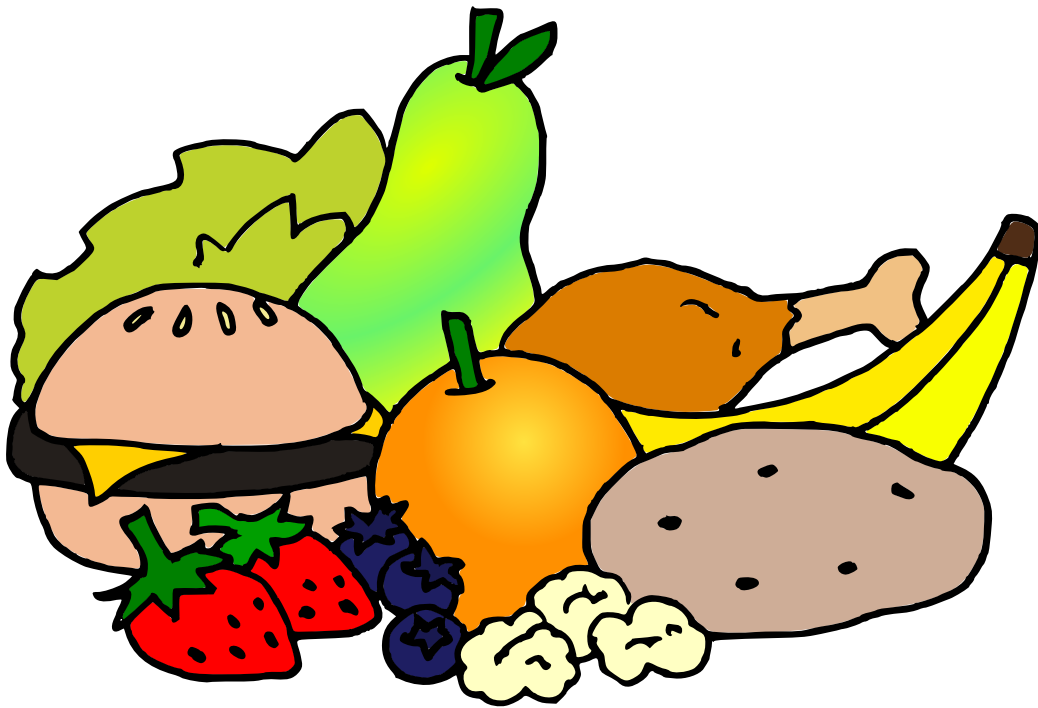
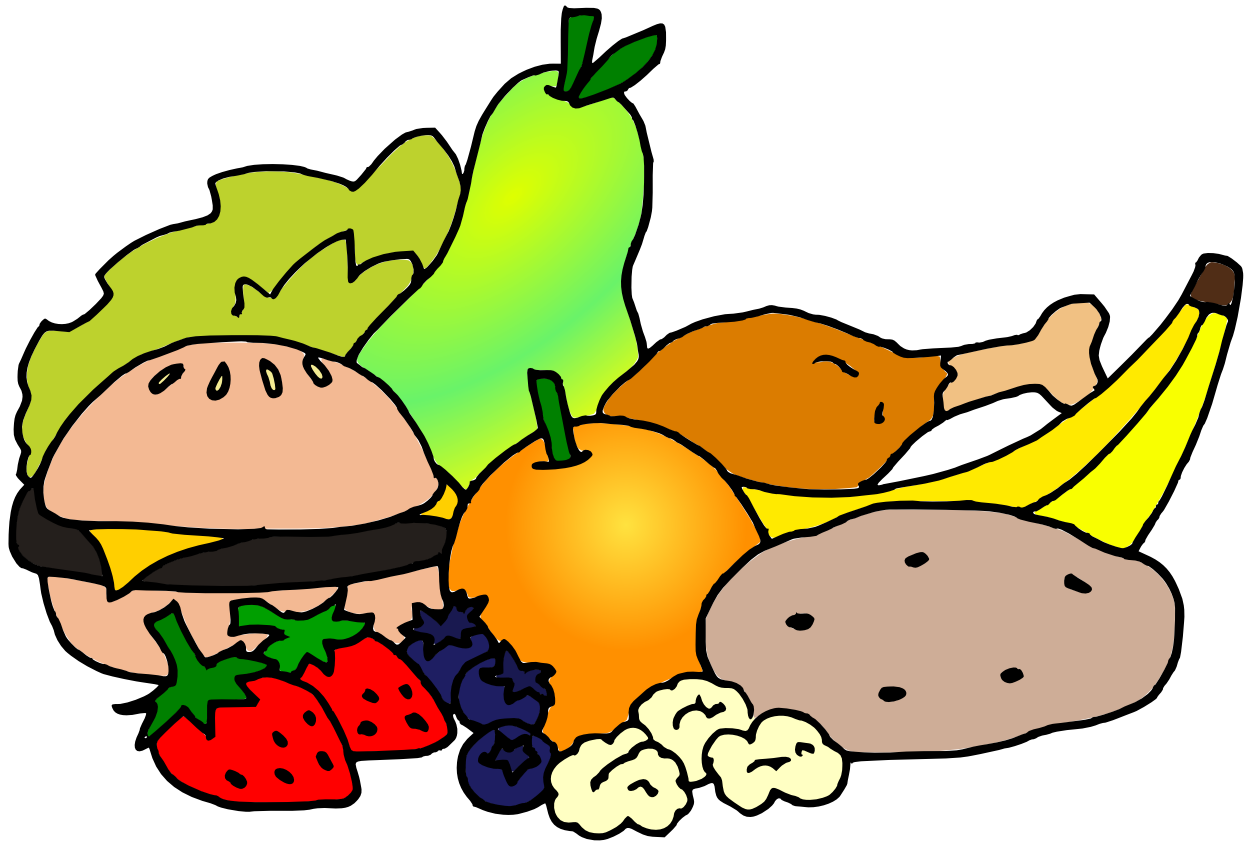
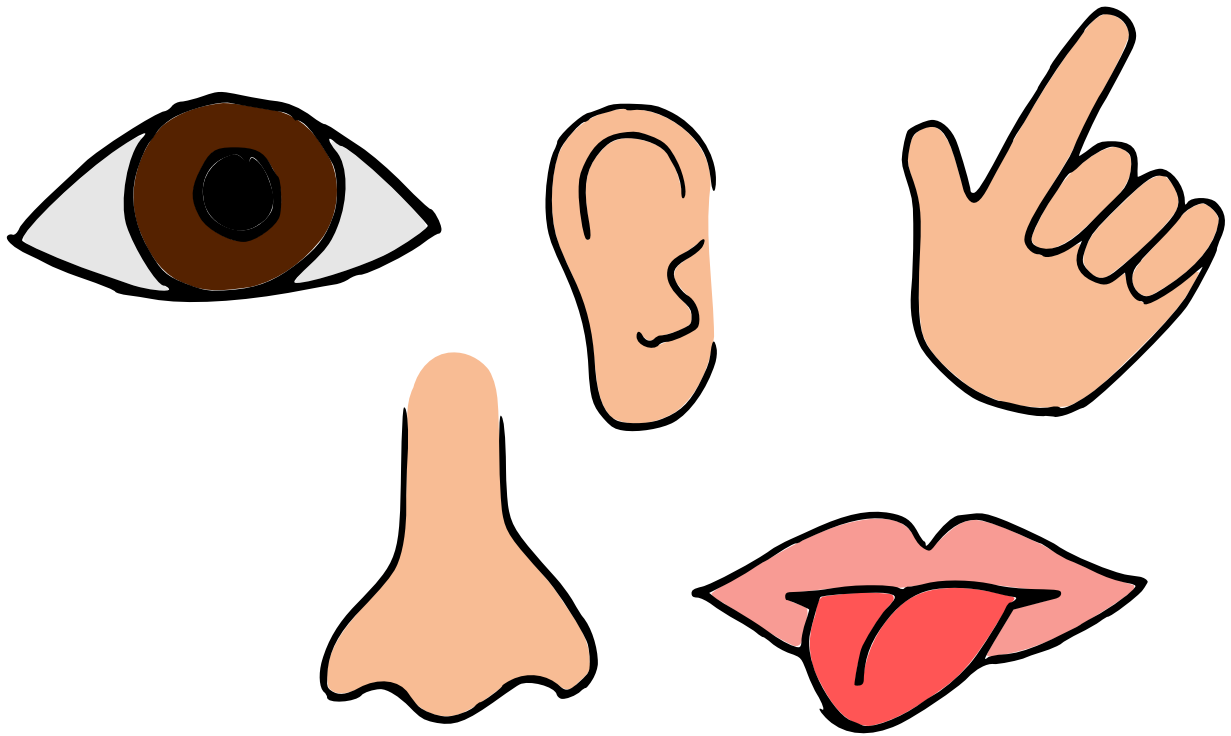


