**Reflexes**

The textbook introduces the idea of reflexes and identifies several reflexes that play a role in consumption.

Students may benefit from video clips of various reflexes, like the following:

* Pediatric Answers (2017): <https://www.youtube.com/watch?v=reQxUVv8Vos>
* Medlife Crisis (2019): <https://www.youtube.com/watch?v=ou1EoahhfY4>
  + Both above videos illustrate the reflexes. Discuss with students the specific purpose of each reflex and its potential connection to consumption (i.e., securing food resources for survival).
* A demonstration that reflexes no longer appear as babies mature, CCED Seminars (2017): <https://www.youtube.com/watch?v=U6YWnfw3bJc>
  + This video can open discussions about how reflexes transition into voluntary actions.
  + Discuss the evolutionary basis for reflexive food procurement and consumption early in life and the development of voluntary food procurement and consumption.

As an extension, you can explore how these **primitive consumption reflexes sometimes reappear in elderly individuals**. The following article can be used to springboard the discussion:

* Hobo, K., Kawase, J., Tamura, F., Groher, M., Kikutani, T., & Sunakawa, H. (2014). Effects of the reappearance of primitive reflexes on eating function and prognosis. *Geriatrics & gerontology international*, *14*(1), 190-197.

**Related references:**

Gahagan, S. (2012). The development of eating behavior-biology and context. *Journal of developmental and behavioral pediatrics, Journal of Developmental and Behavioral Pediatrics*, *33*(3), 261.

Modrell, A. K., & Tadi, P. (2020). Primitive Reflexes. *StatPearls [Internet]*. <https://www.ncbi.nlm.nih.gov/books/NBK554606/>

Pineda, R., Harris, R., Foci, F., Roussin, J., & Wallendorf, M. (2018). Neonatal Eating Outcome Assessment: tool development and inter‐rater reliability. *Acta Paediatrica*, *107*(3), 414-424.