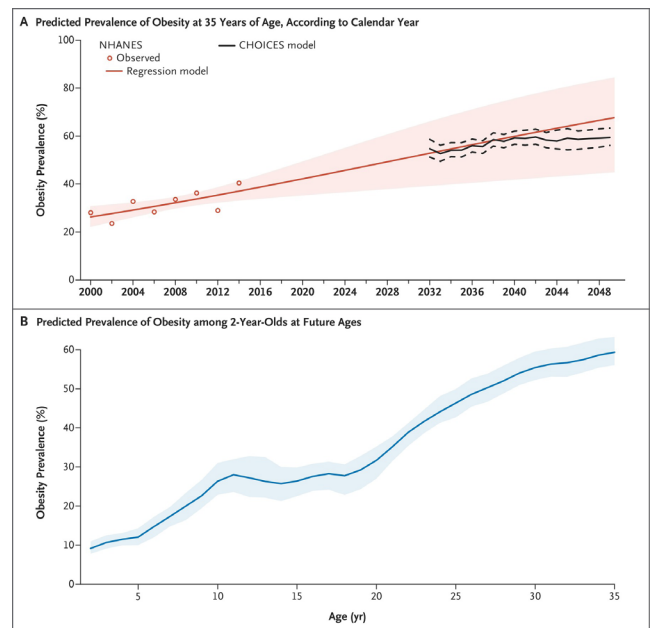


One study recently showed that students who were given nutrition information about the benefits of fruits and vegetables were more willing to try them. So instead of telling students what to eat, this program aims to show them what to eat, how to eat it, and why...all while exploring and making FRIENDS with food!

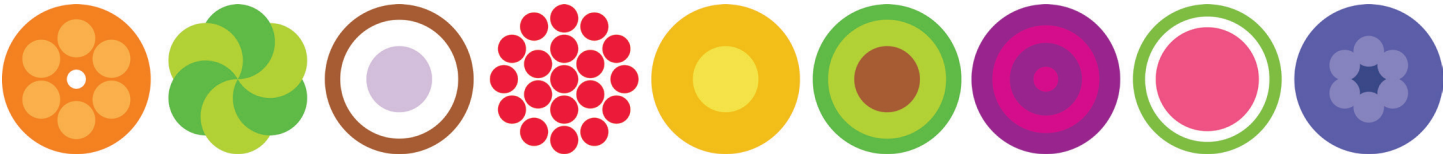
Why Education on Healthy Eating is Important

1.

According to the Center for Disease Control, by 2050 one-third of Americans are expected to suffer from diabetes. The New England Journal of Medicine reports that 57% of today’s children are predicted to be obese by age 35. Obesity is also predicted to be the number one cause of cancer in America in the near future. These are staggering statistics. The reason lies in the processed, high sugar foods that have become part of our daily life, causing additional weight gain, insulin resistance, and decreased insulin sensitivity. While diabetes, heart disease and cancer seem like adult diseases that are decades away for your young preschool students, much of the risk for these diseases is established in childhood. Studies show that a child who is overweight by age 5 is likely to be an overweight adult. As a pediatrician, Dr. Yum sees obese and “overweight” patients at an average rate of 30% in her community, a statistic that is reflected nationally as well. But obesity is just the tip of the iceberg. Symptoms like ADHD, anxiety, constipation, chronic abdominal pain and even urinary symptoms can also have their origins in a processed, “kid-friendly” diet. Without mindful changes in our diet and our food culture, these alarming trends will not change.



1. Ward, Z. J., Long, M. W., Resch, S. C., Giles, C. M., Craddock, A. L., & Gortmaker, S. L. (2017). Simulation of Growth Trajectories of Childhood Obesity into Adulthood. *New England Journal of Medicine*, 377(22), 2145-2153. doi:10.1056/nejmoa1703860

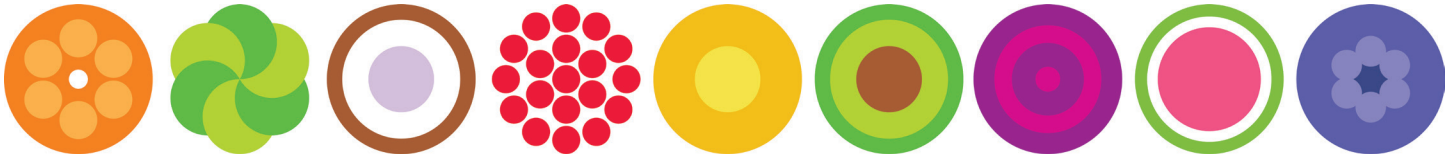


Take the example of sugar. The food industry has knowingly increased sugar in their products, making them more palatable and more addictive. Here's an example of a typical preschooler's diet (as gathered from the experience of Coach Mel and Dr. Yum, and outlined in their book "Raising a Healthy Happy Eater: A Parent's Handbook"). Keep in mind that the American Heart Association **RECOMMENDS NO MORE THAN 6 TEASPOONS OF ADDED SUGAR PER DAY FOR A PRESCHOOL-AGE STUDENT**. You can see how easy it is for the average American preschooler to get 29 teaspoons of added sugar per day.

Sugar Intake For Typical Preschool Diet

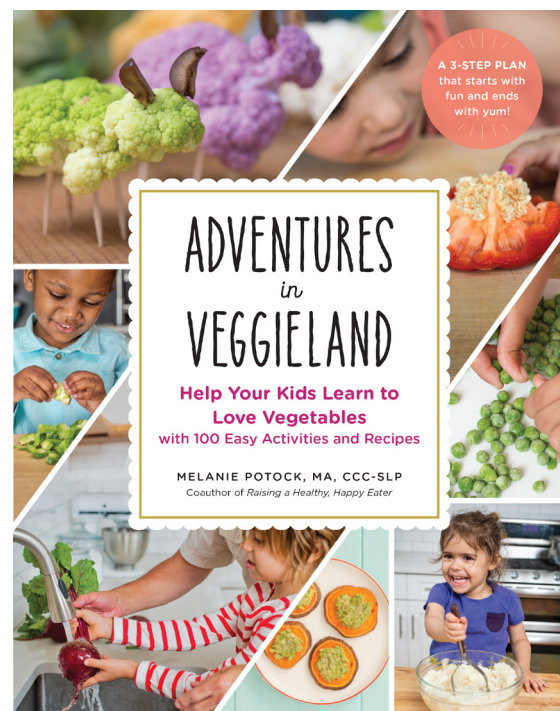
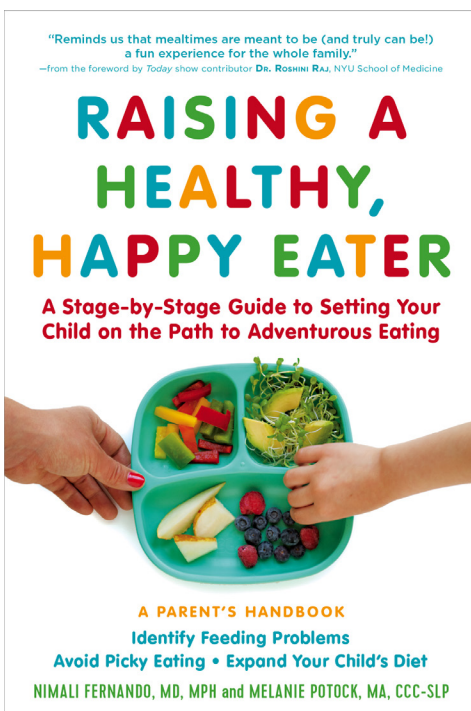
Meal	Food	Teaspoons of added sugar
BREAKFAST	1 frozen blueberry breakfast waffle with 2 tablespoons breakfast syrup	5
MORNING SNACK	10 fish crackers and 1 pouch fruit punch	4
LUNCH	1 strawberry yogurt tube, ½ peanut butter and jelly sandwich, carrot sticks with ranch dressing	5
AFTERNOON SNACK	1 package fruit snacks and packaged cereal bar	6
DINNER	4 fish sticks with ketchup, cinnamon applesauce 6 oz. chocolate milk	7
DESSERT	Store bought ice pop	2
	TOTAL	29

(from Raising a Healthy, Happy Eater by Fernando & Potock, 2015)

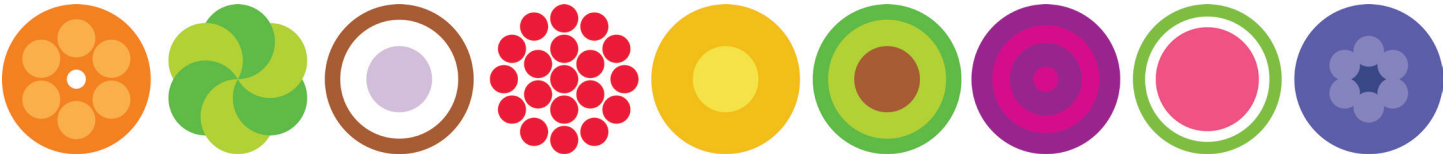


Our Solution

This interactive curriculum features 24 lessons, that can be taught over two years and are presented by preschool teachers once a month.¹ The lessons are designed for children 3-6 years of age. Using the fun characters, Dr. Yum, Coach Mel and Munch Bug, each lesson introduces a seasonal fruit or vegetable, explains their nutritional benefits to preschoolers, and guides them through a mindful appreciation of the new food using all of their senses. Many extension activities can be used to deepen the experience and familiarity with the new food through art, literacy, movement, music, science and community connections. Lastly, students work together to prepare a simple snack using the featured fruit or vegetable. Preschoolers practice motor skills like pouring and cutting while continuing to practice cognitive skills like mathematics, language and social/emotional skills. Teachers are provided materials with helpful tips and ideas on how to engage preschoolers in enjoying healthy foods. Coach Mel also includes valuable information on overcoming some of the challenges presented by selective eaters, with fun ideas that can be applied to all types of preschoolers. You as parents, will be given a variety of materials and information about the program so that you can continue the joyful approach to healthy eating at home.