Trying New Foods

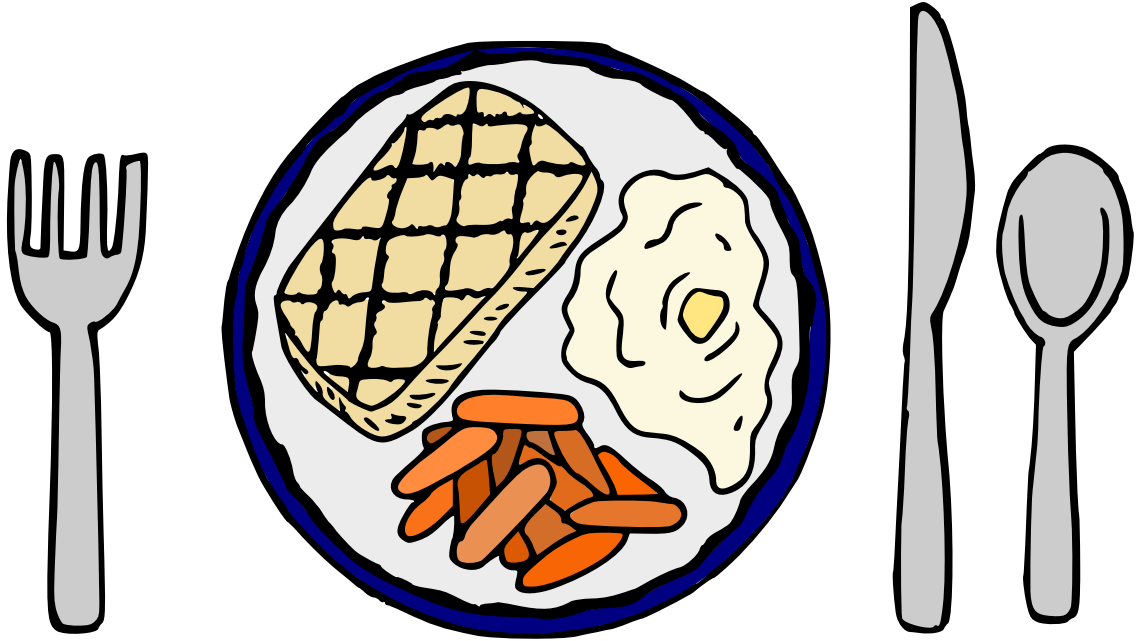




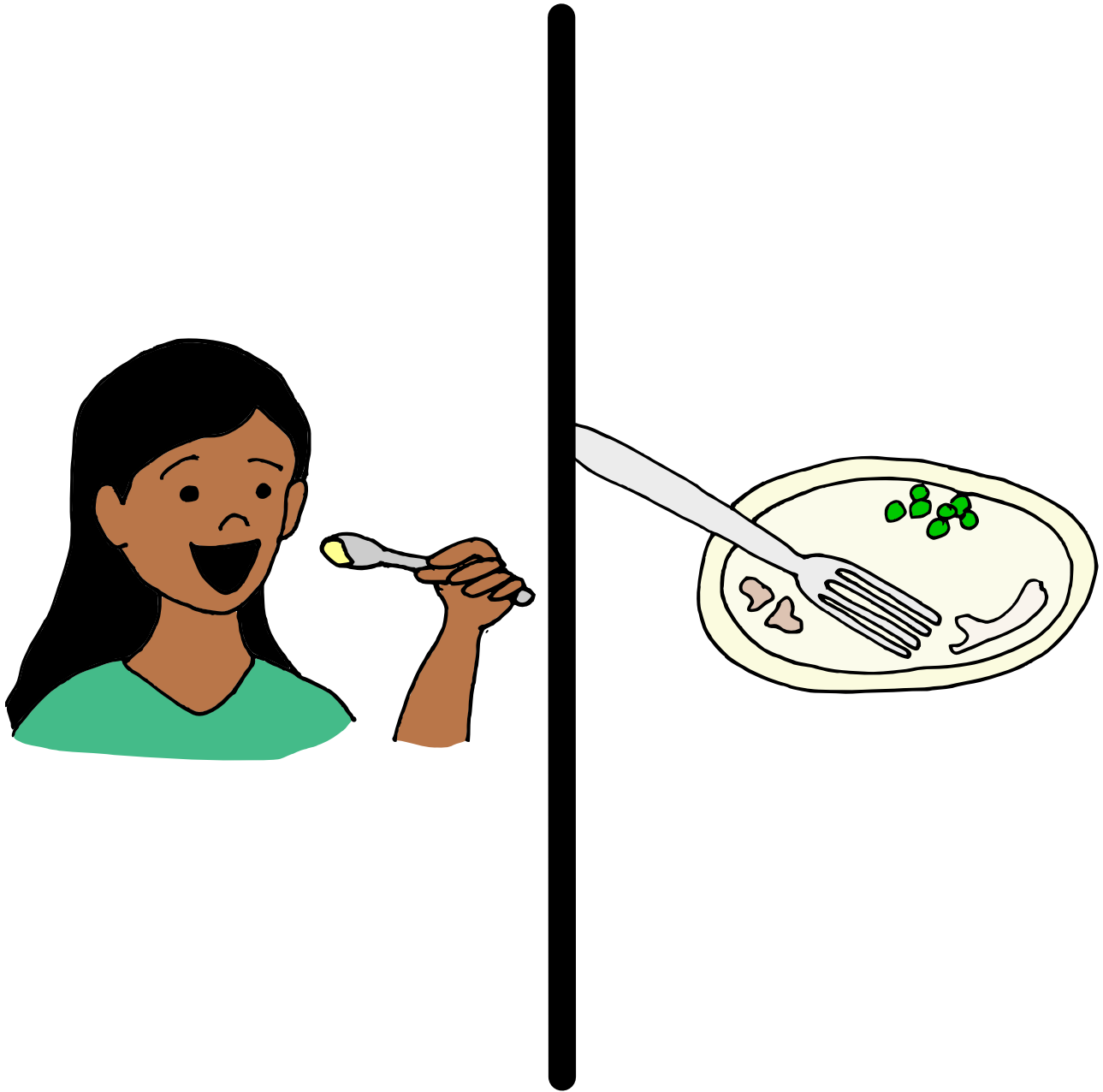
