

Thumbs up or thumbs down?

Is it a good idea? Circle thumbs up or thumbs down.



I can look at a new food first.



Yes



No

?

I throw the new food on the floor.



Yes



No



I can say no, thank you.



Yes



No

?

I shout when I see a new food.



Yes



No



Put the story in order

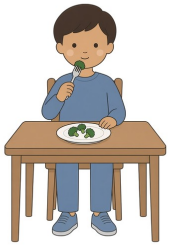
Cut out the pictures. Glue them in order.

1	2	3	4
First	Next	Then	Last

✂ Cut on the dashed lines.



I touch



I take a tiny bite



I smell



I look

Tell the story

Point to each picture. Say what happens.

First I … Next I … Then I … Last I …



My page

Draw a new food you can try.

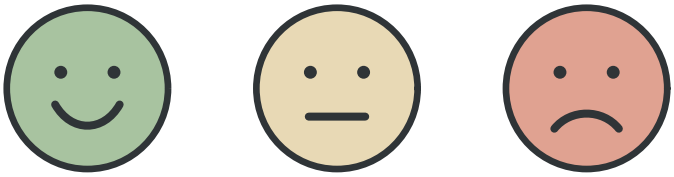
Draw me here

Trace the words.

I can try new foods.

I can try new foods.

How do I feel?



For grown-ups

Answers

Thumbs check:

Thumbs up - I can look at a new food first.
Thumbs down - I throw the new food on the floor.
Thumbs up - I can say no, thank you.
Thumbs down - I shout when I see a new food.

Story order:

1. I look 2. I smell 3. I touch 4. I take a tiny bite

How to use this story

- Offer one new food at a time, next to a food your child already likes. Looking, smelling and touching all count as trying.
- Never force a bite. Many children need to see a food 10 to 15 times before they eat it.
- Read the story before the real moment, when your child is calm.
- Let your child point, nod or use the thumbs cards to answer.
- Change any words to fit your home and your child.