1. In some centers 2 year-old children have been able to participate, but their experience may be limited. It is recommended that if they are introduced to the lessons at age two, that they complete at least an additional two years of the lessons so they can participate more fully.



This one-of-a-kind curriculum works because it was written by a pediatrician and pediatric feeding therapist who understand how preschoolers become picky eaters and how to prevent picky eating with a multi-sensory and joyful approach. Also rounding out the creative team are seasoned preschool teachers and a registered dietitian, making sure that kids learn nutrition in the most fun and engaging ways. Parent involvement is a key to success, so a parent handbook, monthly feedback sheets, and a monthly newsletter will give you the language and approach to continue the education at home. Both the manual and feedback sheets are also available in Spanish. The curriculum is designed for kids of all abilities, and in particular, has shown impressive results in classrooms which include children with special needs.

The Research

Dr. Nancy Zucker, director of the Center for Eating Disorders at Duke University, teamed up with the Dr. Yum Project to study the effect of this program on attitudes and behaviors around healthy eating at home and at school. Parents and teachers were surveyed about individual students' eating behaviors before and after the curriculum. The parents showed an increase in understanding the importance of cooking with children, as well as a significantly higher appreciation of introducing plain water as a preferred drink.

In the United States, 64 percent of preschoolers are cared for weekly by someone other than their parents or primary caregivers, so it was important to determine if teachers noticed changes in their students' eating behaviors as a result of the curriculum. Our teachers evaluated roughly 400 students and were asked the following nine questions, in pre and post surveys, about the feeding behaviors of each child:

My student loves food.

My student is interested in food.

My student refuses to eat food at first.

My student enjoys tasting new foods.

My student enjoys a wide variety of foods.

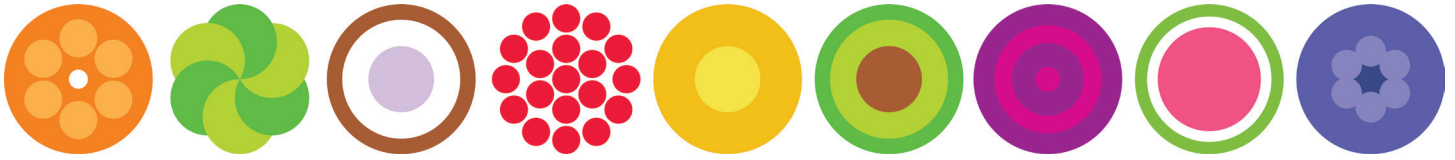
My student looks forward to mealtimes.

My student enjoys eating.

My student enjoys tasting new foods that he/she hasn't eaten before.

My student decides that she/he doesn't like a food, even without tasting it.

Results showed that after nine Dr. Yum Preschool Food Adventure lessons, students showed significant improvement in ALL nine areas.



Teacher Testimonials

Here is what teachers and parents are saying about their experience with Dr. Yum's Preschool Food Adventure:

"Proper nutrition has always been a focus of our Head Start program. Dr. Yum offers our students the opportunity to explore and taste fresh produce. [The curriculum] is designed to engage all of the senses while allowing the children to participate at their comfort level. Our students have treasured the opportunity to take part in creating a recipe they can enjoy from start to finish, including chopping fruits and vegetables! I genuinely believe that if our students are exposed to fresh food early in life at Head Start through this program, it can have a ripple effect that can benefit them and their families well into their future."

-Laura Dove, Curriculum Manager, Fredericksburg Regional Head Start.

"It has been amazing to finally have a snack program that works in the special needs population. It encompasses all of our philosophies and techniques when working with children who have feeding difficulties and at the same time is easily modified to meet the needs of any child. When your students request, 'more' of their Spinach Smoothie, that is something to be celebrated!"

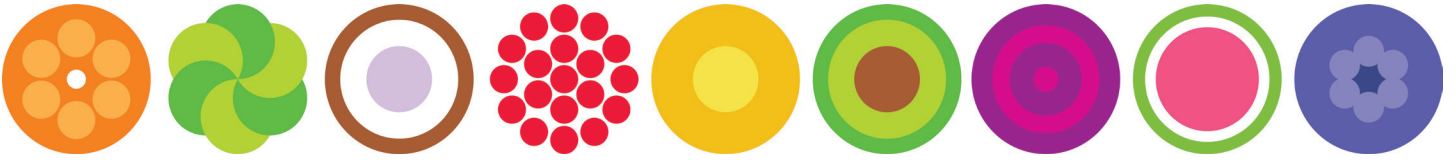
-Jessica Fioretti, MA, CCC-SLP

"In our first year, one of our students was a very picky eater and was suffering from constipation. After using the Dr. Yum Preschool Food Adventure, he found healthy snacks that he loved and his mom started making them at home, too. His digestive issues quickly improved and he was even able to stop medication. We learned from Dr. Fernando that constipation can lead to urinary issues, and our teachers noticed that as this student began eating better and his constipation improved, he stopped needing a pull-up at naptime. This curriculum really helped him in so many ways!"

-Debbie Gillespie, Daycare Director

"Maggie was always more willing to try new foods because her friends were doing it as well and because she helped to prepare it. Our family realized the true magic of the Dr. Yum Project [when] Maggie was diagnosed with Celiac Disease. This was an overwhelming change for us and it was made infinitely easier because of our experience with the Dr. Yum Project. Maggie's favorite recipes (such as Pineapple Power Salad and ABC Dip) were naturally gluten free. Thanks to the monthly lessons, she understood (at four years old!) that different foods contain different nutrients needed for a healthy body. When we explained that she was deficient in certain nutrients, she was more willing to try new foods. She knows that her new diet means that she needs to be more willing to try new things and the Dr. Yum Project has helped reinforce this".

- Emily Kaye, Preschool mom



The Approach

Approaching Children about Food: Some Tips to Help You Along the Way

Preschool is a wonderful time to start teaching kids about healthy eating and to establish healthy habits. Your goal as a parent is to help your child make friends with new and healthy foods in ways that are comfortable for them. Preschoolers are smart, curious and very receptive to learning new concepts and habits when they are introduced in fun and spirited ways. So enjoy teaching your preschooler about healthy eating, and remember that these lessons can last a lifetime. Here are some tips for creating a positive environment while guiding your preschooler through the adventure of experiencing new foods:

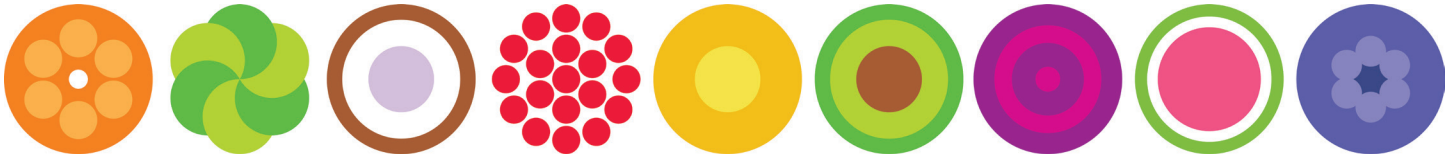
Encourage Mindfulness

By showing kids how to “make friends with food” you are also teaching mindfulness. Throughout the lessons your child will learn to appreciate food with all of the senses, not just taste. Before tasting, your child’s teacher will show them how to enjoy the food for all of its sensory qualities, to understand how it grows, where it comes from and how it helps their bodies to do amazing things. This can also be done at home during mealtimes. Slowing down and taking the time to appreciate food can lead to a deeper understanding of the importance of food and will hopefully lay down a foundation which can help your children make healthy choices.



Begin a Food Education

Preschoolers are now acquiring a set of skills and a level of reasoning which can make them receptive to lessons about good nutrition. You can explain nutrition in simple terms like, “Carrots have vitamin A which helps your eyes to see well,” or “Grapes have vitamin K which heals your cuts and scrapes.”



As they learn their numbers, letters, and colors, weave in messages that reinforce an understanding of food. “Many green foods make your muscles strong. What are some other green fruits or vegetables that we eat?” This is a nutrition lesson, which also reinforces their learning of colors. Develop their vocabulary by asking preschoolers how food looks, tastes, smells and feels. Some kids may be slow to start talking about food, so try using our “Yum Score” (which can be found on doctoryum.org) to ask kids to show how much they like a food, and use follow up questions like, “What did you like about the food?” or “What did it remind you of?” Remember that children who are more hesitant about tasting food may need to use other senses first. They can still use the Yum Score to rate how the food smells, for example.

Food Explorers! Give your Yum Score!