Sometimes, people give me food to eat that I don't want to put in my mouth.



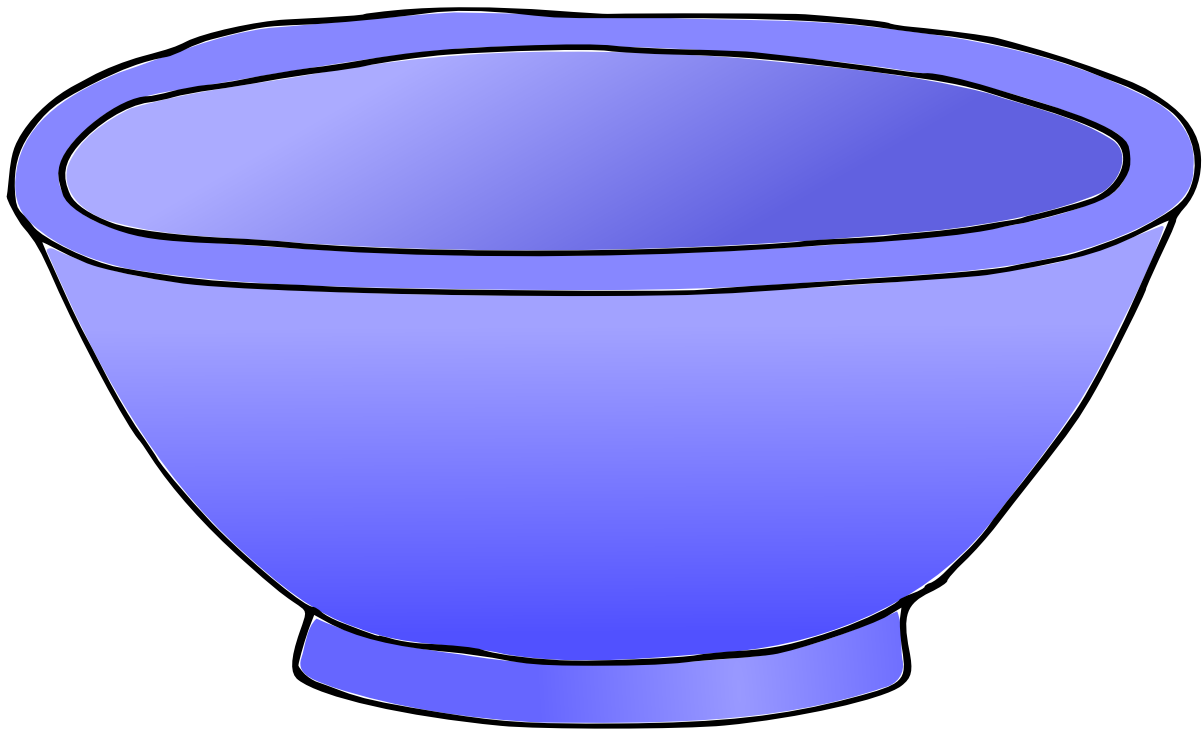
I might not like how it looks. I might not like how it smells. I might not like how hot or cold it is. I might think it's too squishy or crunchy.



