NOTES

In writing *Getting to Yum*, I researched thousands of peer-reviewed scientific articles across many disciplines, including medicine, nutrition and dietetics, neurobiology, psychology, sociology, comparative anthropology, food studies, environmental studies, and health education. Below is a complete list of the scientific studies referenced in *Getting to Yum*.

Introduction

4 *Kids who have gone through:* Dazeley, P. (2012). Should healthy eating programmes incorporate interaction with foods in different sensory modalities? A review of the evidence. *British Journal of Nutrition* 108(5): 769–77; Dovey, T.M., Aldridge, V.K., Dignan, W., Staples, P.A., Gibson, E.L., and Halford, J.C.G. (2012). Developmental differences in sensory decision making involved in deciding to try a novel fruit. *British Journal of Health Psychology,* 17: 258–72; Kannan, S., et al. (2011). "FruitZotic": A sensory approach to introducing preschoolers to fresh exotic fruits at head start locations in western Massachusetts. *Journal of Nutrition Education and Behavior* 43(3): 205–06; Mustonen, S., et al. (2009). Effect of sensory education on school children's food perception: A 2-year follow-up study. *Food Quality and Preference* 20(3): 230–240; Mustonen, S., and Tuorila, H. (2010). Sensory education decreases food neophobia score and encourages trying unfamiliar foods in 8- to 12-year-old children. *Food Quality and Preference* 21(4): 353–60; Reverdy, C., et al. (2008). Effect of sensory education on willingness to taste novel food in children. *Appetite* 51(1): 156–65; Reverdy, C., et al. Effect of sensory education on food preferences in children. *Food Quality and Preference* 21(7): 794–804; Woo, T., and K. Lee. (2011). Development of a sensory education textbook and teaching guidebook for preference improvement toward traditional Korean foods in schoolchildren. *Korean Journal of Nutrition* 44(4): 303–11.

4 *In fact, scientific studies show:* The French Ministry of Education guide is available at: http://alimentation.gouv.fr/IMG/pdf/Classesdugout-formationdesenseignants_cle09fcdb.pdf. For more information on the history of "sensory education" in France, see: http://alimentation.gouv.fr/reseau-education-gout.

6 *kids need to experience what they are learning:* Many of these techniques have also been applied in environmental education (learning about nature, often in outdoor settings). See, for example, Classen, C. (ed.). (2005). *The Book of Touch: Sensory Formations.* Oxford: Berg Publishers; Riener, M. (2009). Sensory cues, visualization and physics learning. *International Journal of Science Education* 31(3): 343–64.

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Developmental differences in sensory decision making involved in deciding to try a novel fruit. *British Journal of Health Psychology* 17: 258–72; Kannan, S., et al. (2011). "FruitZotic": A sensory approach to introducing preschoolers to fresh exotic fruits at head start locations in Western Massachusetts. *Journal of Nutrition Education and Behavior* 43(3): 205–06; Mustonen, S., et al. (2009). Effect of sensory education on school children's food perception: A 2-year follow-up study. *Food Quality and Preference* 20(3): 230–40; Mustonen, S., and Tuorila, H. (2010). Sensory education decreases food neophobia score and encourages trying unfamiliar foods in 8- to 12-year-old children. *Food Quality and Preference* 21(4): 353–60; Reverdy, C., et. al. (2008). Effect of sensory education on willingness to taste novel food in children. *Appetite* 51(1): 156–65; Reverdy, C., et al. Effect of sensory education on food preferences in children. *Food Quality and Preference* 21(7): 794–804; Woo, T., and K. Lee. (2011). Development of a sensory education textbook and teaching guidebook for preference improvement toward traditional Korean foods in schoolchildren. *Korean Journal of Nutrition* 44(4): 303–11; Rinck, F., et. al. (2011). Ontogeny of odor liking during childhood and its relation to language development. *Chemical Senses* 3(1): 83–91.

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11 *In summary, doctors recommend:* See, for example, the joint statement by the Canadian Pediatric Society and the Canadian Society of Allergy and Clinical Immunology: Chan, E., and Cummings, C. (2013). Dietary exposures and allergy prevention in high-risk infants. *Paediatrics and Child Health* 18(10): 545–49. The American Association of Pediatrics made a similar statement in 2008: Greer, F., et al. (2008). Effects of early nutritional interventions on the development of atopic disease in infants and children: The role of maternal dietary restriction, breastfeeding, timing of introduction of complementary foods, and hydrolyzed formulas. *Pediatrics* 121(1): 183–91. This brings the Canadian and American approaches in line with those in much of Europe.

Secret 1: Kids Can *Learn* to Love Healthy Foods

19 *And the students identified:* Rosenthal, R., and Jacobson, L. (1969). *Pygmalion in the Classroom: Teacher Expectation and Pupil's Intellectual Development.* New York: Irvington Publishers. See also Rosenthal, R., and Jacobson, L. (1968). Pygmalion in the classroom. *The Urban Review* 3(1): 16–20; and Rosenthal, R. (1994). Interpersonal expectancy effects: A 30-year perspective. *Current Directions in Psychological Science* 3(6): 176–79; Rosenthal, R., and Rubin, D.B. (1978). Interpersonal expectancy effects: The first 345 studies. *Behavioral and Brain Sciences* 1(03): 377–86.

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21 *And as every parent knows:* Birch, LL. (1980). The relationship between children's food preferences and those of their parents. *Journal of Nutrition Education* 12: 14–8; Birch, L.L. (1999). Development of food preferences. *Annual Review of Nutrition* 19: 41–62; Skinner, J.D., et al. (2002). Children's food preferences: A longitudinal analysis. *Journal of American Dietetic Association* 102(11): 1638–47.

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22 *Scientists have found:* Zeinstra, G., et al. (2009). Facial expressions in school-aged children are a good indicator of "dislikes," but not of "likes." *Food Quality and Preference* 20(8): 620–24.

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Secret 2: Marketing Healthy Food to Your Kids Really Works!

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43 *Our ability to teach:* Schor, J.B., and Ford, M. (2007). From tastes great to cool: Children's food marketing and the rise of the symbolic. *The Journal of Law, Medicine and Ethics* 35(1): 10–21; Desrochers, D.M., and Holt, D.J. (2007). Children's exposure to television advertising: Implications for childhood obesity. *Journal of Public Policy and Marketing* 26(2):20p; Dorfman, L.E., and Wootan, M.G. (2012). The nation needs to do more to address food marketing to children. *American Journal of Preventive Medicine* 42(3): 334; Cairns, G., et al. (2013). Systematic reviews of the evidence on the nature, extent and effects of food marketing to

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Secret 3: Schedule One Snack a Day

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