Super Yuck



Yuck



Okay



Yum



Super Yum



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Keep trying that new food for a *Super Yum*

Here are some ways that you can talk to preschoolers about food:

COLOR: “What colors do you see? Red, green, yellow, bright, dark?”

TEXTURE: “What does it feel like to you? Squeaky, bumpy, smooth, squishy?”

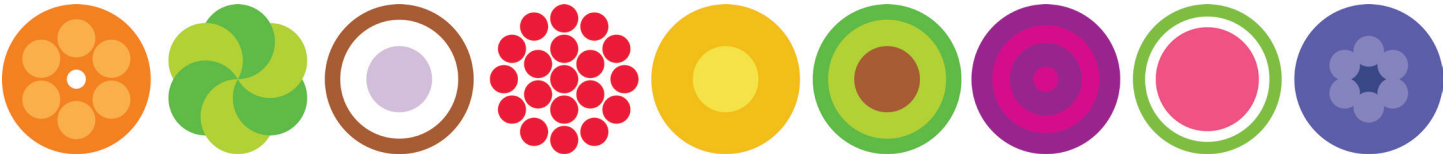
TASTE: “What does it taste like in your mouth? Sweet, sour, bitter?”

SMELL: “What do you smell? Sweet, strong, smells like_?”

SHAPE: “What shapes are you noticing? Circles, squares, triangles?”

TEMPERATURE: “Can you describe the temperature? Cold, freezing cold, room temp, warm?”

CREATIVE COMPARISONS: “What does this food remind you of? Does this broccoli stalk look like a tree?”



Words are Important

It's important to remind kids that when talking to others about their food preferences that they should be respectful. "Don't YUCK someone else's YUM" is a way to explain that if a child does not like a food that someone else likes, that there are polite ways to express it. There are also ways to express that trying foods can be fun, using words like "exploring" and "adventurous." Learning to eat new foods also takes "practice."

Try, Try Again

Preschoolers may not like many of the foods that are introduced to them. However, with several exposures (10-15 times or more, in some cases), tastes can change. Be positive and encouraging, even for small victories like touching and talking about food. Do not force the child to eat and provide no material reward (like a toy or dessert) for trying the food. Avoid putting too much effort and attention on eating, and instead let them warm up to each food at their own level of comfort. Tell children that if their taste buds "practice" many times that food can start to taste better. If they don't like a certain food, you might suggest that they don't care for it "yet," but they are "practicing." Using this same language at home and at school will reinforce the message. Remember to talk about the quality of the food, like "crunchy" or "sour" rather than just focusing your praise on saying, "Good job taking a bite."

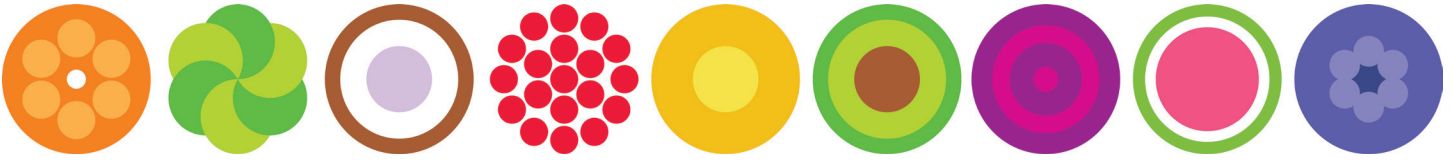
It can feel like a slow process, especially with a hesitant eater. But keep in mind that teaching a child to eat a healthy diet is like teaching a child to read. Reading takes many YEARS and countless exposures first with letters, sounds, phonics, sight words, phrases, short books, longer books and more. Similarly, instilling good eating habits takes the same sort of patience, practice, encouragement and TIME. Here are some great ways to talk about food, especially as they try :

"You don't care for strawberries yet? They can be a little sour so maybe we need to keep trying so they will get yummiier each time you try!"

"You don't like the bumpy feel in your mouth? I'm glad you tried. I guess we need to keep practicing so your tongue will get used to it."

"If you don't want to taste the broccoli again right now, maybe you can touch and smell it today. You can still be on team broccoli!"

"I didn't care for cucumbers when I was younger, but the more I practiced, the more I liked them! Would you like to take an EXPLORING bite with me?"



Make Food Familiar

Trying a new food that is completely unfamiliar can feel intimidating to children (and even adults). If you were offered a new food that looked unfamiliar, you might want to know before you try it, "What will it taste like?" When introducing a completely new food, try to find ways to describe tastes or textures that kids can relate to. "The skin of a kiwi is fuzzy like a teddy bear. When you peel it, the inside of a kiwi feels and tastes like the inside of a grape!" Providing an anchor to something they know helps kids feel safe when trying an unfamiliar food.

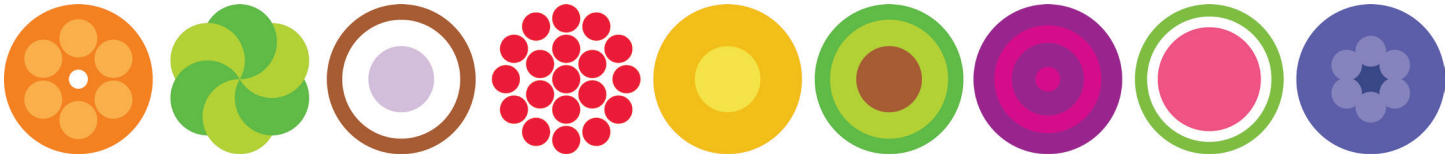
Have Fun Exploring Food

Trying new foods does not have to mean eating them right away. For some kids unfamiliar foods can be intimidating, so go slowly. Have fun smelling, touching or describing new foods. Use positive reinforcement to encourage trying new and different kinds of foods. Play games to encourage trying foods, like using a blindfold to guess tastes of mystery foods, or for more hesitant eaters, simply smell the foods as they hold them in a paper cup.



In each lesson we show Coach Mel and Dr. Yum's cute friend Munch Bug enjoying a new food. Kids will love to be on Munch Bug's team. To engage them in the lesson, your child's teacher will tell the class, "Let's Join Team Broccoli," for instance. Joining the team does not mean they have to eat broccoli. Just washing, chopping or arranging it means they are on the team! This keeps the focus on the team experience, and not on the bite. Peer relationships and working together on recipe preparation help students meet developmental milestones in social and emotional areas. When talking about the lesson with your child you can ask something like, "did you join Team Broccoli today?"





Keep Food Wholesome

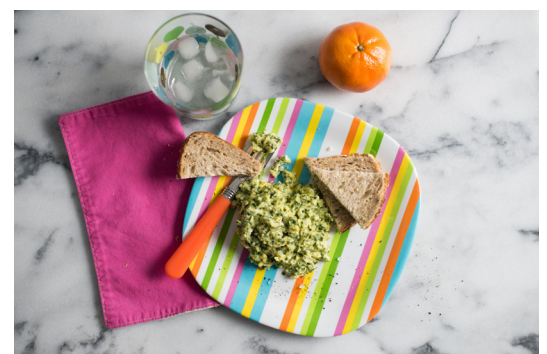
In the preschool years, kids may be tempted by processed food seen in advertising and displayed at eye level in grocery checkout lines and many other stores. While it may seem easy to give in to the convenient but less nutritious food they crave, with enough patience kids really can learn to eat healthier food. Explain to preschoolers why many of the foods they see in advertising may not be a good choice for their bodies, and make whole foods appealing and readily available.

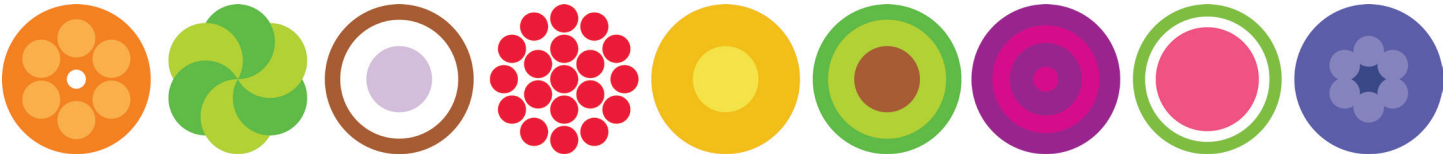
Model Healthy Eating Habits

As adults we may have our own eating preferences which have been shaped since we were young. If there are foods presented in a lesson that are not your favorites, make this an honest talking point and show that you can be brave by practicing new foods too. Show them that you can be a “food explorer” and talk about how your own food choices impact how your body feels. Remember we do not all enjoy the same foods, so even if a featured food is not your favorite, SMILING and staying positive can help influence a child to have an open mind as they try.

Keep Beverages Simple

“Milk with meals and water between meals,” is a good rule to follow when it comes to drinks for kids. Fruit juice is high in sugar and low in nutrients. Too many preschoolers are consuming empty calories and sugar from the beverages they drink. As a result, obesity and dental cavities are becoming far too common in this age group. Having water freely available in the classroom and at home can help reinforce this healthy habit, and watching YOU drink water as a beverage of choice is a great idea. You have tremendous influence, and your child looks up to you!





The Selective Eater

In each lesson your teacher has tips from "Coach Mel" to help selective eaters. As noted at the end of this section, these strategies are presented by the founder of MyMunchBug.com, Melanie Potock, MA, CCC-SLP, who specializes in helping hesitant eaters try new foods. The following section provides some background on selective eaters.

