

Taste Test

It can take more than 10 tries of a new food before children can learn to like it. Write a new food on each line and check off each time your child tries it. Children can help choose the foods. Once they've reached ten, have them circle it if they think they will eat it again. Praise each effort and stay positive. You can join in, too.

Print more copies!



I'm a kid who tries things!

Food (try foods in all colors!)	1st try	2nd try	3rd try	4th try	5th try	6th try	7th try	8th try	9th try	10th try

Encourage children to use their senses, especially on the first few tries:

- **Look** at it and notice the details (“this strawberry is shiny and bright red, like our favorite apples”). Talk about how it’s grown or prepared (or look it up together!).
- **Feel** it—is it rough or smooth? Moist or dry? Warm or cool? Soft or hard?
- Close your eyes and **smell** it. What does it smell like?
- Take a tiny bite and **taste** it or just have a tiny lick—a tentative taste is as valuable as an enthusiastic bite!

