



Fun To Play

for parents and their young children

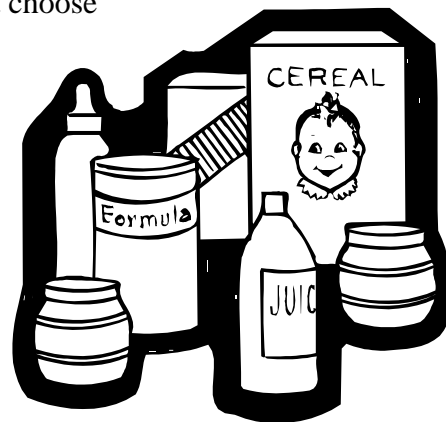
Taste and Smell The Taste Test

Sometime between six and 12 months, your baby should be introduced to a wide variety of baby foods. These may be a combination of store bought or home processed foods. Your pediatrician can give you guidelines for the proper order of introducing new foods. Start with pureed foods, and gradually introduce soft foods that can be easily dissolved in your baby's saliva. Your pediatrician may recommend that you avoid the following list of foods for babies twelve months and younger. Dangerous foods are: nuts, popcorn, raisins, whole peas, raw vegetables, and chunks of apple, hard pears, or unripe melon. Hot dogs are the most common cause of choking accidents in young children and shouldn't be offered for a few years.

After your baby has cut his molars (approximately 12 months) and can chew, you might want to try a simple taste test. Place small, bite-size pieces of the food in sections of a cupcake pan and cover with plastic lids or paper bake cups. Let your child lift the lids and sample the foods. Watch the response as each food is tested. Have a variety of tastes and textures to test. Be sure your child is not allergic to any of the foods you have chosen. You might choose some of the following foods:

- Small pieces of graham cracker, teething biscuit, bagel, muffin
- Non-citrus fruits: banana, kiwi, ripe melon
- Citrus fruits: orange, grapefruit, tomato
- Small cubes of cheese
- Pudding and gelatin

(Twelve Months and Older)



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