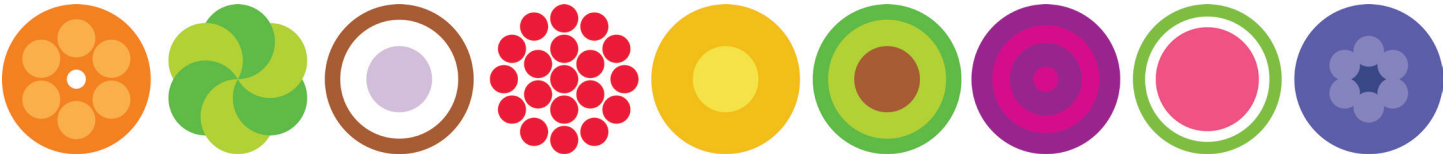
Many children have difficulty trying new foods. The selective eater, the picky eater, the hesitant eater – whatever term we use, it all boils down to a child who has a very limited diet and is fearful or reluctant to try new foods. Often, kids will become so hesitant that they refuse to interact with the food in any way, even touching it. To understand why kids adopt these behaviors, it's important to consider the whole child and their entire sensory system.

PHYSIOLOGY: Lots of medical factors can influence a child's ability to try new foods and it all begins at birth. Prematurity, allergies, various medical issues and even ear infections can set the stage to become a hesitant eater. Chances are, before they enter preschool, their desire to try new foods has already been impacted by a change in their physiology.

SENSORY SYSTEM: Physiology refers to how our bodies function and our sensory systems play a major role. A child with a balanced sensory system is able to take in information from his/her environment, process it and decide how to react to it, if at all. This is the way we explained it to your child's preschool teacher: While you are teaching a class of preschoolers, you know what auditory stimuli to filter out and which noises are important. You know what tactile information is not significant at that moment, such as your shoes that are too tight that day, yet the tug of a little hand on your pant leg is something to pay attention to. You scan the room with ease, visually taking in the entire scene and reacting only to what you see that requires your consideration. A child who has difficulty organizing sensory input has difficulty with "sensory integration."

Sensory integration (SI) challenges can be mild to severe. All of us have good sensory days and bad ones too! As adults, we know how much sensory input we can handle and if we can't take it all in, we have strategies to cope, such as a coffee break, taking a walk, or even chewing on our pencil to stay focused. This section offers tips for kids with a range of SI needs that are applicable to any selective eater. Please note that a child with SI difficulties that impact his/her daily functioning requires support from a pediatric occupational therapist.

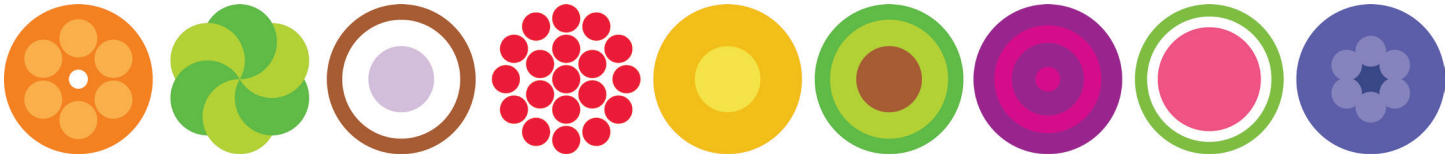
ORAL MOTOR SKILLS: Eating is a developmental process and requires age-appropriate gross and fine motor skills if the child is going to bite, chew and swallow with ease. Many times, a selective eater is having trouble with the fine motor aspects of eating and has learned not to put something in his mouth because he/she cannot manage it safely. A certified speech language pathologist or occupational therapist can identify what support the child needs. Meanwhile, continue to incorporate the tips in this manual to encourage him/her to interact with the food in a joyful way!



LEARNED BEHAVIORS: It can be frustrating when a child refuses to interact with food, especially when it's one of your favorites! It's often hard to understand what the problem is: Doesn't everybody like chocolate pudding? Keep in mind that the child learned to avoid a certain taste, temperature, texture and/or smell because their physiology, sensory system or oral motor delays told them at one time, "This is NOT a good thing." Kids learn to stop exploring foods after only a few uncomfortable experiences, like gagging or burning their tongue on hot soup. As time goes on, they may not remember the specific incident, but they remember the feeling. Using the tips in this manual will help children establish new feelings about food, build confidence in their ability to interact with the food, and create trust in your guidance on this journey to becoming adventurous eaters.



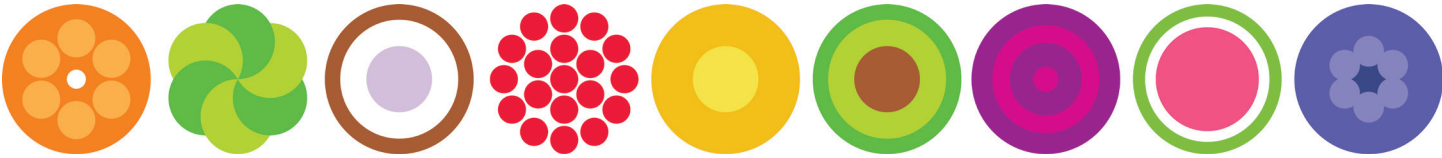
PICKY EATING AND ANXIETY: A classroom copy of Coach Mel and Dr. Yum's Book, "Raising a Healthy, Happy Eater" has been provided to your teachers as part of this program. You can also find it in the Dr. Yum Project's store on doctoryum.org. Worried about a hesitant eater? Refer to page 242 for red flags that may indicate that a preschool child needs feeding therapy. Many children are at risk for feeding disorders, where their relationship with food proves difficult for the entire family. Feeding disorders are not related to a child's body image, but focus more on a child's limited ability to engage with a variety of foods, and that can impact the child's nutritional health. It's not always about the growth curve, as feeding disorders come in all shapes and sizes. Children need to consume a variety of foods to ensure that they thrive cognitively, physically and emotionally. Anxiety around interacting with new foods can easily spread to other parts of their day and anxiety disorders can be related to feeding disorders. If you have any concerns about your child's hesitant eating habits be sure to bring it up to your pediatrician, who can refer you for a feeding evaluation with a specialist, typically a speech language pathologist or occupational therapist.

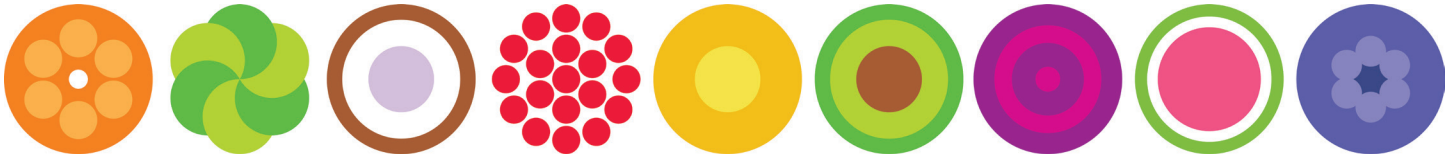


Tips for Tasting (and how to avoid gagging!)

- 1. START WITH A PEA-SIZED BITE, PREFERABLY CUT INTO A CUBE.** The cube shape helps kids feel the food in their mouths because the edges provide more tactile input and it's easier to control.
- 2. TEACH YOUR CHILD TO PLACE IT DIRECTLY ON THE MOLARS.** Most kids take a hesitant bite with the front teeth so that the tongue tip can push it right out – patooey! Or, when it lands directly on the tongue and rolls backwards, that's often when the gagging starts. Instead, give your child better oral motor control by encouraging them to pick up the piece with their fingers and place it where a dinosaur chews – on his molars – so that it's closer to the back of the throat to be swallowed. Little kids really get this – they can picture a dinosaur chewing with his “dino-teeth” and love that silly analogy. “Put it on your dino-teeth and chew like a T-Rex!”
- 3. CHEW HARD! HESITANT EATERS CHEW HESITANTLY.** They lightly tap their teeth on the surface of the food and consequently let it fall onto the tongue – and then they gag. Like a dinosaur, chew hard! With younger clients in feeding therapy, we pound the table with our fists when we chew a brand new food to ensure that we are also chewing with force. This deliberate chewing provides the proprioceptive input that tells our brain exactly where the food is in our mouth and thus, decreases the tendency to gag.
- 4. PROVIDE A STRAW WITH A GLASS OF WATER.** As adults, when we reach for a glass of water while eating a meal, we swallow much of the food in our mouths before the rim of the glass reaches our lips. To teach this learned behavior, a straw in the glass will help your child close his mouth and propel the chewed food backward to the throat to be swallowed.
- 5. TAKE ANOTHER SMALL SIP TO HOSE DOWN THE TONGUE.** The straw also acts like a garden hose, washing any tickly spots on the tongue and signaling the brain to swallow again. In fact, it's impossible to swallow and gag at the same time.

Thank you for being each child's guide, no matter what their level of skill. If the best they can do today is squish a pea between the plate and their thumb, then proclaim them “the best pea-squisher in the entire world!” Before you know it, with your gentle guidance, they will be squishing peas between their teeth and smiling. You've helped them to learn a brand new behavior: They learned to taste peas!