It's hard to tell if I'll like a food just
by looking at it.



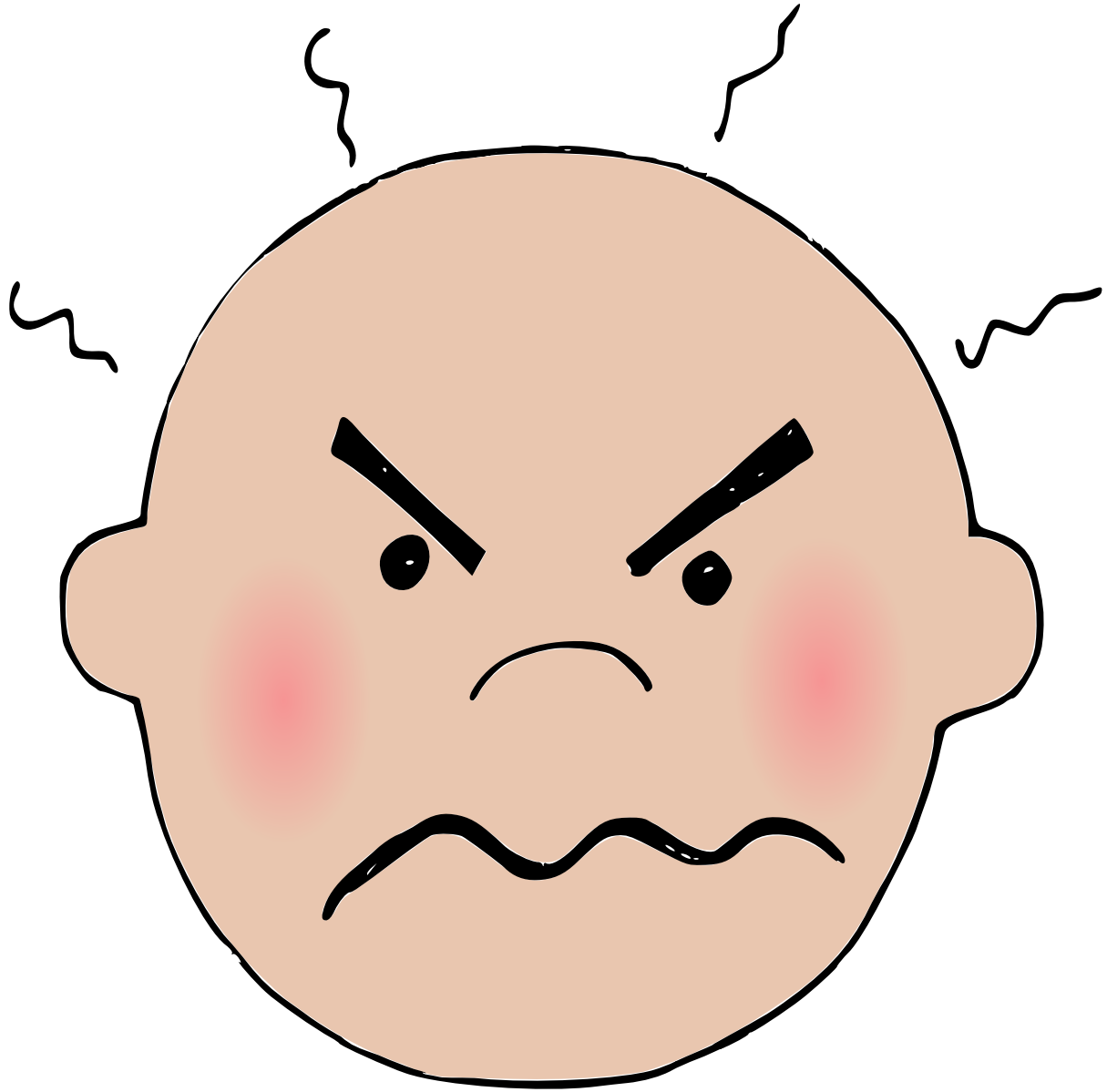
When I see a food I don't think I'll like I have two choices: I can try a bite, or I can just leave it on my plate.



