

Classroom Taste Incentive Chart

INSTRUCTIONS

Identify several foods to be served in the child care center over the week that will be new to most of the children in the class. Enter the new foods in the top line of the chart. Write the name of every student in the class on the far left column. Give one tally each time a student tries one of the new foods. The goal for this activity is focused on the total tallies (tries) in the whole class for each food, but you could also add total new tries across all foods for each student. For example, if Henry, Lauren, and Ana try broccoli, there would be 3 class tallies for broccoli. The other example is if Henry tries broccoli and pineapple over the week, Henry gets 2 tallies. Set rewards for the amount of tallies or tries.

Print one chart for the whole class. To reuse, consider laminating the sheets and writing on them with a white board marker. Get creative! Offer rewards your class enjoys, such as stamps, stickers, tattoos, themed pencils, extended story time, or a surprise guest reader for story time. Individual rewards may also include serving as line leader or choosing the book for story time. Consider replacing the names of foods and rewards with pictures.

Purpose: *The single most effective strategy to get kids to eat healthy food is repeated exposure. Kids may need to try something 10-15 times before knowing if they like it or not. This will require patience. It takes time – this can happen over weeks or months and through different preparations of the food.*

EXAMPLE

<h2 style="margin: 0;">Our Class Taste Tally</h2>						
	Broccoli	Pineapple	Carrot	Black Beans	Sweet Potato	YOUR TALLY
Henry						
Rebecca						
Jose						
Monique						
Marta						
Lauren						
Nahdi						
Ana						
Daniel						
Jacob						
CLASS TALLY						

Class Rewards!

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3 tallies = Stickers

5 tallies = Play dough

7 tallies = Outdoor game

10 tallies = Surprise party!

Read more about the Recommendations for Creating Healthy Eating Habits for Kids 2-8 at HealthyEatingResearch.org. See tips in action on Instagram @HealthyEatingResearch or #HealthyTipsHealthyKids

