



Dear parents,

As part of the project TigerKids you will receive newsletters, each one providing information concerning a certain topic. This newsletter will deal with the subject "Eating is a matter of experience". Once again, it shows that everybody (your child, too) has to gain their own experience. Turn your child's curiosity and taste into your ally! Let your children try out different foods and guide them in the right direction.

We hope you will enjoy reading it and trying it out!

The Stiftung Kindergesundheit and the Siemens-Betriebskrankenkasse (SBK) campaign together for the early promotion of a healthy lifestyle for our children!

EATING – A MATTER OF EXPERIENCE

The wealth of experience with food is directly conditional

A child who has never experienced what yogurt tastes like will not even consider it as a possible taste experience. For pre-school kids, the responsibility for the choice of food first and foremost rests with the parents. Parents who choose, shop and eat in a very diverse way automatically offer this variety to their children. It does not pose a problem if the child rejects one food or the other at times. The large variety of food will fill the gap.

If a family prepares meals with a limited choice of food, a rejection of certain foods can certainly lead to nutritional deficiencies. Since this child does not know many other foods, due to the small selection, it is difficult to balance out this deficiency.

„We like something because we eat it“, not the other way around! Bavarians, for example, eat roast pork because they ate it once and then again and again, thus possibly getting to appreciate and like it.

Children take a little longer than adults to find out whether or not they „like“ some food, i. e. children need to be offered certain meals/foods more often and try them before they get to like them. Taste needs time!

Germans cannot eat fast enough: on average Germans spend 105 minutes per day to eat and drink, far behind the Turkish with 162 minutes or the French with 135 minutes.^[1] „Enjoying your food!“ means taking time to eat!

Food and taste are

- ➔ subjective
- ➔ individual
- ➔ situation-related
- ➔ emotionally charged
- ➔ depending on the zeitgeist
- ➔ orientated on trends
- ➔ influenced by memories
- ➔ characterised by experience
- ➔ dependent on frequency
- ➔ shaped by traditions

Get to know the many sides of taste with your children! Turn taste into your ally!!

^[1] Average time in minutes spent eating and drinking in the OECD per day. www.statista.com



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EVERYONE HAS DIFFERENT TASTES

Taste is more than just a sense



Taste & Smell

The sense of smell is very closely connected to the sense of taste. When we smell something particular, it may increase our appetite, e. g. the smell from the kitchen. A smell can also warn us not to taste something, such as meat that has gone off.

When we have a blocked nose, we notice just how close the senses of smell and taste are connected. Everything tastes the same or of nothing at all.



Taste & Sight

„With the eyes we perceive the appearance of our food.“ A succinct statement you might say. But there is more behind it than you think.

You all know the saying: „The eyes eat first!“. The appearance of our food and meals is just as important as the taste - this is particularly true for pre-school children for whom phantasy plays an important role in their psychological development. In dishes where the ingredients are not recognisable such as stews, children in this age group suspect all sorts of things. By the way, us adults are not any better: who has not interpreted all sorts of things into meatballs or a meatloaf? The way food is prepared and served does have a significant impact on our „taste“.



Taste & Hearing

At first, listening plays a very small part when it comes to taste. But: cutting open a crispy breakfast bread roll is certainly appetising. When you bite into an apple, the noise it makes will indicate whether it is a crunchy or rather a soft, old apple.



Taste & Feeling & Touch

The sense of touch is our most basic sensory experience as it is the most important „from the very start“ (e. g. when breastfeeding). The degree of ripeness of fruits and vegetables, for example, is determined by touching. It indicates what it will taste like, e. g. soft/hard kiwi/tomato/avocado. The sensation of hot/cold also provides information about the taste, e. g. cold ice-cream, hot tea.

Creative idea that tastes good!



Company information

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