If I try a bite and I don't like it, I can spit it into the bye-bye bowl.



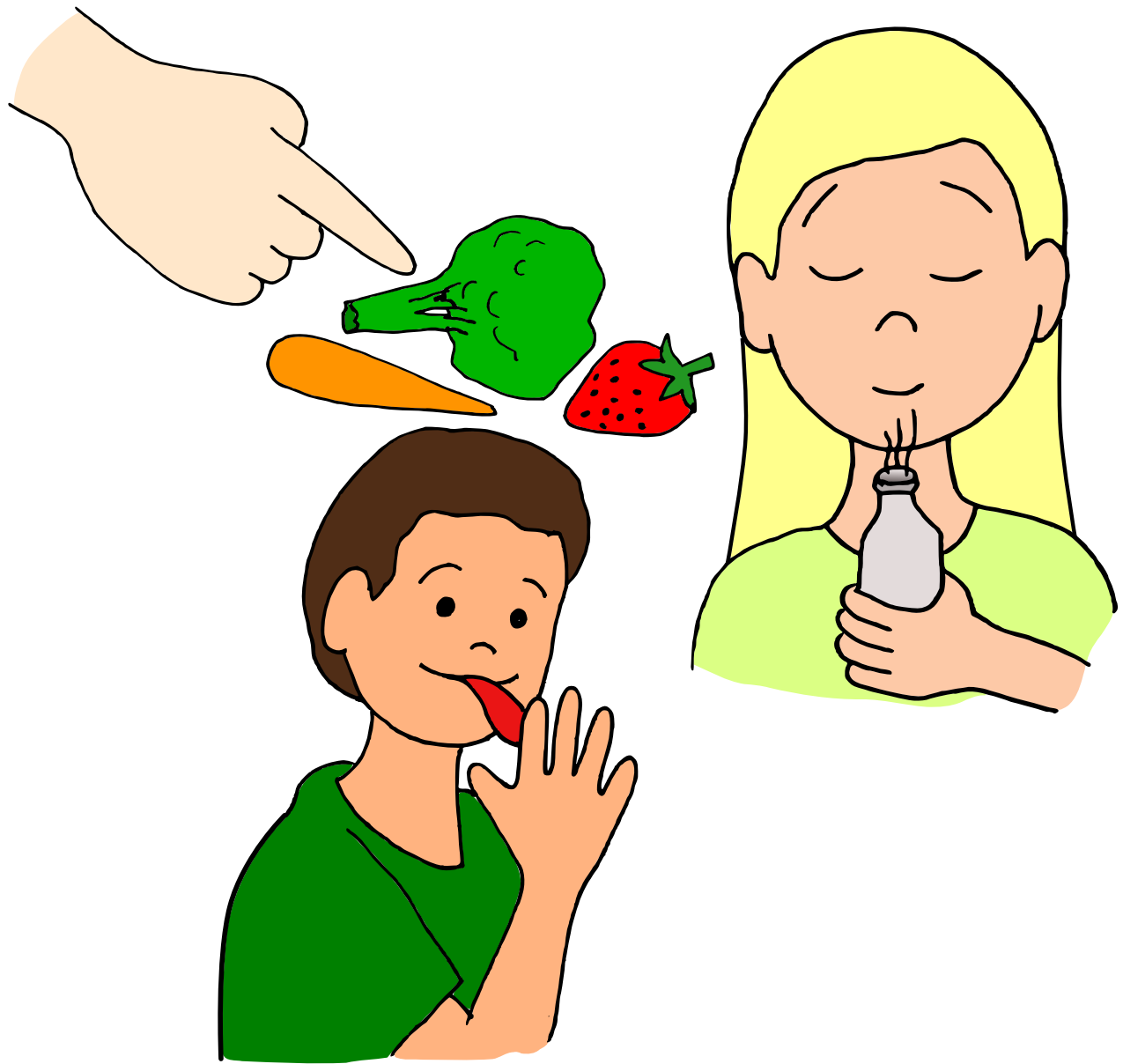
If I try a bite and I like it- then that's great! I've found a new food to give me energy.