How Parents Can Get Involved and Learn More:

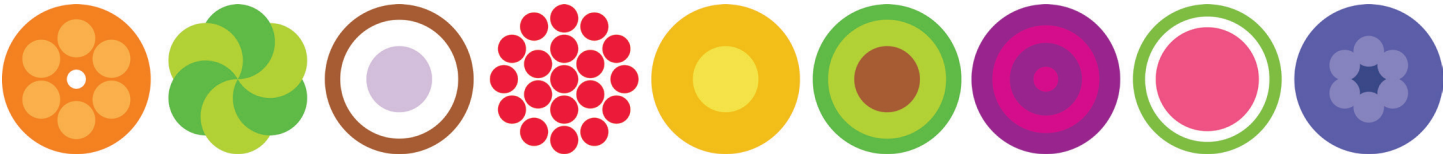
Parent Manual:

At the beginning of the year, you will be provided with this Parent Manual, either electronically or as a paper copy. With this manual, parents will gain an understanding of the approach of Dr. Yum's Preschool Food Adventure. The parent manual is a shorter version of the Teacher Manual and you will be given much of the same background, techniques, tips, tricks, and language to carry the same food experience from the classroom to home. Keep the manual safe to refer back to if needed, but know that your teacher always has access to an electronic copy should you need it.

Feedback sheets:

Your teacher's feedback is really important in keeping you informed of the progress your child is making in class. Before the lesson, teachers will prepare the feedback sheets and a copy of the recipe made in class for you to use at home. On the feedback sheet, you will see how your child experienced the lesson using all of the senses. Keep in mind every child progresses at a different pace. Some children may need to use their other senses to explore a food before they develop the confidence to taste it. The teacher may also provide written comments, for example, "Caroline touched, picked up and held the broccoli. She used words like 'bumpy' to describe the florets and enjoyed interacting with broccoli. We are gradually introducing her to all the sensations of broccoli so that she will be able to taste it soon." There will also be another suggested recipe using the same fruit or vegetable on doctoryum.org, which you may try at home for more experience with a particular food. In a section called "Dr. Yum's Housecall" there are tips and tricks to help parents reinforce the lessons at home. There are also ideas from doctoryum.org that can be helpful in getting organized and making healthy food a priority in your home.

If a child tastes a finished recipe, the teacher will show you how they liked it using the "Yum Score." You may have a child who is not yet ready to try the completed recipe. The teacher can use the Yum Score to rate how the child enjoyed the taste of separate ingredients from the Happy Mat, or even how they enjoyed the smell, sound, look or feel of the ingredients during recipe preparation. Use the feedback sheet to discuss how they enjoyed the lesson, and celebrate what your children CAN do today as a step towards their future accomplishments!



Dr. Yum's Preschool Food Adventure

PARENT FEEDBACK SHEET

Today _____ enjoyed grapes!



Visual Sense: Enjoyed seeing the unique properties of the recipe ingredients:
 Yes No



Tactile Sense: Enjoyed touching the different ingredients:
 Yes No



Sense of Smell: Enjoyed smelling the different ingredients:
 Yes No



Auditory Sense: Enjoyed hearing the sounds of ingredients being made into a recipe:
 Yes No



Sense of Taste :
 Enjoyed the lesson, may taste next time
 Enjoyed tasting separate ingredients
 Tasted the completed recipe and this is what they thought:



Super Yuck



Yuck



Okay



Yum



Super Yum

Dr. Yum's Housecall

Tip: A healthy eater needs a healthy mouth! Make sure children are brushing twice a day with fluoride toothpaste and visiting a dentist twice a year starting at 12 months.

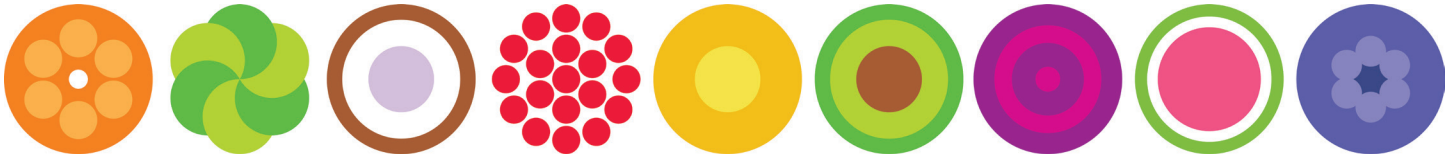
From DoctorYum.org

A high sugar intake is associated with a higher risk for obesity. Many parents may not realize what the recommended limits for sugar are for kids and how much sugar is in the foods their kids regularly eat. A recent study revealed that most parents underestimate the amount of sugar in the diets of their children. See what you might be missing at http://bit.ly/Sneaky_Sugar

Here's another grape recipe found on www.doctoryum.org:

Blueberry Banana Smoothie, YUM!





Newsletters:

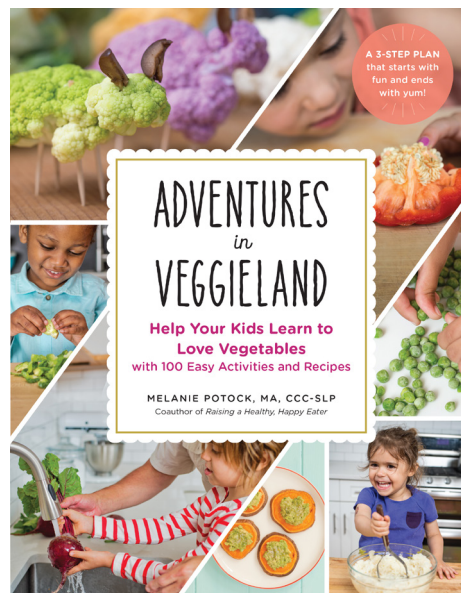
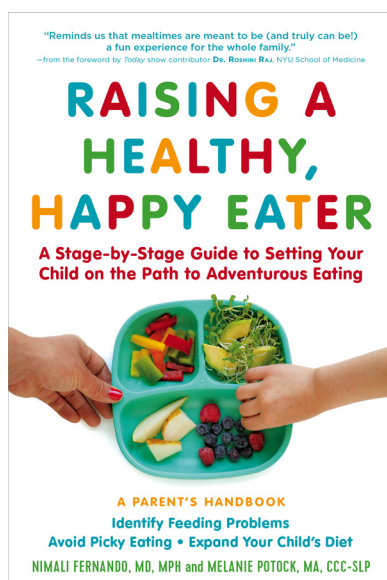
The Dr. Yum Team will be providing teachers and parents with a monthly newsletter which shares some tips, tricks, recipes and ideas on how to raise a healthy, happy eater and will build on the experience each child gets in the classroom. The monthly newsletter is an important feedback component of the curriculum. You may ask your teacher to forward you the newsletter to an email you have shared with your child's school. Alternatively, you may choose to email us at info@doctoryum.org and ask us to add you to the Preschool Food Adventure newsletter list. For even more recipes and ideas ask us to add you to our general e-newsletter and keep up with what's happening with the Dr. Yum Project. Parents who are not interested in receiving our monthly newsletter can "opt out" directly from the email. We love receiving photos and stories of how your children are enjoying the lessons. Send us yours at info@doctoryum.org and we may feature your stories or photos in our newsletters or social media.

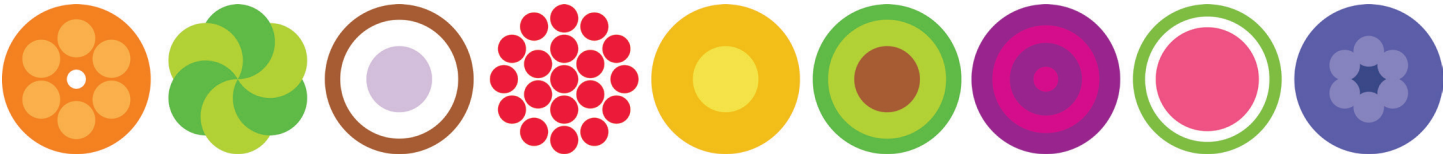
Volunteering:

Ask your child's teacher if there are opportunities to volunteer to help with the monthly lessons. Having extra hands in the classroom is always helpful and provides a great opportunity for parents to see how much fun their children are having on Dr. Yum's Preschool Food Adventure. Seeing your child having fun exploring new foods may spark ideas for how you can create that same fun with food at home. If you are not able to volunteer in person you might ask your teachers if there are food supplies or cooking tools that you can provide for the lessons.

"Raising a Healthy, Happy Eater:"

Your child's classroom has been provided a classroom copy of Dr. Yum and Coach Mel's award-winning parenting book. Ask your child's teacher if you can borrow this copy if you are interested in learning more about feeding development in children and how to raise a great eater from birth to childhood. There is also a copy of "Adventures in Veggieland," Coach Mel's cookbook, which has many creative ways to make friends with food. To purchase your own copy of these books, you can search on amazon.com and many of the major bookstores.





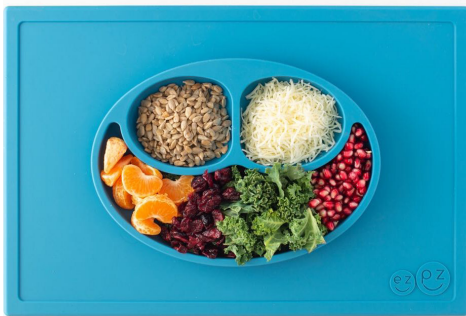
Parent Teacher Conferences:

During Parent Teacher Conferences, take a moment to ask how your child is enjoying the Dr. Yum Food Adventure lessons, how they are progressing, and any breakthroughs they may be having around food. This information may be encouraging and helpful for you to know.



