Re-learning by combining mere exposure with variation in sensory aspects of food

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Ethical review	Approved WMO
Status	Recruitment stopped
Health condition type	Other condition
Study type	Observational non invasive

Summary

ID

NL-OMON36252

Source
ToetsingOnline

Brief title
Mere exposure to vegetables

Condition

- Other condition

Synonym
not applicable

Health condition

niet van toepassing

Research involving
Human

Sponsors and support

Primary sponsor: Stichting Dienst Landbouwkundig Onderzoek - Food & Biobased Research
Source(s) of monetary or material Support: EU 7e kader geldstroom voor Medium-scale Collaborative Project in Thema 2 (Food;Agriculture and Fisheries;and Biotechnology

Intervention

Keyword: children, exposure, food, sensory aspects

Outcome measures

Primary outcome

The main outcome variable is vegetable consumption in grams. The amount of the vegetable eaten will be measured by weighing the bowls of each child before and after the snack moment. The total amount consumed of the offered vegetable as well as the amount consumed per sensory variation (thus for each of the two shapes) will be calculated.

Secondary outcome

N.A.

Study description

Background summary

Most children in the Netherlands do not meet the recommended daily amount of vegetable intake. Four- to six-year-olds on average eat about 44 grams of vegetables per day despite of the recommended amount of 100 to 150 grams. The percentage of children with inadequate consumption of vegetables is in this age range close to 100%. Inadequate intake of vegetables may potentially lead to inadequate eating behavior later in life and is shown to be to related increased susceptibility for chronic diseases.

It is important to develop strategies to increase children's intake of vegetables, because of the shown health benefits of long-term intake of vegetables. The current study aims at a mere exposure to vegetables program of ten sessions, i.e. two days per week during five consecutive school weeks in

the school groups 1/2 (age of the children: 4 to 6 years), and sustainability test sessions two months and seven months after the intervention to test long-term effects of mere exposure.

This study is part of the EU FP7 Medium-Scale Collaborative Project *Determining factors and critical periods in food habit formation and breaking in early childhood: a multidisciplinary approach* (HabEat).

Study objective

The primary objective of the study is to increase the intake of a generally disliked vegetable by mere exposure in 4-6 year old children and to determine whether sensory aspects of the vegetable, in this case the shape of the vegetable, affect intake. The long-term aim is to develop strategies to increase the intake of vegetables and therewith contribute to health.

Study design

Two classes (group 1/2) per school of two schools will participate in the study, where at each school one class serves as experimental group and the other as control group.

During a schoolsnack moment the children will be offered a vegetable as snack. The experimental group will have 10 snack moments (2x per week; 5 weeks); the control group will have 3 snack moments. The amount vegetables consumed will be determined by weighing.
A sensory aspect of the vegetable, i.e. shape, will be varied. All children will receive both shapes (for example cubes and slices) at the same time. Intake of both shapes will be measured to determine if there is a difference in amount consumed between the shapes. Two follow-up measurements will take place after the intervention period, and there will be a one-week period (two sessions) to familiarize the children with the snackmoment. The parents of the children will be asked to complete a questionnaire on eating behavior of their child(ren).

Study burden and risks

The burden for the subjects is very low. During a school snack moment a vegetable snack will be offered and the children are not obliged to eat the snack. In our experience, children like participating in these kind of studies. The risks are negligibe: commercial available vegetables will be used. Before the study, parents will be asked for allergies of their child, and in case of an allergy for the selected vegetable, an alternative will be offered (the data of that subject will be excluded from the analysis)

Contacts

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Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age
Children (2-11 years)

Inclusion criteria

- 4-6 year-old children
- going to the participating primary schools
- parents signed the consent form

Exclusion criteria

allergies for the vegetable used in the study

Study design

Design

Study type:	Observational non invasive
Intervention model:	Other
Allocation:	Non-randomized controlled trial
Masking:	Open (masking not used)
Control:	Active
Primary purpose:	Other

Recruitment

NL

Recruitment status:	Recruitment stopped
Start date (anticipated):	23-08-2011
Enrollment:	100
Type:	Actual

Ethics review

Approved WMO

Date:	09-06-2011
Application type:	First submission
Review commission:	METC Wageningen Universiteit (Wageningen)

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register	ID
CCMO	NL33413.081.11