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Tiny Tastes

Tiny Tastes

An easy way to help your child to try vegetables



Hello Mums, Dads and anyone involved in feeding young children.

Welcome to Tiny Tastes

Tiny Tastes is a pack designed to help parents to get their children eating vegetables. Containing full instructions, record charts and stickers, these packs are now available to buy for £5.99 each plus £2.00 postage and packing. On these pages, you can find out more about the research behind Tiny Tastes, read comments from people who've already tried it and buy it for yourself.

Tiny Tastes will encourage your child to try vegetables by making it fun. Our extensive research at University College London has shown that, after tasting a new vegetable at least 10 times even the most reluctant children like it more and will eat more of it. Playing Tiny Tastes will get your child familiar with lots of vegetables and the more familiar the vegetables become the more your child will like them. Tiny Tastes works with all ages – you could even try it yourself!

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