Dr. Yum Resources:

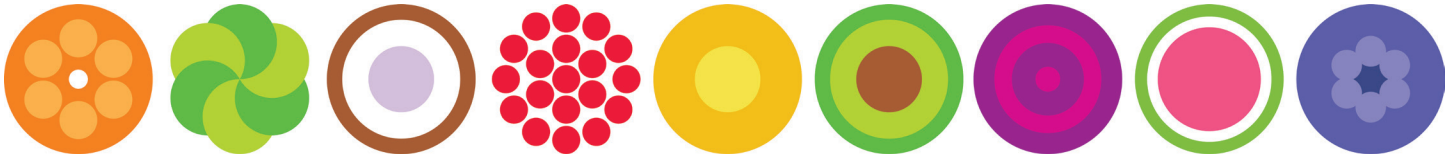
DOG KNIVES: These are kid-safe knives made by the Swiss company Kuhn Rikon. They come in an unserrated version, perfect for soft fruits and vegetables like strawberries and mushrooms, and a serrated version which works great with more firm produce. What is wonderful about these knives is that they are great at cutting food but will not cut little hands! Kids will learn knife safety skills so that they can become great helpers at home when they cook with their families. If you are interested in purchasing these knives for home, visit the Dr. Yum Project store on doctoryum.org. Your purchase will help support the expansion of this program to other schools in need.



EZPZ HAPPY MAT: This innovative all-in-one partitioned plate and mat is a fantastic way to serve a meal. In class teachers will be offering your child a chance to try separate ingredients to build confidence with their tastes and textures before trying the finished recipe. These separate ingredients will be served in the Happy Mats which are colorful, fun and inspiring. What's more, the mat suctions to a smooth surface keeping it in place for ease of use with preschoolers. If you are interested in purchasing one for home, visit the Dr. Yum Project store on doctoryum.org. Your purchase will help support the expansion of this program to other schools in need.



CLASS PARTIES: Help your teacher to create a culture of wellness by supporting healthy celebrations for birthdays and holidays. For birthdays, consider sending healthy food to share like fruit skewers, whole grain muffins or veggies and dip to share with classmates. For food-free celebrations, ask your child if she would like to bring in a special guest, song, book or toy to share with their friends on her birthday. On the next page is a class party toolbox with suggested foods to be used for celebrations in the classroom.



Class Party Toolbox

To help you with healthy food ideas for class parties, the Dr. Yum Project has put together this toolbox. Here are six suggested parties that were also included in your teacher's training manual. Consider working with your child's teacher and other parents to create healthy celebrations like these:



Fall Harvest/Halloween: Fall is a great time to celebrate with so many yummy, healthy foods, including these delicious snacks found on doctoryum.org.

- Pepper Faces with Green Hummus
- Pumpkin Energy Bites
- Crunchy Apple Sandwiches

Winter Celebrations: Check out these healthier adaptations of sweet holiday treats and creative ways to bring veggies to the party at doctoryum.org

- Cranberry Salsa
- Christmas Tree Veggies Appetizer with Lemony White Bean Hummus
- Sugar Plums

Valentine's Day: Instead of exchanging sweet treats, focus on being "heart healthy" and taking care of your heart with delicious foods like those found at doctoryum.org. Make naturally red foods like apples, strawberries, beets and raspberries central to your celebration. Take it a step further and have a Heart Healthy Dance Party!!

- Roasted Beet Hummus
- Cranberry Tea Bread
- Strawberry Salsa

St. Patrick's Day: Take advantage of the opportunity to introduce new ways to eat veggies when green is the theme. Check out these yummy recipes at doctoryum.org

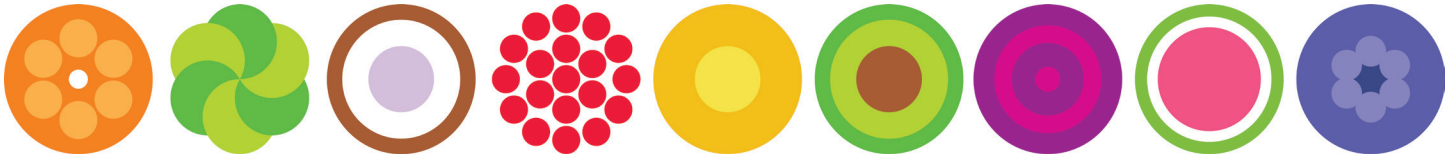
- Dinosaur Kale Salad
- Green Dragon Smoothie
- Edamame Hummus

Earth Day/Spring Celebrations: Spring is the perfect season to try planting seeds or herb gardens and teaching kids about how veggies grow. Try some of our most popular party foods found at doctoryum.org.

- Tangy Broccoli Salad
- Rainbow Fruit Salad
- Carrot Energy Bites

End of the year Luau: Celebrate the end of a great school year with a Luau themed party, packed full of healthy island flavors from doctoryum.org.

- Pineapple Power Salad
- Avocado, Bean, and Corn Dip (A-B-C dip)
- Marvelous Mango Salad



Dr. Yum's Housecall

Dr. Yum Project's website, doctoryum.org is your personal toolbox for free ideas about eating a healthy diet for you and your family. Here are some of the resources that you can check out. Feel free to share these with other families, too. Finally, check out Dr. Yum's tips on food waste prevention strategies and how to keep your child's teeth healthy.

Meal-O-Matic:

This is a customized recipe tool that you can find for free on doctoryum.org. If you prefer an app, it's available for purchase in the app store for Apple devices. The free website version is mobile friendly and works great on a computer or any mobile device. Choose from the selection of recipe frameworks, and select what you have on hand to create a quick, healthy and delicious recipe. This is a great way to reduce food waste when you don't know how to use some of the perishable items you have left in your fridge. Kids love to use the Meal-O-Matic to design their own recipes and it can be a great way to engage hesitant eaters to have fun and be creative when cooking.

Blog:

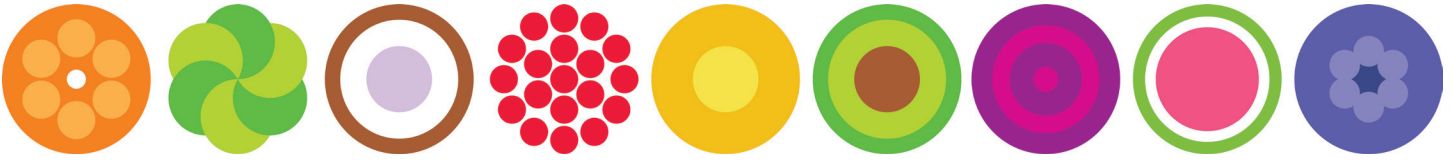
Search Dr. Yum's Blogs to find information on a variety of healthy eating topics. Use the categories to search for specific topics. Our preschool blog also highlights the activities of different schools using the Dr. Yum Preschool Food Adventure. Send us information on how your school is enjoying the adventure and we may include you in our blog or newsletter!

Recipes:

The recipes on doctoryum.org are all tested in our instructional kitchen and rated for taste by real families, and the comments are often very funny! Make sure to check out the tags like "Breakfast" and "Dinner" or "Vegetarian" to help find recipes. The "Baby Food Option" tag shows families how to adapt recipes to feed the youngest eaters in the family. Tags like "Allergy Friendly" or "Gluten Free" may help families with dietary restrictions.

Meal Planner:

Families like yours are busy and if you find that meal planning makes your week easier, check out our Meal Planner at recipes.doctoryum.org. Browse and save recipes, then insert them into a customized calendar. Lastly, hit the "Menu Plan Shopping List" to get a sorted list of all the ingredients to buy at the grocery store.



FOOD WASTE PREVENTION STRATEGIES

The average family wastes almost \$2000 in food every year. Many healthy foods can be perishable, making it easy to waste food as you try to improve your family's diet. When teaching kids to eat new foods, they often require many, many tries before they learn to like it.

KEEP TRYING: Kids may need multiple exposures to a new food over time in order to like it. The exposures may involve seeing the food on their plate, touching it or smelling it before getting the confidence to eat it. Consider all of these exposures, "tries" even though your child may not taste. With time, those tries with their other senses will lead to tastes and ultimately enjoyment of new foods.

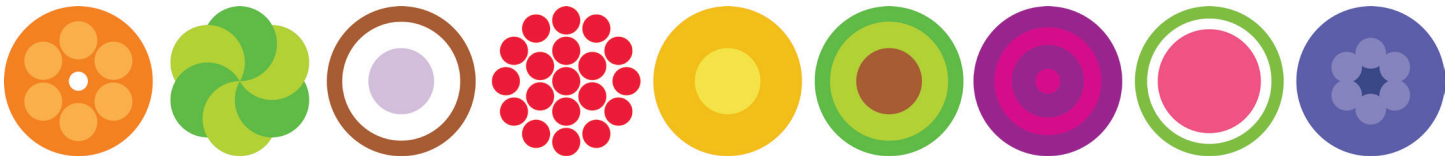
SMALL BITES: Because kids may not eat a lot during their first several exposures to a new food, keep these "exploring bites" small to reduce food waste. Kids will also feel less intimidated by one small carrot or one broccoli spear, rather than a larger serving. Often parents overestimate serving sizes for kids, so start small and if they want extra, that's a bonus!

