

# A Surprising New Way to Encourage Healthy Eating

December 09, 2016

## **Scientific American:**

Autonomy, peer relationships, and parental conflict — these are the universal themes that made the popular 1990s comic *Zits* identifiable for anyone who has, or has been, a teenager. In one strip, hands in pockets and making a sullen sideways glance, Jeremy slouches next to his father. His t-shirt reads, “question authority.” Next to him, his equally chagrined father sports the t-shirt: “do not question my authority.” While his parents work to steer the 16-year-old in the right direction on his path to adulthood, Jeremy is equally determined to forge his own way. For the most part, their suggestions, pleas, and cajoles, don’t make it past his headphones.

Read the whole story: [Scientific American](#)