

Introduce New Foods To Picky Eaters

UNIVERSITY PARK (Centre Co.) — Whether your child is six months or six years old, if he or she is a picky eater, mealtimes can be a disaster. But, if you understand children's behavior, you can help them learn to enjoy a variety of foods, according to a nutrition specialist in Penn State's College of Agricultural Sciences.

"The preschool years are characterized by bouts of independence," said Katherine Cason, associate professor of food science. "What appears to be 'picky' eating may instead be your child's early attempts to be assertive — a natural part of growing up. Before a picky eater gets to be a problem eater, you can use certain skills and techniques to ease mealtime struggles and encourage even the pickiest eater to try a few bites of new, different and nutritious food at each meal."

Here are Cason's top ten tips for your picky eater:

1. One step at a time. Offer one new food at a time. Let the child know if it will be sweet, salty or sour.

2. A taste is just a taste. Allow the child to decide the amount to try. A "taste" can be as small as teaspoon.

3. What goes in, may come out ... and that's okay! Recent studies indicate children are more likely to try a new food if they have the option of not swallowing it. Just make sure they know to spit it out in a napkin.

4. Provide role models. Imitation is a powerful source in learning. Encourage a reluctant taster to try new foods while around friends or family who will not be so unwilling.

5. Keep it familiar. Serve an unfamiliar food with familiar ones. This increases the likelihood that a child will taste the new food.

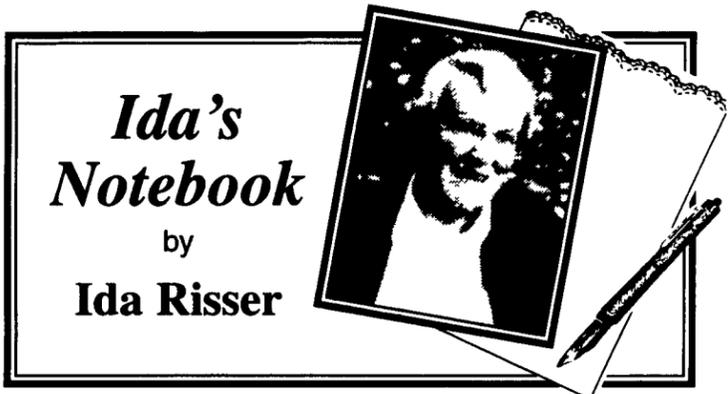
6. Get children involved. Whether they help shop at the grocery store or prepare the food at home, even the most finicky eaters are more likely to try a food they have helped prepare.

7. Give them a choice. Preschool children are learning to be independent. You can help your child feel independent by presenting them a choice of foods to try.

8. Read them a story. A child is more likely to try a food that has been introduced in a story.

9. If at first you don't succeed... Many young children must be offered a food eight to 10 times before they will try it. Continue to offer a new food; eventually children are likely to try it.

10. Relax! Focus your attention on the positive aspects of your child's eating behavior, not on your child's food.



People like to tell me that summer is more than half over — where has the time gone? Just now we are canning apricots as one of our four trees has had a good crop. Many fell down and were eaten by the animals.

While I was in the garden planting beans, a deer came rather close to our rail fence. It appeared to be curious and watched me for a while. Personally, I wish it would leave and go to live in another woodland.

We had a family picnic recently in Cumberland County. In the 1940s we started holding a July picnic to honor my father's birthday. Now the fifth generation has

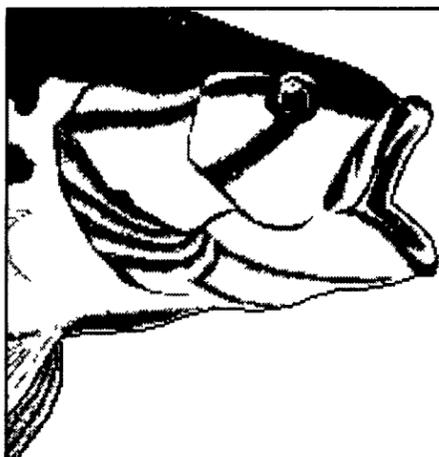
game on distance between trees while the other was a basketball throw. A 12-year-old grandson, who had just come from a basketball camp, was the first one to get five balls in the basket.

At our large church, we have the option of wearing a name tag. A Mr. Rankin signed our guest book. So, when the service was over I greeted him by name. Only to find out that his name tag said "Phillips." He quickly covered the tag as he had mistakenly picked up another man's tag.

Somedays we might like to take someone else's identity as when the car tire goes flat or when water stains a good carpet.

This month we are having our log house stained. First they pressure washed the whole house and used so much water that the well ran dry. Now we are hoping that we will like the color that we have chosen.

arrived on the scene. This year the host had several interesting games for the whole group. One was a guessing



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LOST STREAM MAP

The STREAM MAP OF PENNSYLVANIA was completed in 1965 after a thirty-year effort by Howard Higbee, a former Penn State Professor.

The map sold extremely well — until it was lost several years later. Incredibly, the printer entrusted with the original drawing and printing plates declared bankruptcy, then carelessly hauled Higbee's years of work to a landfill.

Experts told Professor Higbee that reprints were impossible, because the maps were printed in non-photographic blue.

The few remaining copies became prized fisherman's possessions, known to some as the "Lost Stream Map." Higbee was offered \$400 for one of his last maps.

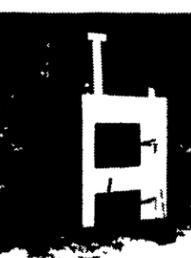
Then, in 1991, at the age of 91, Howard Higbee's dream came true. Karl Ings and Larry Seaman of Vivid Publishing, Inc., a Williamsport firm, found new technology that enabled them to reproduce and republish the map. Howard said, "I never thought I'd live to see this day."

Before his death in 1993, Professor Higbee shared his knowledge of map making with Seaman and Ings, and supported the creation of new state stream maps. Stream maps now cover 18 states, New York, Michigan, Ohio, Maryland-Delaware, New Jersey, Northern California, Washington, Colorado, Wisconsin, Virginia, Missouri and 5 New England States. All 50 states will be available by the end of 2003.



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