MAKE A "TASTING PLATE": Put small amounts of food on a "tasting plate" as you prep ingredients for a meal. They may be more willing to try samples before dinner when they feel less pressured. Encourage them to join in the fun of prepping with you by giving them age-appropriate cooking tasks.

USE LEFTOVERS: Add fresh chopped veggies or fruits to an empty ice cube tray and cover until the next day. Now you have a healthy snack to nibble and the tiny portions make it fun for kids. Add leftover fruits to a large jug of water left in the refrigerator overnight. You'll have refreshing fruit water with a boost of flavor and vitamins! Try cucumber and mint, kiwi and watermelon or citrus slices.

PLAN OUT MEALS: Doctor Yum's Meal Planner is a great way to plan out meals. Use this free tool to set up your family calendar, then drop in meals based on the time needed to prepare. Make large portions on nights you have time and hit the "leftover" button to plan for busy nights when there is not time to make a whole meal. Once your week is planned, hit the "Saved Recipes Shopping List" and your list will be sorted by department, making shopping a breeze. Planning out meals means using more of what you buy and wasting less. Visit the recipes section of doctoryum.org to find out more.



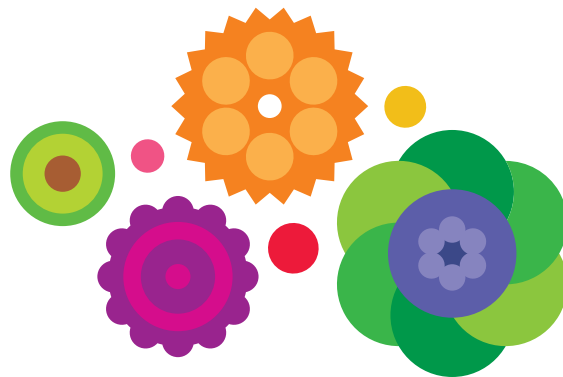


SHOP FOR FOODS IN SEASON: Foods in season or bought locally from farmers markets are more likely to be priced affordably and will taste fresh and vibrant. At a farmers market you may be able to buy smaller quantities that your family can finish readily.

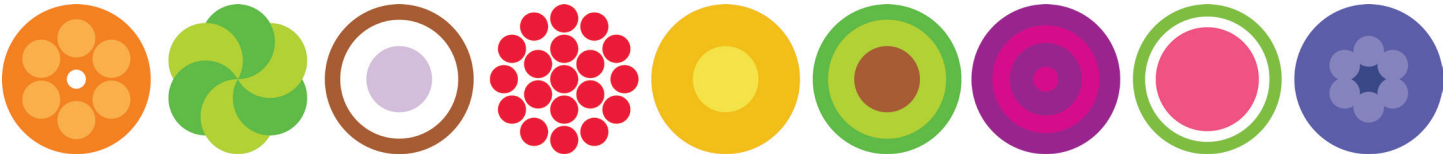
FROZEN FOODS: Buy frozen foods which can be stored for longer periods of time. Frozen foods are often affordable and easy to keep while your children are learning to eat them. A bag of frozen veggies can be used over dozens of exposures and you can take tiny portions out for each night.

REPURPOSE FOOD: Use food that isn't finished for later. Foods that have been left out for under two hours might be used in other recipes the same day or even the next. For example, a snack plate of veggies that hasn't been finished can be refrigerated and thrown into a stir fry for dinner or quickly chop the vegetables and freeze for future recipes.

USE DR. YUM'S MEAL-O-MATIC: Don't know what to do with leftover veggies from recipes earlier in the week? Instead of letting them go to waste, visit doctoryum.org and use our free Meal-O-Matic. Choose a recipe, then plug in the ingredients you have on hand. Since there are several recipes to choose from, you can offer a new food in a variety of ways. Cook leftover peppers into a "Curry in a Hurry" one night, then use them raw in a "Simple Salad" the next, and finally simmer them into a "Super Soup" later in the week.



dr.yum meal•o•matic



DR. YUM'S NO CAVITY CLUB

For kids to be healthy eaters, they need a healthy mouth and teeth! Tooth decay in kids is largely preventable, so join Dr. Yum's No Cavity Club using these tips:



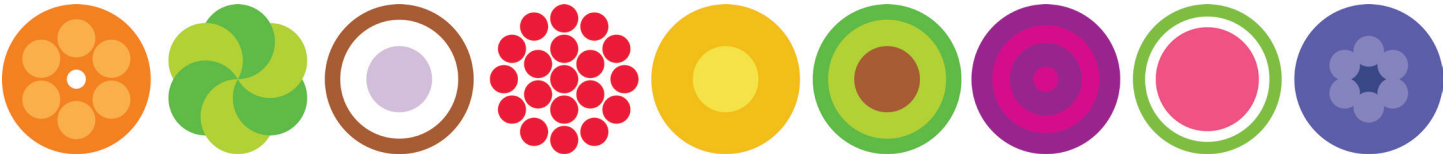
1. NO JUICE IN THE HOME: Recent American Academy of Pediatrics guidelines recommend no juice under a year and offer some limits on daily consumption of juice for kids over one year of age. Kids are persuasive and because juice is sweet and tasty it can be difficult to limit. Dr. Yum recommends that parents should not purchase juice or have it as an option in the home, even if it's diluted. For better oral health, milk and plain water should be the choices at home. Whole fruit is a better option than juice for kids and will provide less sugar and more fiber, which is important for their gut health.

2. BRUSHING TWICE A DAY WITH FLUORIDE TOOTHPASTE STARTING AT 6 MONTHS OR AT THE FIRST TOOTH ERUPTION: The American Academy of Pediatrics recommends using a rice grain-sized amount of fluoride toothpaste to help avoid tooth decay starting at age 6 months and a pea sized amount for toddlers and children. Dr. Yum recommends pressing the toothpaste down into the bristles of the brush so babies don't swallow a lot of toothpaste. At bedtime make sure that teeth are brushed after the last serving of food and milk for the day. If your child dislikes toothbrushing, sing one verse of "This is the way we brush our teeth" and brush. Each day, slow down the tempo of the song so that you can brush more teeth during one verse. Always, without fail, end the brushing when the verse ends. This assures your child that you will stop and that he can tolerate the brushing until then.

3. 1ST BIRTHDAY = 1ST DENTAL VISIT: Early and regular visits to the dentist help to identify tooth decay before it becomes advanced and makes regular dentist visits a habit from a young age. If your family dentist is not comfortable treating babies or toddlers, ask your pediatrician to refer you to a pediatric dentist.

4. AVOID A "GRAZING STYLE" OF EATING AND DRINKING DURING THE DAY AND NIGHT: Once kids have new teeth, children should have periods of time when they eat and drink and periods of time when they break from eating. They should give their teeth a break from foods like carbohydrates, which lowers the pH in the mouth, and can soften the tooth enamel and lead to decay. During their breaks from eating, kids can be encouraged to drink plain water to stay hydrated. These breaks also allow the teeth to remineralize or harden between meals. Frequent nursing or bottle feeding at night after teeth have erupted can also put teeth at risk for decay.

5. REDUCE SUGAR AND INCREASE WHOLE FOODS: Kids over 2 should have no more than 6 teaspoons (or 24 grams) of added sugar per day according to the American Heart Association. When kids are offered a diet high in added sugar, especially when there is constant exposure in a grazing style of eating, their teeth are at a higher risk of decay.



RESOURCES FOR PARENTS

"Raising a Healthy, Happy Eater: A Stage-by-Stage Guide to Setting Your Child on the Path to Adventurous Eating"

by Nimali Fernando, MD, MPH and Melanie Potock, MA, CCC-SLP

For information on how to raise healthy eaters from birth to school age.

Available in e-book, paperback, CD and digital audiobook

"Adventures in Veggieland: Help Your Kids Learn to Love Vegetables with 101 Easy Activities and Recipes"

Melanie Potock, MA, CCC-SLP

"Baby Self-Feeding: Solutions for Introducing Purees and Solids to Create Lifelong, Healthy Eating Habits"

Nancy Ripton and Melanie Potock, MA, CCC-SLP

For ideas and recipes on how to get your baby off to a great start with food.

"Broc and Cara's Picnic Party"

by Dave Wilson

One of our favorite kids books for helping kids understand the joy of eating healthy food.

"Broc and Cara's Gut Book"

by Dave Wilson

A wonderful book which explains the microbiome and its importance to our overall health. Make sure to check out Dr. Yum's message at the end of the book!

"The Usborne Book of Growing food"

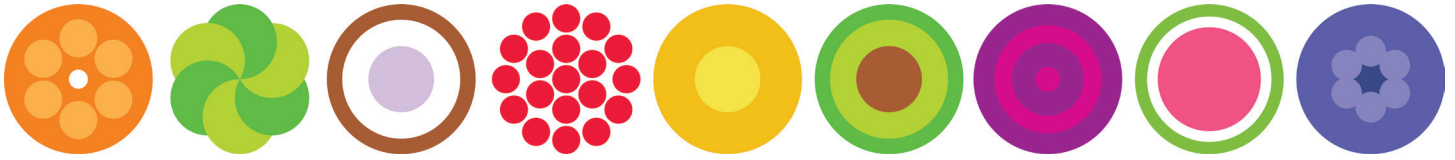
For ideas on growing food at home, both inside, in small spaces, and outside. A great activity book to help kids understand how food grows.