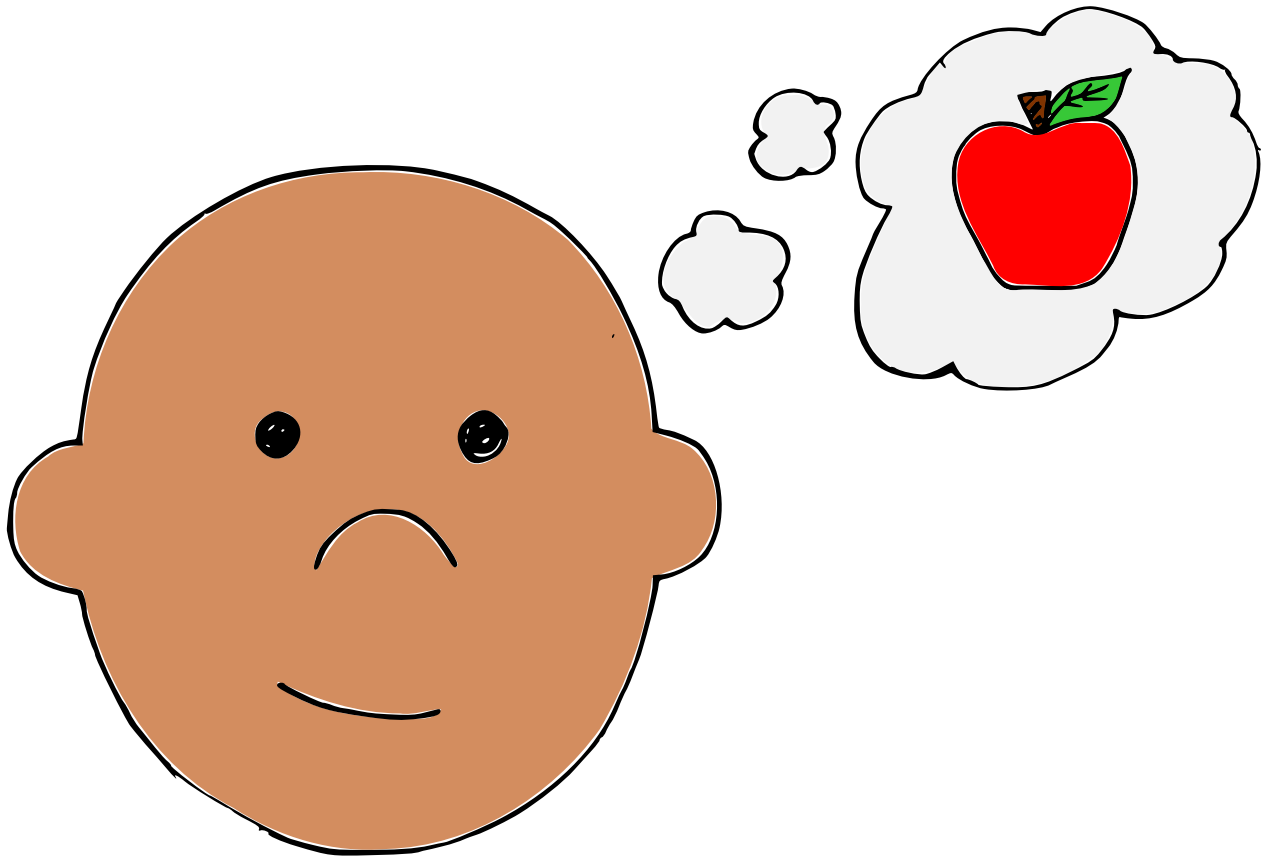
It is not acceptable to throw food on the floor, push food on to the table, yell, or cry when I don't like a food.



