

Observation of preschool children's food choices in a mock grocery store setting

The aim of this experiment is to observe preschool children's food choices in a mock grocery store setting as a first step in determining an education program that will shape healthful food choices and eating. Since diet can contribute to a life of health and/or disease, it is of utmost importance to understand how food choices are made. Educating preschool children concerning food choices and eating may be a powerful tool in shaping behavior that will impact lifelong diet habits and preferences, obesity, and healthy outcomes. The observation results are initial key resources for developing a preschool education program designed to influence healthful food selection and eating habits.