

***Források a Nestlé az Egészségesebb Gyerekekért oldalon közzétett állításokhoz**

1. Overall diet quality was higher among Canadian fifth graders who helped prepare home meals at least once a week compared with those who never helped with meal preparation (Chu YL et al. *J Nutr Educ Behav.* 2014;46:304-8)
2. A cross-sectional study in Australia showed that boy (not girls) with the “healthful” dietary pattern were more involved in helping make meals than boys with an “energy-dense” eating pattern (Leech RM et al. *Appetite.* 2014;75:64-70)
3. Helping with cooking was positively associated with adhering to a healthy Mediterranean diet in 7th-9th graders in Portugal (Leal FM et al. *Persp in Pub Health.* 2011;131:283-7)
4. Canadian fifth graders who regularly helped prepare home meals ate 1.4 more servings of fruits and vegetables per day (combined) than children who never prepared meals (Chu YL et al. *J Nutr Educ Behav.* 2014;46:304-8)
5. Japanese children (10-11 years old) who helped with meal preparation were more likely to eat vegetables and fruits every day compared to those who did not participate in meal preparation (Nozue M et al. *Nutr Res Pract.* 2016; 10:359-63)
6. Involving young children (2-5y) in food preparation increased frequency of fruit and vegetable intakes (Shim JE et al. *J Nutr Educ Behav.* 2016;48:311-7)
7. Helping to cook meals regularly was associated with a 10% increase in preference for vegetables in 5th graders in Canada (Chu YL et al. *Pub Health Nutr.* 2013;16:108-12)
8. Increased involvement or extent of parental encouragement for children to help with food preparation was positively associated with preferences for vegetables in 3-7 year old children (Vollmer RL and Baietto J. *Appetite.* 2017;113:134-40)
9. Preschoolers were more willing to eat vegetables when the child helped prepare recipes with vegetables (Ugalde M et al. *JMIR Serious Games.* 2017;5:e20)