

# The 10x Veggie Table



NAME .....

Create your veggie rating system, then choose 5 veggies to review, and add your rating each time you taste it!

| Veggie name | 1st                      | 2nd                      | 3rd                      | 4th                      | 5th                      | 6th                      | 7th                      | 8th                      | 9th                      | 10th                     |
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## MY VEGGIE RATING SYSTEM

**Rating System** (Let your child create this!) 1 = something super disgusting (eg. old, dried out playdough) 2 = something slightly less disgusting, 3 = something ok, 4 = something I like to eat, 5 = something super yummy!



1

2



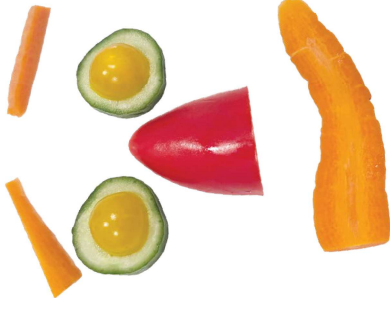
5

3

4

# The 10x Veggie Table

Did you know you may need to offer an individual food **10 times or more before they will choose to eat it?** Use this table to create a funny rating system to allow your child to respond to the flavour, texture, smell, colour and shape of the vegetable in their own way. **This is a no pressure exercise:** don't worry if the food isn't eaten – just explore it, talk about it and see if the rating of the food goes UP after each interaction.



## THIS TOOL UTILISES SCIENCE-BACKED CONCEPTS TO HELP KIDS LOVE THEIR VEGGIES:



The concept of '**associative conditioning**' (*making something fun by linking it to something else we already love*) e.g. time with a parent to laugh and joke, mixing it with another food we already like, or putting on a silly song we enjoy while we do the experiment.



**Repeated exposure:** help kids commit to continually trying new things.

## HOW TO USE THIS TABLE

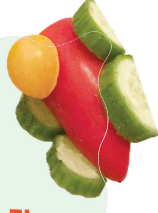
- 1)** Make this a game! Frame it as a science experiment to see if their taste buds send different messages to their brain every time they try the same vegetable.
- 2)** Create a no-pressure and fun environment. Choose each vegetable together so they feel in control and part of the process.
- 3)** Start by letting them come up with a silly and funny rating system. What's something they love eating and something they think would be super yucky?
- 4)** Each time you try a vegetable, allow them to decide if they are going to smell, look, taste or just hold the vegetable. Encourage exploration by asking lots of questions: what other things in the house are the same colour as this? How does it feel on your tongue?

## ✱ Remember

This is about creating **less fussiness** and good long term eating habits.

**Allow exploration and curiosity** rather than forcing change.

**It will happen!**



For more child-friendly recipes and tips ideas visit:

[veggiesfirst.com/en-au](http://veggiesfirst.com/en-au)

**Y VEGGIES FIRST**