

Study finds why children don't eat their greens

11th October, 2017



Everyone knows that many young children don't like eating their greens. Parents have a hard time getting their children to eat vegetables like broccoli and Brussel sprouts. A new study may have an answer about why

this is. The study looked at the eating habits of two- to four-year-olds. It found that not liking greens is because of a child's genes. This means parents do not have to stress out over their children not eating enough vegetables. Many parents worry because they cannot get their children to eat healthily. The study found that changes in two genes can make children dislike greens. The changes put some youngsters off trying new food and can turn them into fussy eaters.

The study found that changes in DNA can affect how some small children taste things differently. These children think many green vegetables taste very bitter. Children without the DNA changes do not think these vegetables are bitter. Natasha Cole, a member of an obesity prevention program at Illinois University, said it was not surprising some children have a very sensitive taste. She said this makes them think things like broccoli are bitter. She said the new research could help to find new ways of tackling childhood obesity. Ms Cole says there needs to be more research. She said: "There is a huge gap in the research when children [move] from a milk-based diet to foods that the rest of the family eats."

Sources:

deccanchronicle.com / dailymail.co.uk / medicalpress.com

Writing

Vegetables are the best things we can eat. Discuss.

Chat

Talk about these words from the article.

young children / greens / answer / eating habits / genes / stress / worry / fussy / study / DNA / bitter / obesity / research / childhood / sensitive / milk-based diets

True / False

- The article says it is easy for parents to get children to eat their greens. T / F
- Researchers looked at the eating habits of ten-year-olds. T / F
- A study said children dislike vegetables because of their jeans. T / F
- The study said that DNA can make children fussy eaters. T / F
- The article says most children think vegetables are too bitter. T / F
- A researcher wasn't surprised that some children have a sensitive taste. T / F
- The researcher said the study could help fight obesity. T / F
- The researcher said more research was needed. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|----------------------|---------------|
| 1. hard | a. methods |
| 2. answer | b. discovered |
| 3. stress out | c. sharp |
| 4. found | d. solution |
| 5. fussy | e. change |
| 6. affect | f. fighting |
| 7. bitter | g. difficult |
| 8. ways | h. very big |
| 9. tackling | i. worry |
| 10. huge | j. choosy |

Discussion – Student A

- Have you always eaten your greens?
- Why are vegetables so important?
- What are the good things about being a vegetarian?
- What is your favourite vegetable?
- Why do so many children dislike vegetables?
- What food do you dislike?
- Do parents worry too much about their children?
- Do you know anyone who is a fussy eater?

Phrase Match

- | | |
|--|----------------------|
| 1. have a hard time getting their children | a. out |
| 2. the eating habits of two- | b. eaters |
| 3. parents do not have to stress | c. based diet |
| 4. The changes put some youngsters | d. to four-year-olds |
| 5. turn them into fussy | e. taste very bitter |
| 6. changes in | f. to eat vegetables |
| 7. children think many green vegetables | g. obesity |
| 8. some children have a very sensitive | h. DNA |
| 9. find new ways of tackling childhood | i. off |
| 10. a milk- | j. taste |

Discussion – Student B

- What do you think about what you read?
- What do you think of vegetables?
- What are the bad things about being a vegetarian?
- How healthy is your diet?
- How can you get children to eat more vegetables?
- How could this research help to fight obesity?
- What is your perfect diet?
- What questions would you like to ask the researchers?

Spelling

- eat ealbeevtsg like broccoli
- A new study may have an neawrs
- not eating oguhne
- get their children to eat yltahheli
- The changes put some eruyngsots off
- turn them into ufsys eaters
- changes in DNA can afeftc how
- taste very tertbi
- an tboeyis prevention program
- children have a very tesneivsi taste
- there needs to be more rrshceea
- move from a milk-aedsb diet

Answers – Synonym Match

1. g	2. d	3. i	4. b	5. j
6. e	7. c	8. a	9. f	10. h

Role Play

Role A – Broccoli

You think broccoli is the best vegetable. Tell the others three reasons why. Tell them what is wrong with their vegetables. Also, tell the others which is the worst of these (and why): corn, tomatoes or Brussel sprouts.

Role B – Corn

You think corn is the best vegetable. Tell the others three reasons why. Tell them what is wrong with their vegetables. Also, tell the others which is the worst of these (and why): broccoli, tomatoes or Brussel sprouts.

Role C – Tomatoes

You think tomatoes are the best vegetables. Tell the others three reasons why. Tell them what is wrong with their vegetables. Also, tell the others which is the worst of these (and why): corn, broccoli or Brussel sprouts.

Role D – Brussel Sprouts

You think Brussel sprouts are the best vegetables. Tell the others three reasons why. Tell them what is wrong with their vegetables. Also, tell the others which is the worst of these (and why): corn, tomatoes or broccoli.

Speaking – Vegetables

Rank these with your partner. Put the best at the top. Change partners often and share your rankings.

- | | |
|-------------------|--------------|
| • tomatoes | • broccoli |
| • cabbage | • corn |
| • celery | • spinach |
| • Brussel sprouts | • green peas |

Answers – True False

a	F	b	F	c	F	d	T	e	F	f	T	g	T	h	T
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Answers to Phrase Match and Spelling are in the text.