



# Food LAB

Give Food Lab a go by transforming your kitchen into a lab and your kids into food sampling scientists!

**Watch as your picky eaters go from :( to :)**

**Win the battle to make family meals different**

**More clean plates = less food in the bin**

Get the whole family involved – start trying out new foods in the table below.

**Here are some ideas to get you started:**

Peas, sweetcorn, carrots, broccoli, oat cakes, plain popcorn, chicken - or anything else you fancy!

**IN OUR LAB, WE ARE TESTING:**




## EAT BETTER FEEL BETTER

- STEP 1** Decide which foods you're going to test in your Food Lab and which day you'll do the tests.
- STEP 2** Prepare small samples and let your scientists taste and then rate them, by putting a tick or cross or colouring in the appropriate box.
- STEP 3** Which foods did your kids like best? Could they be included in a meal in your Weekly Meal Planner?
- STEP 4** Keep going! Do a Food Lab each week if you like. Kids might not like some foods the first time, but they might feel differently after a few tries.

**Hints and Tips**

**Get the whole family involved**  
Plan the shopping list together to include new foods to try in your family Food Lab.

**Small samples are best**  
You don't need to buy large amounts of anything - all that's needed of each food is a teaspoonful.

**Enjoy yourselves!**  
Food Lab is a fun and relaxed way for kids to experiment with food, away from the rules of the dinner table.

**Don't give up!**  
The more kids try foods, the more they get used to them and even start to like them. Try a food 4 or 5 times and see if the results are different.

**Share it with your friends**  
Trying Food Lab with others means kids are more likely to have a go at trying new foods - it's also twice as fun.

Want more tips, ideas and recipes? Have a comment or suggestion? Visit us at:

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