**How picky is “picky”?**

Picky eating can be so bad that it fears of foods can escalate into phobia. *Lachonophobia*, for example, refers to a fear of vegetables (Logue, 2015). Such a fear could have natural predispositions, but also could stem from early childhood experiences that exacerbate our childhood suspicions of new foods/vegetables and limit our freedoms.

* Introduce students to lackonophobia and ask them to consider, based on the textbook, how such a phobia would develop. The Taylor and Emmett (2019) paper might help them.
  + Is there a spectrum of pickiness?
  + At what point does picky eating in children become disruptive or disfunctional?
  + What genetic and environmental factors play a role in its development?
* Then discuss how picky eating assessed. Some example items are: 6-item Food Fussiness Subscale (Carnell & Wardle, 2007), 3 items from the Child Feeding Questionnaire (CFQ; Antoniou et al., 2015; Birch et al., 2001), 7 items from the Oregon Research Institute Child Eating Behavior Inventory (Lewinsohn et al., 2005), the 6-item Child Food Neophobia Scale (Pliner, 1994), and the 10-item Picky Eating Questionnaire (Carruth & Skinner, 2000; Pelchat & Pliner, 1986).
* Finally, review the textbook suggestions for prevention and de-escalation of picky eating. Keep in mind the Tiny Tastes program for encouraging kids to try new foods: <https://www.lucycooke.net/tiny-tastes>, <https://journals.sagepub.com/doi/pdf/10.1177/1941406415575936>.

**Related references:**

Brown, C. L., Perrin, E. M., Peterson, K. E., Herb, H. E. B., Horodynski, M. A., Contreras, D., ... & Lumeng, J. C. (2018). Association of picky eating with weight status and dietary quality among low-income preschoolers. *Academic Pediatrics*, *18*(3), 334-341.

Taylor, C. M., & Emmett, P. M. (2019). Picky eating in children: causes and consequences. *Proceedings of the Nutrition Society*, *78*(2), 161-169.