

# Trying New Foods



Sometimes it is hard to eat new foods.  
Sometimes I feel worried about trying new foods.



My caregiver and my doctor told me it is important to eat different kinds of foods to grow and be strong!



It can take a long time to get used to a new food. That  
is OK!

The food game helps me get used to new foods. During  
the food game, I do not have to put food in my mouth  
if I do not want to.



I first touch a new food with my finger. I get very proud of myself and adults around me do too. We celebrate together!



Then, I smell the food. I try to smell from further away  
and slowly bring it closer to my nose.







Next, when I feel ready, I touch the food to my forehead, then my nose, then my cheek. We celebrate together again!



Then I touch the food to my lips. And give it a kiss. Yay!  
I did it!





If I feel OK about these steps, I use my courage to go one step further and hold the food between my teeth.



How long can I hold the food between my teeth?



Next, I lick the food with the tip of my tongue, like a snake or a kitten. If this feels OK, I go ahead and give a big lick! We all celebrate after I do this!



Next, I take a tiny bite of the food as if I were a little mouse. If the tiny bite feels OK, I chew and swallow it. As I feel more comfortable, sometimes I am able to take bigger bites, like a hungry hippo!

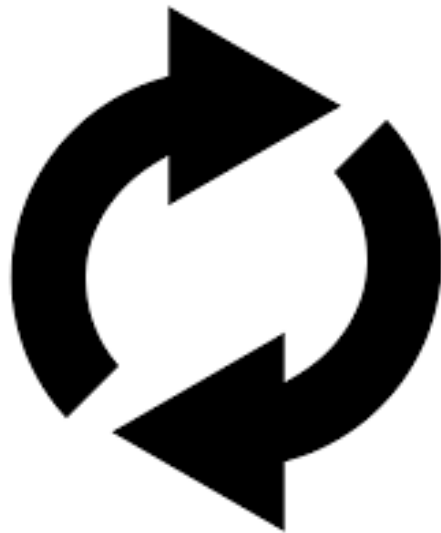


We all get so excited and I get to choose a fun activity or prize for my hard work!





If a step is too scary or makes my body feel sick, we stop doing it. I go back to a step that feels more comfortable and slowly start to try new steps again.



Sometimes I practice the same food game step for many, many days or weeks before we practice the next step.





I feel very proud of myself when I play the food game  
and master a new step! Let's try it again with  
something new!

