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## Passport to the World Palate

With the increasing popularity of genetic testing, more people know more about their backgrounds than ever before in history. But what can those results tell us about our taste buds? And how do these facts fit in with our current concept of health?

Journey across space and time to discover what the French croissant and the Yemenite malawach have in common or how the potato ended up in Ireland. This course can be customized for specific holidays or to address particular cultures. Let's get interactive and add a cook-along to our explorations.



## I've Got a Baby. What Do I Do Now?

Passing on generational knowledge concerning how to keep a child alive used to be the job of the village. The grandmothers, aunts, and sisters who came before us would usher the new mother into this beautiful time of life. Having children in today's environment can be isolating. Parents are in much more isolation while trying to raise kids. Babies should come with an instructional manual... and now they do! Taking care of your baby's nutrition: from formula or breastmilk to solid foods, let's chat about What, When, and Why of child nutrition from infant to adolescence. While we are on the subject, let's chat about how to take care of the new parent too.



## How to Get Your Child to Eat

All of the pieces are in place. The table is set. Favorite foods are served. Everyone sits down to enjoy a nice meal together when a fistful of spaghetti suddenly hits the wall and slides down slowly, just like your hopes of enjoying dinner. What is so difficult about eating? Why won't your child just eat?

In this talk, Yaffi discusses the psychology of eating within the context of childhood emotional and physical development. Participants will learn how to maximize their time with their family while supporting the spark of curiosity that will ultimately interest their child in food. Practical philosophies and easy-to-implement tools will be shared so families can benefit the same night.

# Public Series