

Children seem to have an endless appetite for sugary foods. It also makes sense that children dislike bitter foods like kale or brussels sprouts. Foods you hated as a child—maybe steamed broccoli or blue cheese—may become favorites by the age of 30. Sugar provides quick energy, and historically kids needed a lot of energy to survive into adolescence. In almost everyone, food preferences change greatly as they age. Researchers say that it makes sense for children to crave sweet things. Teenagers? Not so much, but they will attack hearty food like pizza.