



I can try new foods

It can take 15 or more times to get to like a new food

1. Choose a new food to try and write or draw it here

2. Before you start, try getting used to the new food.

Touch it	Smell it	Lick it	Taste it
☹️ 😐 😊	☹️ 😐 😊	☹️ 😐 😊	☹️ 😐 😊

3. Colour in the face every time you try your chosen food and see if you start to like it more each time

☹️ 😐 😊	☹️ 😐 😊	☹️ 😐 😊	☹️ 😐 😊	☹️ 😐 😊
☹️ 😐 😊	☹️ 😐 😊	☹️ 😐 😊	☹️ 😐 😊	☹️ 😐 😊
☹️ 😐 😊	☹️ 😐 😊	☹️ 😐 😊	☹️ 😐 😊	☹️ 😐 😊

If you completed the task well done! Now try again with more new foods.