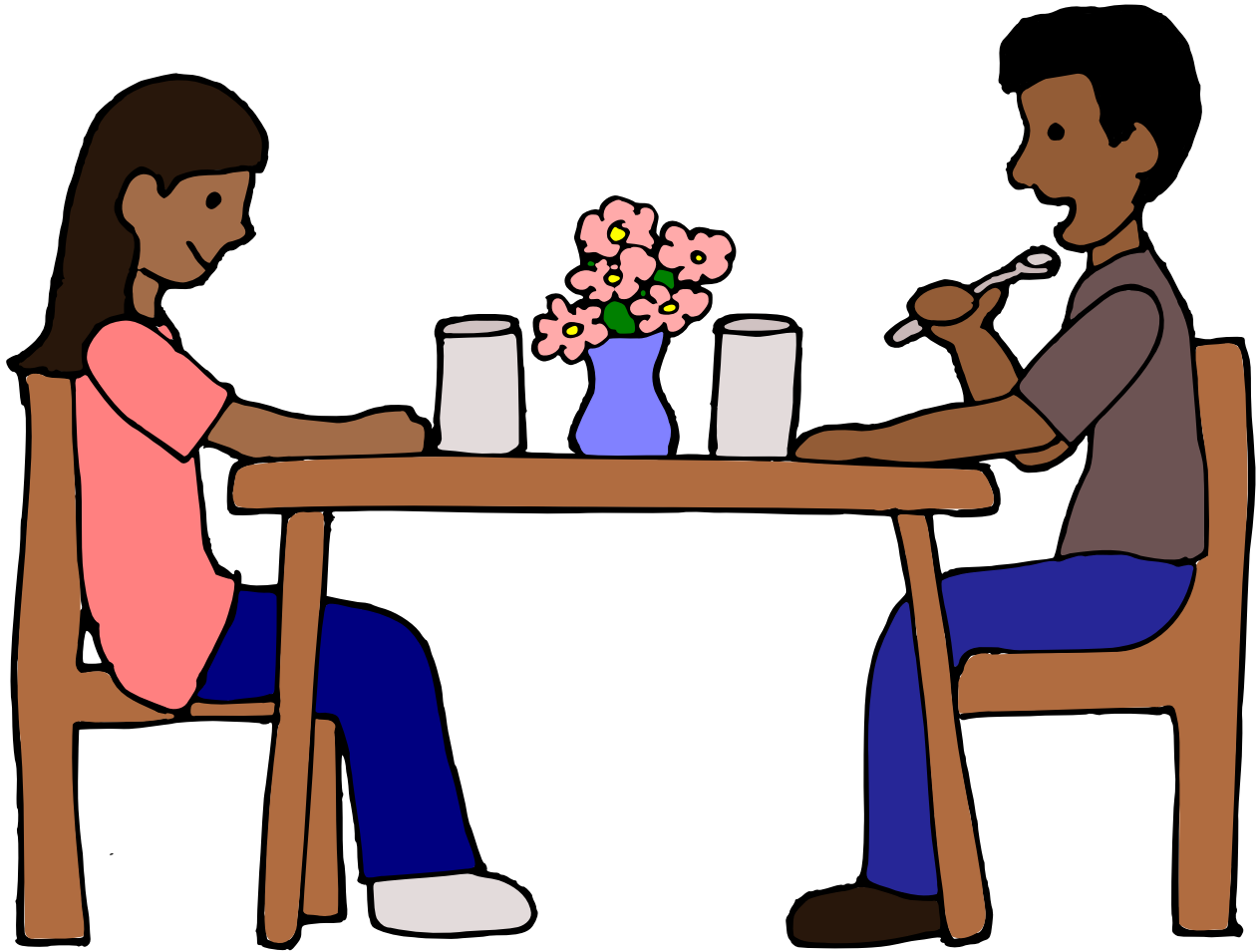
If I don't like a food, I can say "No thank you" and leave it on the side of my plate.



If I'm not ready to put a food in my mouth I can: Smell it. Lick it. Touch it gently with my finger or fork.



I don't have to eat anything that I don't want to.



But I do have to be respectful and tidy during meal times.