Doctoryum.org for recipes and ideas on how to feed your family healthy food

Check out our tags for dietary restrictions, preparing certain meals on a budget, cooking with dietary restrictions and more. Make sure to check out the Meal Maker Machine for customizable recipes that help get dinner on the table fast using ingredients on hand. Also Doctor Yum's Meal Planner tool is a great way to plan out meals and snacks and create a sorted shopping list to make getting organized easy!

MyMunchBug.com for parenting and picky eating advice and video courses including Coach Mel and Dr. Yum's Picky Eater Course

Doctoryum.org Amazon store for links to products and books used in Dr. Yum's Preschool Food Adventure.



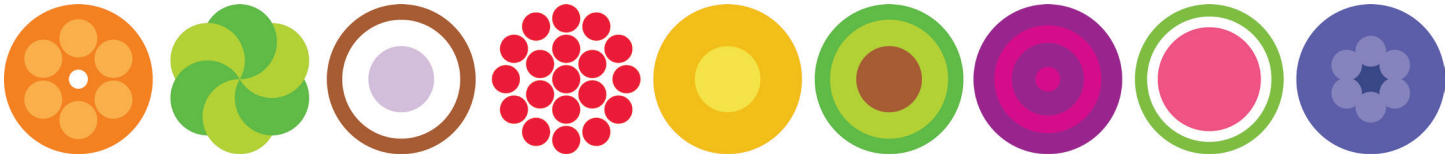
About Dr. Yum's Preschool Food Adventure Team



NIMALI FERNANDO, MD, MPH is a pediatrician and the founder of the nonprofit organization the Dr. Yum Project, featured in the *New York Times*, *NBC Nightly News* with Lester Holt, *NPR* and *Voice of America*. She graduated from the University of Pittsburgh School of Medicine and School of Public Health with an MD and MPH and pediatrics residency at UT Houston Health Sciences Center Houston. She is the co-author of *Raising a Healthy Happy Eater: A Stage-by-Stage Guide to Setting Your Child on the Path to Adventurous Eating* (2015) and *Dr. Yum's Preschool Food Adventure Curriculum* with Melanie Potock, MA, CCC-SLP. Yum Pediatrics, her general pediatrics practice in Virginia includes an instructional garden and an onsite teaching kitchen, where she and the Dr. Yum Project team teach cooking to hundreds of kids and families each year in addition to thousands more through community outreach. Her contact info can be found at www.doctoryum.org.



MELANIE POTOCK, MA, CCC-SLP treats children birth to teens who have difficulty eating. Melanie's advice has been shared in a variety of television and print media, including *The New York Times*, *CNN.com*, *Huffington Post* and *Parents Magazine* and *The ASHA Leader* and *ASHA Leader Blog*. She is the co-author of the award-winning *Raising a Healthy Happy Eater: A Stage-by-Stage Guide to Setting Your Child on the Path to Adventurous Eating* (2015) and *Baby Self Feeding: Solutions for Introducing Purees and Solids to Create Lifelong Healthy Eating Habits* (2016). Melanie is the author of *Happy Mealtimes with Happy Kids* (2010) and the producer of the award-winning kids' CD *Dancing in the Kitchen: Songs that Celebrate the Joy of Food!* The tips in her latest book, *Adventures in Veggieland: Help Your Kids Learn to Love Vegetables with 100 Easy Activities and Recipes* (2018) are based on the research and Melanie's 20 years of success as a pediatric feeding therapist. Melanie is an active volunteer and co-writer of *Dr. Yum's Preschool Food Adventure Curriculum*, bringing food education to hundreds of preschoolers in the United States. Melanie's live and online courses for parents and professionals, along with her contact information, can be found at www.MelaniePotock.com.



LAURA VISIONI is a professional food and product photographer in Fredericksburg, VA and a board member of The Doctor Yum Project.

EMILY HANSON is an art director and print designer in Cambridge, MA.

HEIDI DIEUGENIO is a Founding Board Member of the Dr. Yum Project and the President of HD Solutions, a small, woman-owned consulting firm specializing in marketing, social media and project management.

WENDY CANNON is an early childhood educator and preschool program director. Her work with The Dr. Yum Project includes cooking instruction, community outreach, new recipe development and helping in the teaching garden. She also serves as the Preschool Curriculum Liaison for Dr. Yum's Preschool Food Adventure.

DEBBIE MICHEL is an early childhood educator who has been working with young children since 2001. Her experience with hundreds of preschool students has led her to the Dr. Yum Project, where she enjoys working on the mission of teaching children the importance of healthy eating.

ASHLEIGH KASSOCK is a multimedia designer and writer in Fredericksburg, VA.

NANCY ZUCKER, PHD is the Founder of the Center for Eating Disorders at Duke University

SARAH MORAN, RDN is a Registered Dietitian Nutritionist and Founder of Sarah Moran Nutrition. Through her work with individuals, groups, and the Dr. Yum Project, she helps people of all ages improve their nutrition with a non-diet approach.

This curriculum is designed for a variety of young children. If you have any concerns about your child trying any of the foods in Dr. Yum's Preschool Food Adventure because of feeding challenges, food allergies, or food sensitivities, please discuss with your child's pediatrician and curriculum instructor.

Dr. Yum Preschool Adventure:

A Head Start-Based Cooking Intervention Associated with Improvements in Weight Status among Young Children



Background:

Nearly 20 percent of children in the United States have obesity, with the transition from young to middle childhood identified as a critical time of excess weight gain. Additionally, many children eat significantly below the recommended amount of fruits and vegetables, which has been linked with an increased risk of obesity, as well as the risk of low weight. It is possible this link is at least partially due to food neophobia (i.e. hesitation to eat or try new foods). Among older children, previous school-based interventions promoting healthy eating have yielded successful outcomes, such as decreased food fussiness, increased willingness to try novel vegetables, and improved weight outcomes. We explored whether an interactive cooking class focused on the enjoyment of food could be an effective means of improving weight statuses among young children.

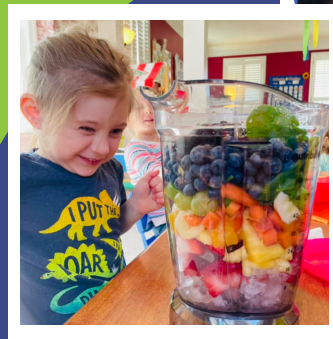
Participants

Total Sample Size = 614		
	Mean ± SD or %	Range
Age (y)	4.0 ± 0.6	2.8 – 5.1
Gender (% female)	44.6	
Baseline BMI Percentile	53.8 ± 33.1	0 – 99
Underweight at Baseline	7.7%	
Overweight at Baseline	21.2%	
Number of Sessions	6.2 ± 1.9	1 – 9

Methods:

In a non-randomized trial, trained Head Start teachers facilitated the preparation of an age-appropriate snack using an identified novel fruit/vegetable during once-monthly lessons. During these lessons, students were also introduced to the nutritional benefits of the fruit/vegetable and were guided through a mindful appreciation of the new food. Families were provided with information on the curriculum presented at school and encouraged to incorporate new recipes at home. All recipes were previously identified as acceptable by young children. Teachers recorded BMI percentiles at baseline and end-of-year follow-up. ANOVA analyses were used to compare changes in BMI percentile among three initial baseline BMI classes (underweight, healthy weight, and high weight).

A Head Start-based **cooking intervention** could be an effective prevention strategy for the development of **both high and low-weight**. Exposure to fruits and vegetables may promote positive attitudes toward food and **improvement in weight status**.



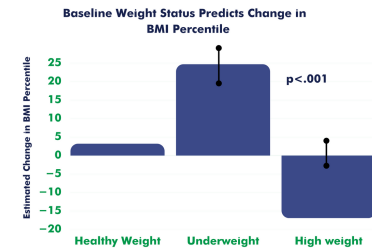
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Results:

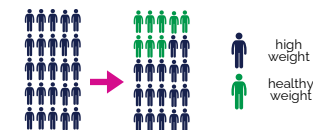
Among 614 Head Start students in Alabama:

- Compared to children with a healthy weight (n=437), those with **high weight** (BMI percentile above the 85th; n=130) **lost 16.9 percentile points** over the year (p < .001)
- Conversely, children with **low weight** (below the 5th percentile; n=47) **gained 24.7 percentile points** over the course of the school year (p < .001).

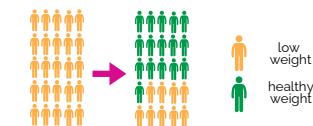


Additional Data on the Distribution of BMI:

Among the 130 with **high weight** at baseline, 44 had healthy weight at the end of the year (**33.8%**)



Among the 47 with **low weight** at baseline, 27 had healthy weight at the end of the year (**57.4%**)



Conclusion:

Baseline weight status predicted a change in BMI percentile over the year such that among those with high weight, a decrease in BMI percentile was detected and among those with low weight an increase was detected. These results highlight the possibility that a school-based cooking intervention could be an effective prevention strategy for the development of both high and low-weight. Exposure to novel fruits and vegetables may promote positive attitudes toward food and improvement in weight status. However, additional data, including the addition of a control group are required to more fully understand the mechanisms that cause beneficial weight changes in preschool-age children.

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